

# Sources of Happiness

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Human being has long been in the process of finding the happiness, and seems not quite successful as people nowadays still living in hustle and bustle of daily routine. As refer to the research findings of Lyubomirsky (2008), there are three key sources which contributing to an individual happiness. In other words, 100 percent of one's happiness is constructed by

1. Genetic Set Point (50 percent)
2. Life Circumstances (10 percent)
3. Intentional Activities (40 percent)

Genetic Set Point is a matter of personality traits that oriented by genetics, which remain fairly constant over the course of life. Life Circumstances consist of factors such as cultural, religious and family background; demographic factors such as age, gender, and ethnicity; personal experiences such as childhood trauma and accidents; and life status factors such as marriage, job stability, income, and health. For Intentional Activities, there are three major categories that influence happiness:

- i. Behavioral activities include actions such as being kind to others.
- ii. Cognitive activities involve changing the way you think, such as reframing situations in a more positive light or pausing to count one's blessings.
- iii. Volitional or intentional activities include striving for personal goals, and contributing to meaningful causes.

As described above, one's happiness is fairly depended on how the glass of life being regarded as either half full or half empty. The happiness is fifty percent decided by one's genetic factors that are largely beyond control. Fortunately, Life Circumstances and Intentional Activities made up the other 50 percent where significant difference could still be made through one's thoughts and actions. Before investigating to things we could change, here is a clear picture of genetic factors.