

# APB Rembau e-Bulletin

e-ISSN: 2682-776X

Edition: 14/2024

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(March to October 2024)

## **Happiness is within Oneself**

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In today's society, people usually measure their happiness by external markers such as social validation, career achievements and wealth. The markers are often not so stable that can cause dissatisfaction or stress when the markers are not aligned with their personal expectations. The concept of "happiness is within oneself" is not new as many thinkers have explored it. This concept is powerful as it reminds us that true happiness comes from the internal states such as personal development, self-acceptance, self-awareness and the application of practical strategies in accomplishing things.



Personal development is significant for inner fulfilment. It comprises of relationships, work, or personal growth, setting personal objectives that can lead to a deep sense of achievement. It emphasizes not just achieving external successes but also developing ourselves as individuals. To fulfil the need of personal development, we should participate in

activities that challenge and enhance our abilities. This makes us feel fulfilled and accomplished. People who focus on their personal growth may enjoy themselves and construct a life that is inspired and fulfilled from inside rather than through external validation.

Self-acceptance is another important element of inner happiness. We should accept our imperfections and realise that flaws are an important part of human experience which can lead to a great sense of inner happiness. Self-acceptance includes valuing ourselves as complete and significant individuals rather than striving to become unrealistic ideal individuals. We should be kind and have understanding toward ourselves especially during challenging times or when we experience failures in life. We should also encourage ourselves to have a more positive internal conversation. By applying this mindset, we can help ourselves to maintain a stable sense of self-worth and reduce the impact of criticism from others.

Self-awareness is being aware what makes us happy. Being self-aware is essential for achieving our inner happiness. It stems from a deep understanding of ourselves, which involves recognising and embracing our values, desires, and strengths. When we are in touch with our true selves, we are more capable of making decisions that align with our authentic identity. As a result, our sense of inner peace is more resilient to

external influences. To strengthen our self-awareness, we should foster a closer connection with our thoughts and emotion which can be achieved by practices like meditation and mindfulness. These practices allow us to learn to observe our inner world without judgement. As a result, we can improve our emotional resilience and cultivate a lasting sense of calmness and satisfaction.

Applying practical strategies in accomplishing things in life may lead to the enhancement of inner happiness. Some daily activities such as journaling, exercise, and artistic expression may help to improve mental health and self-awareness. Journaling helps people understand themselves better by allowing them to reflect on their feelings and experiences. Physical activity not only improves physical health, but it also produces endorphins, which are happy hormones. Expressing oneself creatively allows for emotional release and self-discovery. Another useful method is gratitude practice. We should regularly identify and appreciate positive aspects of life. As a result, we can shift our focus away from what is lacking and toward what is already there, promoting inner satisfaction. Besides, we should also form positive interactions with encouraging and supportive people. This may help to create a healthier and more fulfilling internal experience.

The concept that "happiness is within oneself" is essential for promoting people

to look within themselves for joy and satisfaction. Through the process of personal development, self-awareness, self-acceptance and applying practical methods for inner satisfaction, people can establish a long-lasting and stable sense of well-being. This strategy teaches people to deal with life's challenges with grace and endurance, while also providing a more consistent source of happiness. Recognising that happiness comes from within oneself helps shift attention away from external validation and toward a more lasting source of satisfaction that is one's own inner self.