



Why Your Age Has Nothing to Do with How Happy You Can Be!

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ABOUT THE AUTHOR

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We have all heard people talk about how they are too old (or too young) to do the things that they want to do and therefore cannot be happy. Age, however, really has nothing to do with it because happiness is a choice and a state of mind.

Seniors sometimes state that they wish they had been able to reach the dreams of their youth. They would have liked to travel pursue a specific career or adopted a skill. When questioned about why they do not do this today, the reply that they are too old.

Children also lament about the fact that they cannot drive or leave home or graduate. They want to gain freedom from the things that constrain them. Like school and homework and siblings.

Well, no matter how many times you hear someone state that they are just the wrong age, you will always be able to find someone who has the completely opposite perspective or are actually involved in doing activities that are out of the norm.

You see, happiness is not something that is based upon the things that you own, people who care about you or number of birthdays that you have celebrated. Happiness is, instead, an internal choice that one makes and then holds onto with a firm grip.

Think of seniors who retired from their regular occupation and then travel to other countries to do humanitarian work for disadvantaged individuals and families. Their age is not allowed to be a deterrent. In fact, it is frequently viewed as an asset that is coupled with wisdom and experience.

Remember, the young girl who learned to pilot an airplane? She did not let her age prevent her from learning how to fly. Of course, her parents also did not view her age as a barrier.

I have met people who do not seem to have any advantages in their lives. Yet, despite struggles and pain and poverty, they are happy. At the same time, I think of people who have pretty well everything that they could ever ask for from life, who are miserable.

Think of the people in your life. It is just as easy to find a giggling nine-month-old infant as a giggling ninety-year-old grandparent. If you look closely, you will also be able to find both children and infants who are crying or complaining.

You see, happiness is not dependent on age. It occurs in spite of it!