

Topic: What is happiness?

1. Introduction

- a. **Hook:** "The happiest people are not those getting more, but those giving more." - H. Jackson Brown Jr.
- b. **Background information:** Happiness is a subjective thing with many facets. People are constantly seeking it, but not everyone finds it because they target the wrong things.
- c. **Thesis statement:** While many believe that happiness is fame, money, or other material things, I think that it's a sense of purpose.

2. Body

- a. Paragraph 1
 - i. Having a sense of purpose can create happiness because it grounds you.
 - ii. A purpose is a stable core that provides general direction, motivation, and resilience against challenges.
 - iii. When there is no purpose at the core, life lacks meaning beyond daily tasks.
- b. Paragraph 2
 - i. Having a sense of purpose can create happiness because it connects you with others.
 - ii. A strong purpose shifts the focus from self to others, helping you give more and connect with people who share your passions.
 - iii. Northern countries that often top the World Happiness Report name connection and strong social support among the key factors of happiness.

3. Conclusion

- a. Having a purpose grounds you and helps connect with others.
- b. Creating a stable core and direction in life, while attracting like-minded people, brings more happiness than any material goods.