Success and happiness. Two simple words, which have a lot of power and effect underlying their simple letter format. The idea of them being as one, is a notion that I no longer believe in as much as before. Don’t get me wrong; there is nothing wrong with being successful, one should always be proud of that. However, do not think that the main way of attaining happiness is by achieving mere success. Actually, sometimes it works in the exact opposite way.

Kheloud: “From far away, Korea could seem very fun or nice to live in.”

Lim HynTea: “(laughing)”

K: “Haha, am I wrong?”

LH: “I don’t think so, haha.”

Marketing Manager, Lim HynTea, a South Korean residing in Korea has interesting ideas on the correlation between success and happiness and how it is presented in South Korea. HyunTea says that although Korea offers Internationally recognized great services, the people behind such successful services are quite overlooked.

K: “So, do you feel like if you lived in another country you would have less stress.”

LH: “Yes. For example my foreign friends told me that Korea is a good place to live. Because we can deliver everything, food, furniture, books, to computers. In short time, very short time; maximum two days. Wherever you are living in Korea.”

K: “Good service, you mean.”
LH: “Yes. If you want something to eat at 12 am. Just call or touch your smartphone app. But, we have to consider that someone enjoying this kind of service, good services. Another has to work for that.”

K: “So the service is very good, but also means more work for people.”

LH: “Yes.”

It seems to be that we as individuals, or groups, or even nation are always aspiring to be “successful”. With this competitive and very quick changing Era we live in, everything seems to feel like a competition. Who can earn more money, who has a better house, who has a better position. Who has a better… anything. Now, there is nothing wrong with aspiring to develop and become a better version of yourself. However, if this means that you will put down yourself or feel miserable just for the dream of attaining a perfect-looking happy successful life, then it is not okay.

HynTea thinks that success alone does not guarantee one’s happiness

LH: “In my opinion happiness is defined by the balance of working and rest.”

K: “Or, having fun in general.”

LH: “Yes, yes. And relationships with family or friends. In my case I have more time to meet my colleagues and my boss than my family.”

K: “So you don't have a lot of time to meet your family because of your work schedule.”

LH: Yes, that is very hard. In Argentina or Australia, they don’t work like Korea. But they are very happy, and enjoying their lives.”

I believe that the main goal or state that one should aspire to have, is the state of happiness and content. I know that some people will say that money or success is the key to happiness. However, truly, most of the time this is not the case. It seems to be that
many of the nations or even individuals who are quite successful have an unhappy life, or at least a life full of stress and pressure, pressure to always perform perfectly. Perfect, the impossible goal which many of us tournament ourselves for.

You would think that a nation with good living standards, the ones they call “first world nations” would have it all figured out, the key to a happy life. However, it seems to be that in the pursuit of perfection or ultimate success, a piece of humanity was lost in the way; thus resulting in unhappy people.

Take South Korea for example. A first-world nation that has one of the best facilities, super modern technologies, and has one of the world's best education and health care. Yet, it has a shockingly high suicide rate. Suicide is the fourth most common cause of death in South Korea; and on average, 40 people commit suicide every day. So, in an economic or developed nation perspective, South Korea is a great place to live in, with all these services provided. Yet, many Koreans are taking away their lives everyday. This has got to be more than a mere coincidence.

Businessman, Mr. Cho, a South Korean who came to Egypt more than 20 years ago, and who considers himself to be Korean as well as Egyptian has a perspective on the relation between happiness and success in both Korea and Egypt.

**Mr. Cho:** “I think Egyptian people are happier with their lives here. Frankly, the economy is less than Korea, technology is less than Korea; but people are more happy. Two things, from the religion and the second thing is that they don't like to compare with maybe richer countries and Egypt. They focus on Egypt, now; they are happier. In Korea, many people are happy, but it has to do anything with
money. Because many rich countries, all the world research for which country is more happy. Always America, Japan, and Korea are low grades. Bangladesh or African countries have higher grades. Happy and Rich is not equal.”

Now, this is in no way saying that all first world nations are horrible countries. In fact, South Korea happens to be on the top of my bucket list countries that I wish to travel to. It also is known for great services, touristic spots, cuisine, culture, and history. However all there is to say, is that perhaps we as nations or individuals need to reassess our approach to happiness. We must stop putting so much stress on the concept of being successful or even the impossible perfect. For, in such a difficult and quite honestly impossible journey, something seems to get lost in the way. We must remember, that there is always too much of a good thing. So, remember to take a break and have some relaxation or fun time. It is nothing to feel guilty about, it is actually quite naturally human like.