

What is Happiness?

Happiness is:

1. Falling in love.
2. Laughing so hard your face hurts.
3. A hot shower.
4. No lines at the supermarket.
5. A special glance.
6. Getting mail.
7. Taking a drive on a pretty road.
8. Hearing your favourite song on the radio.
9. Lying in bed listening to the rain outside.
10. Hot towels fresh out of the dryer.
11. Chocolate milkshake ... (or vanilla ... or strawberry!)
12. A bubble bath.
13. Giggling.
14. A good conversation.
15. The beach
16. Finding a 20 dollar banknote in your coat from last winter.
17. Laughing at yourself.
18. Eye contact with a hot member of the opposite sex.
19. Midnight phone calls that last for hours.
20. Laughing for absolutely no reason at all.
21. Having someone tell you that you're beautiful/good looking.
22. Laughing at an inside joke.
23. Friends.
24. Accidentally overhearing someone say something nice about you.
25. Waking up and realizing you still have a few hours left to sleep.
26. First kiss (either the very first or with a new partner).
27. Making new friends or spending time with old ones.
28. Playing with a new puppy.
29. Having someone play with your hair.
30. Sweet dreams.
31. Hot chocolate.
32. Road trips with friends.
33. Swinging on swings.
34. Making eye contact with a cute stranger.
35. Holding hands with someone you care about.
36. Running into an old friend and realizing that some things never change.
37. Watching the sunrise.
38. Knowing that somebody misses you.
39. Getting a hug from someone you care about deeply.