

Written By: Chiara Isaac

Age: 23

School: Florida Gulf Coast University [recent graduate]

Region: Naples, FL



Happiness

what is it? what does it look like? how does it feel?

such a blissful feeling that envelops me like a blanket.

the family i have

the kisses from my dog

the fun times with friends

so much happiness in life

in the little things

in the little moments

a radiating moment filled with smiles, laughter, peace, joy, love

never a dull moment when happiness comes around

how could you not crave it?

Written By: Mary Stephen

Age: 20

School: Zetech University, 2nd Year, Hospitality & Tourism

Region: Nairobi, Kenya



WHAT MAKES ME HAPPY

Happiness,Happiness

I wonder what you really are

You hide yourself before,

And lonely i was,

Since i have found you,

I have made you mine,a happy pretty lady

You wonder whats my secret?

The secret that keeps me young?

Its happiness.

To make others smile,sharing the little i have with them,

Sharing my experiences to encourage others,

Taking care of the environment,Nature you are my heartbeat

My happiness grows,when reading motivational books

Expecially "BORN THE ANSWER TO MY GENERATION"

Encouraging others to stand,

From mess to success

Happiness gives my life more,

Opens the chances of "CAN AND NOT CANT"

I just lack wards to express you,

My heart and mind with all knowledge,

Fails to define you,You are my inner mystery,

No one understands you.

Written by: Vivian Pauline Namugwere

Age: 24

Region: Magamaga, Uganda



My happiness comes from high above
It's laughter, it's kindness.
But mostly it's true love.

To give and hold,
To be brave and bold
To give a long life, without feeling old.

To sing praises to the Lord and to dance,
And to give a second chance to those
who wrong me without recognition
or even a glance.

These are some of the things that
bring me true Joy hence
Happiness.

Written by: Anne Nasike

Age: 18

Region: Nairobi, Kenya



WHAT MAKES ME HAPPY

What makes me happy, you dare ask?

Is it a tickle on my tummy

Or a hug from my mummy

Or rainy days

Or perhaps.

What makes me happy

Is when am eating my favorite food

As it makes me feel good

Visit my friends coz they

Will make me smile, when I'm hurting

Express my feelings by writing

And the pain will go away

Before I notice it anyway

Sitting by the oceans

Watching stars at night

Being me and be able to fight

What comes on my way

And wake up the next morning

Without mourning

Instead a big smile on my face

And that's what gives me

TRUE HAPPINESS!!

Written by: Caity Klaassen

Age: 21

School: Queens University of Charlotte

Region: Charlotte, NC (originally Johannesburg, S.A.)



What makes me happy.

Happiness for me is found in the simplicity of life. The moments in which you don't know are perfect until they have come and gone.

The moment when the sun rises and kisses my white African skin. Happiness for me is seeing families, loved ones, and children smiling and having fun without a care in the world.

Happiness for me is smelling my ground filtered coffee as I pour my boiling hot kettle water, into the mug holding my joy.

Happiness for me is looking the person I love in their eyes and knowing I couldn't love them more or less, as they perfect to me.

Happiness for me is seeing my teammates at practice and stroking the perfect tennis shot.

Happiness for me isn't found in the moments of Luxury and expensive gifts, happiness for me is found in the raw beauty of life... a simple life that is filled with laughter and smiling cheeks, from ear to ear.

It's not about money or cars or objects I could never buy it's about love and freedom of mind Body and soul.

And at the of the day happiness for me is laying my head down on my soft cushioning pillow, and knowing that I am enough, that I am loved and that I am cared for.