

"Happiness"

"Happiness is not a destination or an experience. It's a decision." Carlos Santana

FOBL Essay

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To a certain extent, I agree with Carlos Santana's quote - "Happiness is not a destination or an experience. It's a decision. I say "to a certain extent" because there are so many mental illnesses that make it nearly impossible to just be "Happy". We can all set goals, but we all have to understand that even if we don't make it, as long as we try our hardest and give it our all, we can be happy with the results and with where we end up.

For me happiness tends to fall within the little things and sometimes things that are unrealistic. Namely I want to travel the world and meet my favorite Youtuber "Shane Dawson." These are goals I focus on, even if they are completely unrealistic. Silly goals like this help me.

Other ways I've found happiness is by working on projects or small goals I've set for myself. An example would be doing something new, like writing this essay. While it may be stressful sometimes, I'll be happy with the results as long as I try my best.

That is why I choose to believe that Happiness is a decision, not a place or destination, because, even if we make it to the place we wanted to be, if we lose more in the process than we've gained, we'll never be happy or fulfilled in our life.