



WHEN YOU DO THINGS
FROM YOUR SOUL,
YOU FEEL A RIVER
MOVING IN YOU, A JOY.

— RUMI

50 Best Happy Quotes & Quotes about Happiness

by [OutsideSuburbia](https://www.outsidesuburbia.com)

I believe in the power of positivity and being joyful and happy every day. When the times are tough and the going gets rough... Happiness is STILL a choice YOU can make. Here is my

favorite collection of Best Happy Quotes, quotes about happiness and being happy to help you get through those rough patches or simply inspire you to find joy and satisfaction every day.

Remember, the 3 pillars of happiness are **Gratitude. Acceptance. Being Present.** Happiness is important not for just our mental health but our overall well-being.

It takes courage to wake up every day and say, I choose to be happy today, in spite of everything... I'm going to try to find joy... I'm going to be happy, So...

Promise me you'll always remember: You're braver than you believe and stronger than you seem, and smarter than you think.

– *Christopher Robin to Pooh – A.A.Milne*

"Happiness is a form of courage."

– *Holbrook Jackson*

"Happiness is not a goal... it's a by-product of a life well-lived."

– *Eleanor Roosevelt*

"Believe you can and you're halfway there."

– *Theodore Roosevelt*

"Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you."

– *Nathaniel Hawthorne*

"The secret of happiness is freedom, the secret of freedom is courage."

– *Carrie Jones*

"Be happy for this moment. This moment is your life."

– *Omar Khayyam*

"Happiness is not something readymade. It comes from your own actions."

– *Dalai Lama*

"If you find serenity and happiness, some may be jealous. Be happy anyway."

– *Mother Teresa*

"When you do things from your soul, you feel a river moving in you, a joy."

– *Rumi*

(This is one of my favorite Quotes about Happiness)

"Action may not always bring happiness, but there is no happiness without action."

– *William James*

"Happiness is when what you think, what you say, and what you do are in harmony."
– *Mahatma Gandhi*

"Happiness held is the seed; Happiness shared is the flower."
– *John Harrigan*

"Happiness is a conscious choice, not an automatic response."
– *Mildred Barthel*

"For every minute you are angry you lose sixty seconds of happiness."
– *Ralph Waldo Emerson*

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."
– *Denis Waitley*

"The most important thing is to enjoy your life—to be happy—it's all that matters."
– *Audrey Hepburn*

"Happiness is the best makeup."
– *Drew Barrymore*

"Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now."
– *Roy T. Bennett*

"The happiness of life is made up of the little charities of a kiss or smile, a kind look, a heartfelt compliment."
– *Samuel Taylor Coleridge*

"There is no way to happiness — happiness is the way."
– *Thich Nhat Hanh*

"Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life."
– *Benjamin Franklin*

"Being happy never goes out of style."
– *Lily Pulitzer*

"Sometimes life knocks you on your ass... get up, get up, get up!!! Happiness is not the absence of problems, it's the ability to deal with them."
– *Steve Maraboli*

"The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves."

– *Victor Hugo*

"The thing everyone should realize is that the key to happiness is being happy by yourself and for yourself."

– *Ellen DeGeneres*

"The best way to cheer yourself is to try to cheer someone else up."

– *Mark Twain*

"Happiness makes up in height for what it lacks in length."

– *Robert Frost*

"Happiness is the secret to all beauty. There is no beauty without happiness."

– *Christian Dior*

"Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it."

– *William Feather*

"Count your age by friends, not years. Count your life by smiles, not tears."

– *John Lennon*

"Happiness is where we find it, but very rarely where we seek it."

– *J. Petit Senn*

"Don't cry because it's over, smile because it happened."

– *Dr. Seuss*

"If you look to others for fulfillment, you will never be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you."

– *Lao Tzu*

"If you want to be happy, be."

– *Leo Tolstoy*

"If you are not happy here and now, you never will be."

– *Taisen Deshimaru*

"Happiness depends upon ourselves."

– *Aristotle*

"We can't control the world. We can only (barely) control our own reactions to it. Happiness is largely a choice, not a right or entitlement."

– *David C. Hill*

"There is only one happiness in this life, to love and be loved."

– *George Sand*

"Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest."

– *Sri Chinmoy*

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

– *Chinese Proverb*

"On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so."

– *William R. Inge*

"Happiness lies in the joy of achievement and the thrill of creative effort."

– *Franklin D. Roosevelt*

"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity."

– *Carl Jung*

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

– *Albert Schweitzer*

"A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness."

– *Albert Einstein*

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him."

– *Buddha*

"Happiness is a place between too much and too little."

– *Finnish proverb*

"Real happiness is not of temporary enjoyment but is so interwoven with the future that it blesses forever."

– *James Lendall Basford*

"So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?"

– *Hunter S. Thompson*

"Success is not final, failure is not fatal: it is the courage to continue that counts."

– *Winston Churchill*

Hope this collection of Happiness Quotes help bring a little joy to your life!

When you practice positive thinking and find joy in the little things in life regularly, you can actually reduce your stress levels and set yourself up for successful outcomes. I know it is easier said than done, but it is possible to be happy every SINGLE day! Save these Quotes About Happiness on your phone/computer or write them in a place where you can see them every day!

**While the words are borrowed the photos are my own.*

"May happiness be with you always, wherever you go"

Hope this collection of Happiness Quotes help bring a little joy to your life!