

WHAT IS HAPPINESS?

- I think happiness is a pretty complicated concept that _____ just sort of pleasure on the one hand, but has to do with broader meaning also.
- It seems to me that happiness is some blend of experience of pleasure and the experience of _____, and I think much more of the latter than the former.
- For me, staying in my own lane, not being _____, my peers that could have more than me or less than me, that is when I'm the most happy, when I'm in my own lane.
- So happiness is something more _____. I could sensibly ask you if you're happy with your day or happy with your life. Pleasure is short-term.
- Happiness back then was about achieving these _____, graduating from college, getting the right kind of job. Now, happiness to me is about the _____, everyday little things in my life.

In the hustle and bustle of daily life, it's the small moments, or "glimmers," that often bring us the most joy. Glimmers are those fleeting instances that [perk up](#) our day unexpectedly, like the warmth of the morning sun or a message from an old friend. They are the tiny sparks that make us feel [tickled pink](#), filling our hearts with a gentle yet profound happiness.

Think of the last time you felt [happy as a clam](#) for no particular reason; perhaps it was while enjoying a quiet evening at home, where the mere act of winding down brought a serene smile to your face. Or recall a moment when you were [thrilled to bits](#) over a small achievement or kindness from someone. These are the glimmers that shine through the monotony of our routines, reminding us of the beauty and simplicity of happiness.

Glimmers often [bubble over with](#) joy in such a natural, unforced way that they [chalk up to](#) making our lives genuinely fulfilling. They remind us that happiness doesn't always come from grand gestures or monumental achievements but from the accumulation of these sparkling moments of joy.

So, the next time you feel a rush of contentment from a simple pleasure, recognize it as a glimmer. These are the instances that truly enrich our lives, making the journey not just bearable but delightful.

5 Tips for Noticing and Creating Glimmers of Happiness

- **Practice Mindfulness:** Spend a few moments each day fully engaged in the present, appreciating simple pleasures like the taste of your food or the sound of rain. This helps in recognizing the joy in everyday moments.
- **Journal Your Joy:** Each day, write down one thing that brought you joy. Reflecting on these moments can enhance your ability to spot happiness in the small details of life.
- **Initiate Acts of Kindness:** Create moments of joy for yourself and others. Small gestures, like enjoying a favourite hobby or surprising someone with a thoughtful note, can brighten the day.
- **Connect with Nature:** The natural world is full of moments that can make us feel content and at peace. Take time to observe the surrounding beauty, from a sunrise to the simple greenery of a plant.
- **Share Your Happiness:** Discussing happy moments with others not only spreads joy but also helps you [wind down](#) and connects you with loved ones, [amplifying the happiness](#) experienced.

By actively engaging in these practices, you'll discover more glimmers of happiness in your daily life, enriching your experience with joy and contentment.



1. Use the underlined phrases from the text to complete the task below.

1. Find and list 3 expressions that mean **very happy**.

2. Find an expression that means **to relax or reduce tension**.

3. Find a phrase that means **to overflow with a particular feeling or quality**.

4. Find a phrasal verb that means **to become more cheerful or lively**.

5. Identify a term that refers to **increasing the intensity or quantity of happiness**.

6. Discover a verb phrase that implies **to attribute something as a cause**.

2. Use the phrases from exercise 1 to complete the sentences.

1. On my day off, doing absolutely nothing, I felt _____ without a care in the world.
2. After hearing the good news, I couldn't help but _____, feeling a sudden boost of happiness.
3. Listening to my favourite song, I could feel my spirits _____ joy and excitement.
4. Receiving that unexpected compliment left me _____, genuinely delighted by the kind words.
5. Learning I had passed my final exams had me _____, overjoyed with my achievement.
6. I _____ my success _____ to working hard and staying focused, knowing that effort pays off.
7. After a long week, I really need to _____ and enjoy some quiet time.
8. Sharing my hobby with friends is a way of _____, multiplying the joy it brings me.



Alice: I've just found out I got the job!

Bob: Wow, that's amazing! You must be _____.
Congratulations!

Chris: We need to plan Sarah's surprise party.

Diane: How about we decorate the place with her favourite colours?
That would definitely make her _____!

Grace: I can't wait to _____ tonight. I've been
looking forward to it all week.

Henry: Me too. It's been a hectic week, but now we can finally have
some rest.

Isabel: I got an A+ on my maths test! I'm
_____!

James: That's fantastic! I knew all your hard work would pay off.

Maria: Did you see how excited Julie was at her surprise party?

Nathan: Yes, she was absolutely _____ joy when
she saw all of us there.

Alice: I've been feeling so much better since I started this new diet.

Bob: Really? What do you _____ the change _____ to?

Alice: It's because I cut out sugar and started eating more vegetables.

Tom: This music always seems to _____ my
mood, no matter how I'm feeling.

Mia: I know what you mean, it has the same effect on me!

