

# 7 Traits of Happy People

- **Satisfaction with Meeting Basic Needs**

*Happy people are content with having their basic needs met.*

- **Appreciation for Simplicity**

*Even when they live in a materialistic society, happy people are not ruled by the often mistaken idea that "more is better."*

- **Dedication to a Cause**

*Happy people are involved in something they believe is bigger than themselves.*

- **Use of Personal Strengths**

*Happy people use their personal strengths to bless the lives of others.*

- **Commitment to Relationships**

*Happy people foster close friendships and family relationships.*

- **A Sense of Purpose**

*Happy people focus less on transient, pleasurable pursuits and more on enduring, meaningful ones.*

- **Selflessness**

*Happy people strive to become more selfless.*