

The Quest for Happiness

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When people think of happiness, some interpret it as destiny. It comes to them sooner or later in life, while others may only fantasize how it actually feels to be happy. However, in order to pursue happiness, you must be willing to take action and make it happen. People must be able to comprehend the foundation behind happiness if they wish to think about pursuing it. Once they are able to accept the idea that happiness starts with change and action, then they can work hard to acquire it.

The quote, "Happiness is not a destination, or an experience. It's a decision," by guitarist Carlos Santana emphasizes the importance of the idea that happiness can be attained only by one's own self determination and drive to do so. Whatever it may be that makes a person happy, they must always have the positive mindset that they keep trying and avoid quitting, no matter how hard life hits them. For example, in the movie "8 Mile" starring rapper Eminem, the main character "B-Rabbit" suffers extreme poverty and discrimination in a predominantly black neighborhood in which he attempts to break the race barrier in the rap genre of music. Throughout the film, he is constantly discouraged by other people when he is attempting to rap, as he is verbally and physically abused. However, he did not let this get between him and his goal of gaining the rap community's respect and recognition.

Likewise, in real life, people should not be discouraged when someone or something puts them down, including life itself doing so. We must be resilient. Otherwise simple obstacles can keep us from our happiness. In essence, happiness can be acquired, but the first step is to make a decision to pursue it, because happiness won't happen unless you make it happen.