**Speaking Tournament Topics**

Grades 4–6

1. Spread love everywhere you go. Let no one ever come to you without leaving happier. – Mother Teresa
2. Happiness is not something ready made. It comes from your own actions. – Dalai Lama XIV
3. They say that a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for. – Tom Bodett
4. No medicine cures what happiness cannot. – Gabriel García Márquez
5. Happiness comes in waves. It will find you again. – Unknown
6. There is only one happiness in this life, to love and be loved. – George Sand
7. All happiness depends on courage and work. – Honoré de Balzac
8. If you want to be happy, be. – Kozma Prutkov
9. When it rains, look for rainbows. When it’s dark, look for stars. – Oscar Wilde
10. Happiness depends upon ourselves. – Aristotle
11. Now and then it’s good to pause in our pursuit of happiness and just be happy. – Gillaume Appolinaire
12. Whoever is happy will make others happy. – Anne Frank (from *The Diary of a Young Girl*)
13. The quality of your life depends upon the quality of your thoughts. – Marcus Aurelius
14. Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is. – Maxim Gorky
15. Happiness is a conscious choice, not an automatic response. – Mildred Barthel
16. Happiness is not being pained in body or troubled in mind. – Thomas Jefferson
17. There are as many styles of beauty as there are visions of happiness. – Stendhal (from *Love*)
18. Happiness is not a goal, it is a bi-product. – Eleanor Roosevelt
19. The secret of happiness is not in doing what one likes, but in liking what one does. – James Matthew Barrie
20. Indeed, man wishes to be happy even when he so lives as to make happiness impossible. – St. Augustine

Grades 7–8

1. Action may not always bring happiness, but there is no happiness without action. – William James
2. Happiness is when what you think, what you say, and what you do are in harmony. – Mahatma Gandhi
3. Folks are usually as happy as they make their minds up to be. – Abraham Lincoln
4. You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. – Albret Camus
5. The greatest happiness you can have is knowing that you do not necessarily require happiness. – William Saroyan
6. If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else. – Chinese proverb
7. The mere sense of living is joy enough. – Emily Dickinson
8. The search for happiness is one of the chief sources of unhappiness. – Eric Hoffer
9. Give a man health and a course to steer, and he’ll never stop to trouble about whether he is happy or not. – George Bernard Shaw
10. True happiness is not attained through self-gratification, but through fidelity to a worthy purpose. – Helen Keller
11. Happiness is where we find it, but very rarely where we seek it. – Jean Antoine Petit-Senn
12. Sanity and happiness are an impossible combination. – Mark Twain
13. Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. – Marcel Proust
14. Learn to value yourself, which means: fight for your happiness. – Ayn Rand
15. I am not proud, but I am happy; and happiness blinds, I think, more than pride. – Alexandre Dumas (from *The Count of Monte Cristo*)
16. Happiness quite unshared can scarcely be called happiness; it has no taste. – Charlotte Brontë
17. Happiness makes up in length for what it lacks in length. – Robert Frost
18. Man is now only more active – not more happy – nor more wise, than he was 6000 years ago. – Edgar Allan Poe
19. Happiness is not a state to arrive at, but a manner of travelling. – Margaret Lee Runbeck
20. Human time does not turn in a circle; it runs ahead in a straight line. That is why man cannot be happy: happiness is the longing for repetition. – Milan Kundera (from *The Unbearable Lightness of Being*)
21. There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will. – Epictetus