



# True Happiness



“True life is not the life of the flesh but the life of the spirit.” –Bahá’u’lláh

**I** imagine that your birthday party was canceled, your new bike got wrecked, and you couldn’t hang out with your best friends. How would you feel?

It’s natural to feel bummed when things don’t go as planned or we don’t get what we want. But disappointment also gives us a chance to grow. It helps us to strengthen virtues like resilience, creativity, and optimism.

We don’t need to always get our way or have lots of material things to be happy. That’s because we’re spiritual beings. When you’re feeling down, you can refresh your outlook by helping others or being kind. You can go out and enjoy nature, make art, or dance to your favorite music.

When you look on the bright side and detach from material things, you can open a window to true happiness.

These twins are facing disappointment. Match each negative thought with the positive one that can replace it.

1 I’VE GOT TO GO SHOPPING. I HATE MY CLOTHES!

A A BIKE RIDE WITH MY SIS WOULD CHEER HER UP.

2 I CAN’T BELIEVE THEY CANCELED OUR BIRTHDAY PARTY!

B WE CAN’T TAKE A TRIP, SO I’LL PLAY A WORLD TRAVEL GAME.

3 I’M SO BORED. STUCK AT HOME, THERE’S NOTHING TO DO.

C IT FEELS GOOD TO BUY LESS STUFF LATELY.

4 THE NEWS IS SO DEPRESSING. THINGS WILL NEVER GET BETTER.

D WE CAN’T GO OUT TO EAT TONIGHT, BUT I’M HELPING DAD WITH A NEW RECIPE—YUM!

5 I WISH I HAD A NEW PHONE. I NEVER GET THE STUFF I WANT.

E OUR PARTY GOT CANCELED, BUT WE STILL HAD A BIRTHDAY CAKE!

6 I’M SICK OF OUR FOOD, AND MY FAVORITE RESTAURANT IS CLOSED.

F BAD THINGS ARE HAPPENING IN THE WORLD, BUT THERE ARE A LOT OF GOOD THINGS, TOO.

7 I DON’T WANT TO BE SEEN PLAYING WITH MY LITTLE SISTER. SO EMBARRASSING!

G MY PHONE ISN’T THE NEWEST, BUT IT STILL WORKS JUST FINE.

8 I HAVEN’T BEEN GETTING MANY “LIKES” ON INSTAGRAM LATELY. I’M A LOSER.

H I’M AT HOME A LOT LATELY—TIME TO TRY SOME GREAT NEW HOBBIES.

9 ALL MY FRIENDS ARE GOING ON VACATIONS. WHY CAN’T WE EVER GO SOMEWHERE COOL?

I GETTING “LIKES” IS FUN, BUT I SHARE STUFF ONLINE BECAUSE I THINK IT’S AWESOME.

