

How do you define success?

Whether it's a new home, a promotion, or finding your soul mate, most people would agree that success can bring happiness. A study published in *Psychological Bulletin* from research conducted at the University of Missouri-Columbia has found that happiness and a positive attitude can lead to success.

Researchers looked at data from several studies and thousands of people. They found that happy people, those who frequently experience positive emotions, tend to be more successful and accomplished in many aspects of their lives.

In one workplace, they found that happy workers were more likely to get positive job evaluations and less likely to show signs of burnout. They also had higher incomes.

Happy people, they found, had more close friends. Happiest were married people.

