

## The Goal of Life Isn't Happiness

For a while, I thought the goal of life was to be happy, to find joy through my photography. But the more I consider the meaning of life, the more I realize that *it has nothing to do with happiness*. Happiness is an easy state to achieve. Just stand under the sun, go for a walk, feel the ground beneath your feet in a park. **Happiness is simple.**

## So, What is the Goal Then?

We are biologically hardwired to reproduce—to ensure survival through offspring. Of course, this isn't something that *everyone* must do, but I believe this is the endgame in nature's design. Yet, **parenthood brings new burdens**, ones that can be detrimental to personal health and freedom. So perhaps the true goal is something else: to seek out *bigger challenges, problems to solve*, and to create solutions that benefit ourselves or others.

## My Current Goal

Right now, my goal is to **increase my strength each day in the gym**, to focus on my physiological health and well-being, and to produce more art. Each photograph I create feels like *a piece of me*—my legacy, my contribution.

*"My photographs are my children."*