Do you agree or disagree with the following statement?

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

Success and failure are two issues that we face every day in our life. Nowadays people starting to investigate different dimensions of these topics. One of the most important dimension is the emotion you are experiencing while success or failure. Some people say focusing on happiness and optimism is more important than the achievement itself while other disagrees. I believe being happy and positive point of view is the most important aspect when you fail, in the following paragraphs I will point out my reasons.

To begin with, I think happiness and staying positive make you to follow your direction towards your goals. Keeping the spirit high at the time of the fail, affect on you in a way that you stay more confident and helps you to be more motivated to keep going and compensate your mistakes. If we compare life to a road that you are going, the most important thing is to enjoy the drive and success or fail are only a part of it. Feeling good and being optimistic leads you to be a stronger person because with a sufficient confidence you make up your flaws which have caused the failure, and move on faster with a good energy.

Furthermore, if you let yourself to be happy only when you achieve success, in case of fail you will get stuck on the road, feeling useless and empty and full of stress. If the happiness depends to success, I believe a person’s happiness would be for a really short time and the long term effect would be stressing out all the time trying to achieve success. By stressing out, your problem solving become less affective and the success takes even longer to achieve. Because of not being in a good vibe when you fail, your general function decrease and this issue in particular evolves stress even more. If you put your happiness as your goal all of these would change to a peaceful and enjoyable way toward your success.

To sum up, you need to remain happy and optimistic when you fail because in this way you can be more motivated, compensative, and energetic so could achieve success even faster and better and the other reason is with conditioned happiness and positive aspect to success, you will end up with short enjoyment of a success and a long period of anxiety and emptiness, to avoid this, it is important to focus on positivity instead of the success itself.