

What Kenya Taught Me About Happiness?

#Kenya is a beautiful country, but what made my recent trip special were the people.

I met many Kenyans who were warm, cheerful and genuinely proud of their work, culture and country. There was a wonderful sense of community and looking out for one another — something captured by their national motto, “Harambee” — pulling together.

I also heard “Hakuna Matata” — no worries — quite often. Beyond the famous phrase from The Lion King, I felt it reflected a certain **#optimism** and ability to enjoy life despite its **#challenges**.

Travelling from **#Nairobi** to **#Masai** Mara, I saw a very different world from the one we know in **#Dubai** — muddy roads, dusty towns and far fewer material comforts. Yet what struck me was the happiness and contentment I saw around me.

It made me think about how we sometimes equate **#happiness** with having more materialistic things.

Perhaps happiness is much simpler.

“It is appreciating what we have, taking pride in what we do, and being happy with the people around us”

The Masai Mara gave me unforgettable memories of wildlife.

But Kenya's people gave me something perhaps even more valuable — a lesson in **#contentment**, a life filled with happiness and **#Hakuna** mattata!

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