

Title: Hungry for Happiness

Name: Selena Sasabe

Grade: 11th

Date: 4/20/2020

Hungry for Happiness 2

Happiness is everywhere and nowhere, it all depends on you. Carlos Santana once said, "Happiness is not a destination or an experience. It's a decision." You can find it in anything you do, like creating a splash of color to a crispy white page, eating a mouthwatering pepperoni pizza freshly baked from the oven, or even taking a walk with the sun shining bright and trees swaying in the breeze on a quiet neighborhood street. Happiness isn't an experience you get to feel once in your life or a place you visit, it's everywhere.

Letting in a little joy into your heart can do extraordinary things. "Joy does not simply happen to us. We have to choose joy and keep choosing it everyday." (Nouwen 1) When asking a couple of friends what they thought happiness was, some said food or music while others spoke from their heart. They want that joy in their heart, so they choose it every single day they breathe. You can have that joy too, all you have to do is let it in. The choice is yours now. What will you decide?