Here are a few thoughts on what makes for a happy life. On page 24, we explore this topic in-depth, including nine strategies to be happier.

“In African villages, one would ask in greeting, ‘How are we?’ This understanding sees that someone else’s achievements or happiness is in a very real way our own.”


“Happiness is the purpose and design of existence. ‘Men are, that they might have joy’ [2 Nephi 2:25]. Virtue, uprightness, faithfulness, holiness, and keeping the commandments of God lead to a happy life.”

President David O. McKay, Pathways to Happiness (1964).

“Without good thoughts there is no peace, and without peace there is no happiness.”


“It is not happiness that makes us grateful. It’s gratefulness that makes us happy.”