

Forum:[Hack Forums](#)

Thread: [Where do you find happiness on a daily basis?](#)

source - April 27, 2023, 3:22 pm

Title says it all,

What do you do to find happiness throughout the day, or what causes happiness for you?

For me it's generally within Mother Nature (cheesy ik) , and with music. Going on walks and being outdoors has always brought me happiness.

? Soufian ? - April 27, 2023, 3:33 pm

I'm way too busy in my daily life. Interacting everyday most part of the day... Getting too tired of socializing/interacting so much

So I find my happiness in me-time. Being alone, no one to disturb me. Let me get lost in my own thoughts, thinking about the future and life

source - April 27, 2023, 3:34 pm

(Apr 27, 2023 03:33 PM)? Soufian ? Wrote: [\[CITE\]](#) I'm way too busy in my daily life. Interacting everyday most part of the day... Getting too tired of socializing/interacting so much

So I find my happiness in me-time. Being alone, no one to disturb me. Let me get lost in my own thoughts, thinking about the future and life

I feel like that zone is where the magic and creativity happens, you get to explore yourself and your possibilities.

Loli_Hunter - April 27, 2023, 3:44 pm

watching Anime bro ..

BiNBo - April 27, 2023, 3:58 pm

I find it in the daily interactions with the people around me.

Nachfolger - April 27, 2023, 4:22 pm

(Apr 27, 2023 03:44 PM)Loli_Hunter Wrote: [\[CITE\]](#) watching Anime bro ..

The FBI could not torture this information out of me guy. Weebs need to get off this forum.

source - April 27, 2023, 4:22 pm

(Apr 27, 2023 04:22 PM)Nachfolger Wrote: [\[CITE\]](#) The FBI could not torture this information out of me guy. Weebs need to get off this forum.Some anime is good, love studio ghibli films

Zexo - April 27, 2023, 4:49 pm

Prob when I hack Dyne and get to see his nudes.

source - April 27, 2023, 4:50 pm

(Apr 27, 2023 04:49 PM)Zexo Wrote: [\[CITE\]](#) Prob when I hack Dyne and get to see his nudes. Feel free to hack me for mine, I got a good library

Zexo - April 27, 2023, 4:50 pm

(Apr 27, 2023 04:50 PM)???? Wrote: [\[CITE\]](#) Feel free to hack me for mine, I got a good library I'm not falling for the b8t mr fed man.

source - April 27, 2023, 4:51 pm

(Apr 27, 2023 04:50 PM)Zexo Wrote: [\[CITE\]](#) I'm not falling for the b8t mr fed man. I wish I had a fed job, they get pensions and health benefits

Zexo - April 27, 2023, 5:29 pm

(Apr 27, 2023 05:18 PM)Dyne Wrote: [\[CITE\]](#) ???? is my literal roommate. Damn you a fed too now (sad crying face emoji)

oRequiem - April 27, 2023, 5:31 pm

(Apr 27, 2023 04:22 PM)Nachfolger Wrote: [\[CITE\]](#) The FBI could not torture this information out of me guy. Weebs need to get off this forum. There's nothing wrong with some good ole anime.

Zexo - April 27, 2023, 6:11 pm

(Apr 27, 2023 06:10 PM)Dyne Wrote: [\[CITE\]](#) Buddy so are you. Lunch break sushi? LMAOOOO

for sure the one that has a conveyor belt

SIM-1166170 - April 27, 2023, 6:41 pm

nothing makes me happy anymore.

Deany - April 27, 2023, 6:48 pm

(Apr 27, 2023 03:22 PM)???? Wrote: [\[CITE\]](#) Title says it all,

What do you do to find happiness throughout the day, or what causes happiness for you?

For me it's generally within Mother Nature (cheesy ik) , and with music. Going on walks and being outdoors has always brought me happiness. Ain't ever gonna be happy if [Stanley](#) keep taking my bytes ?

Nostre - April 27, 2023, 6:58 pm

Waking up in the morning gives me happiness. It's underrated IMHO.

SIM-1166170 - April 27, 2023, 7:04 pm

(Apr 27, 2023 06:58 PM)Genuine Wrote: [\[CITE\]](#) Waking up in the morning gives me happiness. It's underrated IMHO.

I just want to go back to sleep when I wake up. I don't want to wake up anymore.

Nostre - April 27, 2023, 7:12 pm

(Apr 27, 2023 07:04 PM)SIM-1166170 Wrote: [\[CITE\]](#) I just want to go back to sleep when I wake up. I don't want to wake up anymore.

Once you find purpose, a lot of your depression will drift away. It involves taking calculated risks and finding exactly what motivates you to get out of bed.

source - April 27, 2023, 7:13 pm

(Apr 27, 2023 06:41 PM)SIM-1166170 Wrote: [\[CITE\]](#) nothing makes me happy anymore.Do you look

for happiness?

Prettykitty - April 27, 2023, 7:31 pm

Like many, I experience happiness as a fleeting emotion.

I get excited when talking to people in real life, learning new things usually makes me happy.

While I don't normally have a tendency to seek happiness, this feeling comes in many forms for me: acts of service, being with a loved one, being in nature, having a serendipitous moment, companion pets, eating good food, and meeting any goal.

source - April 27, 2023, 7:32 pm

(Apr 27, 2023 07:31 PM)Prettykitty Wrote: [\[CITE\]](#) Like many, I experience happiness as a fleeting emotion.

I get excited when talking to people in real life, learning new things usually makes me happy.

While I don't normally have a tendency to seek happiness, this feeling comes in many forms for me: acts of service, being with a loved one, being in nature, having a serendipitous moment, companion pets, eating good food, and meeting any goal.

Happiness and Love tend to be fleeting emotions, but they are the things we live for.

2020Sucked - April 27, 2023, 7:35 pm

(Apr 27, 2023 04:28 PM)Dyne Wrote: [\[CITE\]](#) This is why you get scammed 250k for my fed sting operations

What a total chad. ?

Waking up brings me happiness! In all of human existence, more people are dead than alive today. That's a wild thought.

Achting - April 30, 2023, 10:43 pm

bro i don't get hapiness, i will got hapiness when i will be rich

Yanix - April 30, 2023, 10:58 pm

New day with new life and strength from the Lord with daily blessings that I can provide for my family.

Smiles from my 2 kids who are source of my daily happiness,

DashPHP - May 1, 2023, 2:24 am

I like to be very productive. That makes me happy.

diablospartan - May 1, 2023, 7:36 am

Gratitude do the wonder for me

It charge my batery and raise my vibration plus it move me from negative thinking to positive thinking where its a huge plus for me as your world its determined by the quality of your thoughts

2xTheTap115 - May 1, 2023, 1:30 pm

(Apr 27, 2023 03:22 PM)???? Wrote: [\[CITE\]](#) Title says it all,

What do you do to find happiness throughout the day, or what causes happiness for you?

For me it's generally within Mother Nature (cheesy ik) , and with music. Going on walks and being outdoors has always brought me happiness.

It's hard to list all the little things that give a little joy during the routine of the day. However, what satisfies me the most are those brief moments in which I can be absolutely alone, in absolute silence. Such moments not only allow me to concentrate and return to balance, but allow me to put the right distance between myself and the tasks and things I am currently busy with.

Gary Clark Jr. - May 1, 2023, 1:37 pm

Happiness is posting in the lounge on HF.

Zher0 - May 1, 2023, 3:08 pm

(Apr 27, 2023 03:22 PM)???? Wrote: [\[CITE\]](#) Title says it all,

What do you do to find happiness throughout the day, or what causes happiness for you?

For me it's generally within Mother Nature (cheesy ik) , and with music. Going on walks and being outdoors has always brought me happiness.

Not cheesy at all. Going for walks and just sitting in nature has been a goal of mine that I can't seem to consistently do... but I'm able to go to the gym 3-4 times a week for 10 years though ol.

I derive my happiness from working hard and going to the gym i guess.

Loot™ - May 1, 2023, 3:55 pm

I try to admire little things, like smoke in the sunlight. Pretty trees, and nature. Life can be short. We need to appreciate life while we are here <3

michael9 - May 2, 2023, 5:08 am

I find my happiness playing pool and reading a few books

Platinum Stargazer - May 2, 2023, 11:47 am

(Apr 27, 2023 03:22 PM)???? Wrote: [\[CITE\]](#) Title says it all,

What do you do to find happiness throughout the day, or what causes happiness for you?

For me it's generally within Mother Nature (cheesy ik) , and with music. Going on walks and being outdoors has always brought me happiness.

As someone with ADHD, somehow i dont take comfort in the presence of humans.

I love dogs. I spend time with dogs. I am not good with face to face interactions and spend most of my time online.

I should have made computer science and cybersecurity my career long ago

I love food too, and i used to play lots of video games. These days, i dont play as much video games as previously

Best
Platinum Stargazer

reynlmb - May 2, 2023, 7:16 pm

def music its just calming n soothing

Majnoonu - May 3, 2023, 12:52 pm

In meaningful things :)

Mostly providing value to others

Drown5191 - May 3, 2023, 1:07 pm

I find happiness in every second of my life. Life is not a path, life is something aimless, the value of which is divided equally among all its parts.

Pootje - May 13, 2023, 1:20 am

When I go on holidays

canine - May 13, 2023, 1:24 am

Video games, my relationship, drugs and the experiences I share with my friends :3

Peffer - May 13, 2023, 1:54 am

Getting enough sleep. I think my way found my happiness when get enough rest that can keep my good mood .

SIM-5360240 - May 13, 2023, 1:10 pm

Just close friends and funny experiences

Stoke - May 13, 2023, 1:35 pm

Just holding myself to the standards that I do. I work hard and train hard, and my happiness comes when I get into bed at the end of the day knowing I fkn killed the day.

But unfortunately, if I don't go as hard as I know I can, I do feel the same amount of unhappiness when I get in bed that night.