

Happiness: A choice or a destination 1

Happiness: A choice or a destination?

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I deeply understand Carlos Santana, because I have lived this quote.

There have been moments where I suffered and still chose happiness. My mom was an immigrant with nothing, but she chose happiness. I moved to Banning to get away from the danger I was living in. I could've lived in fear, sadness, and anger, but I chose happiness.

Happiness doesn't come to those who don't fight for it. Happiness isn't a phase, it is a choice we need to make every single day. No matter where we are in life, we need to choose happiness because, nine times out of ten, happiness won't choose us. Carlos Santana said, "Happiness is not a destination or an experience. It's a decision." This quote means it doesn't come to those who don't seek it, and it doesn't come to those who don't choose it.

We can choose happiness every single morning we wake up. Carlos Santana tells us it is a choice. We choose who we are, how we are, and what we are. It's about life giving you one hundred reasons to crumble, but still finding a thousand reasons to get up.

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There could be a thousand things in one room, a destiny will come no matter what, an experience will pass, but a choice doesn't come until you decide it does. Happiness is that choice. Carlos Santana wanted people to see that *YOU* are the author of your own story.

In thinking like Carlos Santana, I am reaffirmed happiness isn't like hitting a dead end on a freeway. It's finding that end of the rainbow. It's about knowing the consequences that can come with fighting but doing it anyway for your happiness.