

Inspirational Quotes About Happiness From Dalai Lama



1. "If you think you're too small to make a difference, try sleeping with a mosquito."
2. "Everything you do has some effect, some impact."
3. "Happiness is not something ready made. It comes from your own actions."
4. "Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."
5. "When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace."
6. "People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."
7. "We don't need more money, we don't need greater success or fame, we don't need the perfect body or even the perfect mate. Right now, at this very moment, we have a mind, which is all the basic equipment we need to achieve complete happiness."
8. "Human happiness and human satisfaction most ultimately come from within oneself."
9. "The purpose of our lives is to be happy."
10. "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."
11. "Choose to be optimistic. It feels better."
12. "Remember that sometimes not getting what you want is a wonderful stroke of luck."
13. "I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I'm not talking about the short-term gratification of pleasures like sex, drugs or gambling (though I'm not knocking them), but something that will bring true and lasting happiness. The kind that sticks."
14. "Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek."
15. "The more you are motivated by love, the more fearless and free your action will be."
16. "We need to learn how to want what we have, not to have what we want in order to get steady and stable happiness."
17. "It is felt that a disciplined mind leads to happiness and an undisciplined mind leads to suffering."
18. "Happiness is determined more by one's state of mind than by external events."
19. "Happiness is the highest form of health."
20. "What is the meaning of life? To be happy and useful."
21. "When you are discontent you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself 'Oh yes, I already have everything that I really need.'"
22. "Be kind whenever possible. It is always possible."

23. "The ultimate source of happiness is not money and power, but warm-heartedness."
24. "There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live."
25. "Everyday, think as you wake up 'Today I am fortunate to have woken up. I am alive. I have a precious human life. I am not going to waste it.'"
26. "The more we care for the happiness of others, the greater is our own sense of well-being.."
27. "The ultimate source of a happy life is the attention we pay to our inner values."
28. "In order to carry a positive action we must develop here a positive vision."
29. "Great love and great achievements involve great risk."
30. "Whenever there lives a compassionate person, there is always a pleasant atmosphere."
31. "When you think everything is someone else's fault, you will suffer a lot. When you realise that everything springs only from yourself, you will learn both peace and joy."
32. "Without your effort, it is impossible for blessings to come."
33. "When we are no longer able to change a situation, we are challenged to change ourselves."
34. "If you have a basic concern for others, even failure cannot disturb your mind."
35. "What unites all beings is their desire for happiness."
36. "You have to start giving first and expect absolutely nothing."
37. "We must all live harmoniously with our neighbors. Your happiness depends on it."
38. "We have to make a sustained effort, again and again, to cultivate the positive aspects within us."
39. "The more you nurture a feeling of loving kindness, the happier and calmer you will be."
40. "Smile if you want a smile from another face."
41. "Happiness comes through taming the mind."
42. "Don't let a little dispute injure a friendship."
43. "Compassion and happiness are not a sign of weakness, but a sign of strength."
44. "By changing our outlook towards things and events, all phenomena can come friends or sources of happiness."
45. "The goal is not to be better than the other man, but your previous self."
46. "It is important to generate a good attitude, a good heart as much as possible. From this, happiness in both the short-term and the long-term for both yourself and others will come."
47. "Open your arms to change but don't let go of your values."
48. "It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others."
49. "With realization of one's own potential and self-confidence in ones ability, one can build a better world."
50. "The happiness of one person or nation is the happiness of humanity."