



Lesson 30: Happiness

What makes you happy?

- Use some personal examples to support your main points

You can either send me your written work in a word document

Or you can record your answer



1) Love & Family

- **My joy unfolded like a flower** when my mum helped me put on the white wedding dress. When we were exchanging our vows, I could see **happiness radiated through my husband**. I felt **a profound joy** and **contentment warmed me from within**. I've never **felt so fully and wonderfully being in love**. I was in heaven.
- So when my baby eventually came out of my tummy, **happiness trembled inside of me** and I was **dizzy with excitement**. My feelings were so strong and overwhelmed that **I sobbed in happy tears**. When I was holding this bundle of joy, a tiny little human being who resembles half of me and half of my husband, **it was almost more happiness than I could take**.



2) Friends

- **Bonding with my friends** through **common experiences** as well as **life's ups and downs** make me happy. Throughout my adult life, I love being the hostess and invite all of my good friends over to my place to eat together, to chat, or to play board games and stuff.
- They **never failed to crack me up** and a few times I laughed so hard that wine actually came out of my nose. **It felt truly like a bliss** when I have some trusting friends to open up to. **They are my lucky pennies** who can always **swing the blues away** for me.



3) Study & Work

- I still remember the day when I received the offer to pursue my master degree at Cornell University with a ton of scholarship money. I **grinned from ear to ear for hours while jumping for joy**. For several days and even weeks, **my spirits were flying high**. I felt like **my feet barely touched the ground**. I was definitely **on cloud nine**.
- After I started working, my happiest day was without doubt when I entered the UN building as a staff member. When holding my blue badge with my name on it, I felt so proud of myself that I was literally **on top of the world**. It was a cloudy day with chilly winds, but **sunshine flooded my soul**. When I was asked to make a self-introduction in front of my new colleagues, **sheer joy engulfed me** I could hardly speak properly. Fortunately, my teammates told me it's alright, my excitement actually **elevated their mood**.

