

# Creating Happiness

I have been studying the Conference talk, [“Happiness, Our Heritage”](#), by President Dieter F. Uchtdorf. I stopped and pondered statements that particularly touched me. I looked for things that I could apply to my life. Things that will help me get through hard times when they come; because they always do.

President *Uchtdorf* reminds us that we are children of God. A God whose happiness is beyond our mortal comprehension. Because he is happy, he wants us to be happy. Our Father put us on this earth to have Joy ([2 Nephi 2:25](#)). There are many things on this earth that bring happiness. Whether consciously or not, we are constantly seeking out things we think will bring us the most happiness.

President Uchtdorf suggests we look at some of the things that make God happy. Creating is one of the things that brings happiness. We are all born with an ability to create. My first thought as a single woman was, ‘Yeah, children, I know that and can’t do that at this time in my life.’ But President Uchtdorf, the inspired man that he is, is not talking about only creating children.

What can/have you created? I love to create things and was thinking about all the many things you can create. May I suggest you try it. Pick something to make or create and do it. You can work on it a little at a time or all at once. It can be something you already know how to do or something completely new. Try and, here’s the important part, don’t expect perfection. Just have fun, learn and progress on the way and don’t forget to marvel at the process. You are a living being who can do so many things. Now before you think to yourself, ‘I can’t make anything, I don’t have talent, I’m not creative;’ listen to Elder Uchtdorf’s exact words.

“You may think you don’t have talents, but that is a false

assumption, for we all have talents and gifts, every one of us (See [D&C 46:11-12](#)). The bounds of creativity extend far beyond the limits of a canvas or a sheet of paper and do not require a brush, a pen, or the keys of a piano. Creation means bringing into existence something that did not exist before—colorful gardens, harmonious homes, family memories, flowing laughter.”

There you have it. A Prophet of God says you have talent. So believe in the power God has given you and show him you will use it to be happy and to make others happy.

I like how he says, “Creation is bringing into existence something that did not exist before.”

So may I add to his list of things you can create; A smile, a letter or email, a song, family time, confidence, a dessert, comfort, painting, activities. There are so many. If you can't think of anything that feels right to you, please pray and ask the God who created you, your very Father in Heaven if He will help you, guide you, and perhaps whisper in your ear what you need to hear. Happiness can and should be yours. Go get it.