

Japanese:

Shiawase to wa nan darou? Sore wa kitto dare ni date jibun kiita koto nan desu. Sore ni kotaereba, aru hito wa “okane” ka “zaisan” to iidasu kamo. Sore to mo, chigau hito wa tomodachi ya kazoku ya mawari no hito ni shiawase o mitsukedasu. Sore to mo mata chigau hito wa shiawase wa kokoro no heion o mitsukeru to sengen shimasu.

Watashi wa mae no iken wa zenbu tadashii to omoimasu. Datte hito sorezore ni wa shiawase no imi wa chigatteimasu. Shikashi hobo mainichi okoru shiawase no katachi wa hotondo no hito ni kizukaremasen, sore wa sasayaka na koto ni sonzai shimasu. Tatoeba aisuru hito to nanigenai kaiwa o suru to ka, kodomo no attakaku chiisana te to te o tsunagu to ka, kaidan no ue made nimotsu hakonde tetsudatta shiranai hito no egao to ka.

Sono chiisana shiawase no kakare ga hitori dato kudaranaku mieru kamo shirenai ga, hitotsu hitotsu isshou kasanareba, ooki na sonzai ni narimasu, soshite jinsei no mae ni susumeru you na chikara ni narimasu.

Ningen to shite, tokidoki nanika no mokuteki ni muchuu ni natte, jibun ga mou motteiru daiji na mono o wasurete shimaimasu. Sore wa watashitachi no warui kuse nan desu.

Betsuni jinsei ni wa tsurai ya kanashii toki ga nai to iitai wake ja arimasen kedo, sukoshi dake shouten o kaereba, soshite sasayaka na koto o motto tanoshimeba, mou chotto jinsei wa raku ni naranai deshouka?

English:

What is happiness? That is a question I'm sure we've all asked ourselves at some point. Some will say it is in money or wealth, others will find it in family and friends, and fulfilling social relationships, while some others will say it is in finding inner peace. I say all of these are correct, as I believe that happiness differs from one person to another, and for each person it comes in a different form. However, there is a form of happiness I'm sure most of us see every day, and we don't always notice: the little things in life. Those little pieces of happiness that come from normal occurrences in our daily lives, such as a casual conversation with someone we love, or the tiny warm fingers of a small child wrapped around our own, or the kindness of a stranger who helped us carry our bags up the stairs.

Each one of these alone may not amount to much, but when in a lifetime, if you put them all together, they are what keep us going day by day in our lives. As humans, we're always focusing too much on our grand goals that sometimes we forget to look at we already have. That's a bad habit of ours.

That's not to say that there are no hardships in life, of course there are, but wouldn't life be a little easier if we changed our focus a bit and tried to enjoy the little things?