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10 inspirational quotes about happiness

Following the successful workshops facilitated by [Tania Stephan](#), founder of Spiritania, for the senior leadership, faculty, and staff of ADU and [Liwa College](#), I have compiled 10 inspiring quotes about happiness.

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

It is not how much we have, but how much we enjoy, that makes happiness. -Charles Spurgeon

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. -Helen Keller

Happiness is a vine that takes root and grows within the heart, never outside it. -Kahlil Gibran

Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile. -Mother Teresa

Happiness depends upon ourselves. -Aristotle

Happiness is not something ready-made. It comes from your own actions. -Dalai Lama

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. -Helen Keller

If you want to be happy, be. -Leo Tolstoy

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. -Maya Angelou

As for my favorite, I particularly appreciate Helen Keller's quote about happiness being a spiritual experience. It emphasizes the importance of perspective and mindfulness. What about you?

We are fortunate in the UAE 🇦🇪 to have a Minister of State for Happiness and Wellbeing.

[#happiness](#)

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