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### The True Meaning Of Happiness By Damien Wan

Making your friends happy is quite an easy thing to do. You can tell a joke or buy them something that will make them happy. But there's another thing to make yourself happy. I mean, you can't tell yourself a joke and laugh about it , cause other people may think that you are crazy! And if you buy yourself something, it doesn't mean as much as someone else buy it for you. I don't know if any of you have ever watched the TV series of Mr. Bean, but in one episode, it was Christmas time, and Mr. Bean had no family or friends to give him any presents, so he bought some for himself. He even wrote imaginary cards to himself from people who didn't even exist and tried to pretend he didn't know what they were or who they were from as he opened them all up. The whole episode was very sad , and at the same time very funny. So, I have a suggestion for you about how to make yourself happy. When we look at a problem, there are two ways we can deal with it: one side is "N" for negative and the other side is "P" for positive. For example, for every morning assembly, Mr. Lam tells us to line up quickly. If you look at the "N" or negative side, you will think this is boring so you line up as slowly as possible. However, if you look at the "P" or positive side, you will line up quickly so that you can go back to the classroom faster afterwards and get on with the serious business of study and make it more promptly. If I think positively, I will be happier, I am quite sure. And I'm certain all of you will feel the same! So don't forget, Be happy, Be positive!