

Personal Happiness Philosophy

How do I find meaning in life? What is the purpose of my existence? How do I find happiness? These are three very deep and personal questions, with varying answers for every person. My attitude towards these topics has drastically changed over my short life and is likely to change again in the future. Nonetheless, I will attempt to describe my current position concerning happiness and meaning as best I can. I feel that these questions aren't three separate entities, but instead are all interconnected. The purpose of my existence is to find meaning and happiness within my day to day life.

I coincide with Albert Camus' belief that the universe is indifferent to us and that there is no such thing as destiny or higher meaning. It is inevitable that I will die and be lost forever in a dark and timeless void, and there's nothing I can do to stop it. I might as well make the most of the limited time that I have. After recognizing the universe's indifference to me, I should structure my life around doing something that I care about and that fosters a sense of belonging and purpose within me. It doesn't matter if the universe doesn't care about my life, because I do, and that's all that matters.

So, how should I spend this time? I can describe exactly how I shouldn't spend this time. I will not focus on creating a legacy or put my faith in an invisible deity. Nor shall I let my life revolve around money and consumerism. I am at my happiest when wandering around in the mountains or while in deep conversations about the ups and downs of life with friends. My happiness is derived from living frugally, and surrounding myself with meaningful connections in a community and with nature. I see no need to own a large house with fancy cars and rooms piled high with pointless material possessions. Instead of gaining value from things, I gain value from my connections with others.

My relationships with others not only foster intrinsic feelings of happiness, but also aid in defining meaning in my life. My sense of purpose comes from being able to make an impact of some manner on others in my community. Whether it be through the initiation of random acts of kindness, or by suspending what people believe is and is not possible with magic. My meaning is being able to strive to make a difference, no matter how small it may be.

I feel that what I've just talked about and can be summarized this quote by Maya Angelou, "The desire to reach for the stars is ambitious. The desire to reach hearts is wise." When I make someone laugh by showing them a card trick, I feel a sense of belonging and place; being able to make impacts someone's day with a simple deck of cards gives me an unimaginable sense of accomplishment and a feeling of intrinsic delight.

I am still young, and I am still developing both physically and emotionally. But at this moment in time, this is how I define happiness and meaning for myself. In five years time, I want to sit back down in front of this document and review what I've written here and see how my future interpretations of happiness and meaning differ.