



Psychologists have always asserted that people differ, but there is one trait that unites all of them even completely different, which is their pursuit of happiness. Researchers have discovered that reaching happiness is possible through gratitude, and thinking about different feelings - sadness and joy. To reach this conclusion, a team of researchers analyzed ten-year-old data, including how people see themselves after ten years. The researchers compared these facts with their current feeling, and discovered that those who expected their lifestyle changes for the better or worse were less happy compared to those who emphasized that they did not seek to change their lifestyle. The reason may be that the smaller the gap between the past and the present, the easier it is for a person to achieve his goals, save money and take care of his personal health, while the situation is reversed in the opinion of those whose vision for themselves in the future varied greatly. "Whenever a person is confident that he will remain in the future as it is or change somewhat, he is satisfied with his life," said researcher Joseph Reeve. It is worth noting that the results of this study are confirmed by articles and literature that its authors believe that the unchanging of the basic features of a person positively affects long-term decisions and their results.

Omar Ismail Al Khoori

Omar\_Al\_Khoori@yahoo.com