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To remain happy and optimistic when you fail is more important than achieving success.

No doubt reaching the goals and being successful make everyone happier than failure in his or her missions. According to various researches, there is a significant and vigorous association between happiness and success. When individuals achieve the aims and proceed with satisfying their desires and dreams, they will one step forward towards flourishing which is the cornerstone of happiness. Therefore, from a psychological perspective, although many people tend to believe in the learning from failures strengths their personalities and make them optimistic, I adhere to the opposite idea that positive and prosperous experiences playing a predominant role in having an optimistic vision and philosophy of life. In what follows, I will pinpoint some of the outstanding reasons to support my opinion.

To begin with, I will come up with a theory that is explaining self-confidence is shaped based on success and joy. A person who encounters positive and pleasant experiences may hold a strong understanding of herself that helps her to value her characteristics, potential talents, and traits. This well-known information would save better and consolidate in long term memory stronger than that of negative and unpleasant ones. All this process boosts human self-confidence and proves that to remain happy and optimistic we need to achieve success and put all efforts to be away from failures.

Furthermore, the equally important reason supported my idea is from evolutionary theory and Darwin’s principle of natural selection as an explanation for human adaptation. He stated useful trait is preserved and individuals who can adapt to the environment adequately, they will be surviving and withstanding undeniably. There is no doubt the creatures who have been survived so far should be labeled as successful species since beginning the history by which they have been capable to shoot the very striking aim and overcome the barriers in their perplexing evolutionary path, the history of human life. As long as those species have been evolving, we have had many species went extinct earlier and in other words, they failed to continue the life. Hence, I think whoever wins will become happier and form an optimistic point of view.

From what has been mentioned above, we may confidently reach the clear conclusion that being happy and optimistic can be obtained after success. It is hard to hide the fact that people believe that failure is a platform to fly. However, by attending to reality and truth, human beings are not only reluctant to be failed but also they are willing to defeat all obstacles that stop their victory. All in all, it is anticipated that people will consider to above statement more and more if they want to be healthier, happier, and optimistic and when they want to achieve their goals before they fail.