Around the Corner

August 20, 2013 By Nicole Lemelle

"Happiness is a direction, not a place." ~Sydney J Harris

Happiness is what we all want. We think we know what it looks like. What it feels like. What it's wearing and what it drives.

But we don't know.

I learned a long time ago that having multiple sclerosis is like traveling on a journey. I thought for me, the endpoint was happiness or at least contentment in this imperfect body. But neither one is a state that I'm going to stumble upon later in life. It's the journey that is important. It's the day to day living the life you have. I'll be the first to admit there are potholes involved. But life happens in the journey itself...bumpy or not.

I read over and over again that there are different routes to happiness. I admit, I have a picture of what success looks like. In this society it's hard not to. But when I start to stress about social norms, I remember this quote:

"The common pattern in all this is choosing the right road for the type of person we are. Finding happiness at as many places along that route as we can. So it's important to look at all the good things in our lives and to enjoy them to the full right now. That is much more likely to bring happiness than waiting for it to appear around the corner." - Alex Lloyd

So, are you at least moving in the right direction?

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