

Personal Relationships



Happiness comes when people tell you the truth.

For you to be happy with the people closest to you, you need them to be very direct and open about what they think and not try to hide things from you. Spend time with someone who calls things the way they are. To be happy, get the truth.

Friendships



You get energy from people and are happiest when surrounded by people you like.

You love having lots of people around that you consider to be your friends. You are happiest when surrounded by them. Socializing with people who like you and that you like is important to your happiness. To be happy, find friends.

Rewards



As long as you win, you'll be happy.

Your competitive nature is happiest when you win, so look for opportunities that have a clear standard for achievement with rewards for your outstanding performance. You are happiest when your efforts are rewarded. To be happy, win.

Choices



Having time to evaluate your options makes you happier.

You see the complexity of life and find happiness in exploring options and ideas. You are happiest when you have no pressure to speed through subtleties and nuances. To be happy, find time to contemplate what you're going to do.

Stability



A life full of variety keeps you happy.

You are happiest when you have a lot of different things to do so that you don't get bored. Diversity in your day keeps you happy and excited about what you're doing. To stay happy, find new things to do.

A Plan



Being able to make things up as you go is a source of happiness for you.

Having a sense of adventure in what you do and an environment that is free from routines and rules will contribute to your happiness. To be happy, set aside time to explore new things through classes, travel or your work.