

## The United Nations International Day of Happiness - Happy Happy Happy

Demian Dunkley  
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The International Day of Happiness is observed every year on March 20 and is a day to recognize the human aspiration to be happy! Since 2013, the United Nations (UN) has celebrated this joyous holiday, but it wasn't until 2015 that it launched plans to achieve well being for all beings using the [17 Sustainable Development Goals](#) (SDGs). These goals seek to end poverty, reduce inequality, and protect the planet.

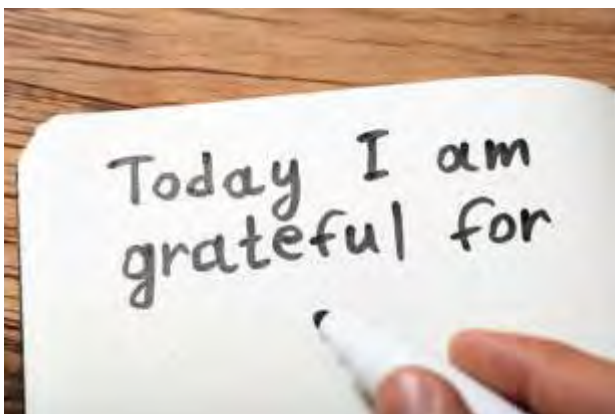


Happiness is often thought of as something one can achieve. 'If I have what I want then I can be happy' is a very common way of thinking among people. However, this way of thinking means your happiness will come from something outside of your control. A famous Buddhist saying describes it best: 'There is no way to happiness, but rather happiness is the way.'

Happiness is also something that evolves the more you share it. The co-founders of the Family Federation for World Peace and Unification (FFWPU), Rev. Dr. Sun Myung Moon and Dr.

Hak Ja Han Moon, often say that in being a happy person, those around you become happy as well.

Think about what you are happy about at this moment. How can you share that with others? Here are some ideas to get you on the right track:



### **Keep a gratitude journal**

Taking time to think of and write down what you are grateful for every day is a powerful way to see the joy in your life. It also reminds you that happiness comes from the perspectives you have on your life even if you are experiencing challenges or obstacles.

### **Make it a point to give**

Studies show that giving to another person will make you feel good and happy. Giving can help

you realize that you always have something to give no matter. Whether it be something tangible like money, or intangible like a benevolent attitude, giving to others has an exponential impact on your own happiness.

The International Day of Happiness is a day that has many opportunities to be happy. Find a way you can connect to a sense of happiness within your own life and share it with others.