***Note-taking***

***Title: SHARING your life***

***Topic: sharing, life story, experience, obtain and bi-product.***

***Speaker:Zhao Yuetong（ Electronic engineering）***

***Information you’ve got from the talk (in phrases or sentences):***

***1.Four part of her TED.***

***2.interesting event:self-addressed postcards share an artful secret. Hand them out randomly on the street. Half a million secrets.***

***4.What to share:Details & small moments simple things you discovers in your lives. Emotion and feelings: excitement, surprise, moving, regret, confuse, miserable. Experience: Everything you have been through. Thoughts in mind: wishes, dreams, innovative ideas.***

***5.Why is sharing lives important? Share your happiness, your happiness doubles; share your sorrow, your sorrow cuts to half. It drives us to live our lives consciously. Learn to face ourselves.***

***It’s a way to adjust our mood.***

***6.How to share? Choose the appropriate person to share. Sharing is bi-directional: be a good listener. your reaction matters a lot to the people who share. Let sharing become a habit and an attitude toward your life. An attitude that always be ready to face yourself directly, and to pay attention to every simple things and details in life.***

***7.What else can we obtain? We can found some soul resonance in the ocean of crowds, and they are always there to tell us, we are not alone. Sharing and listening to others can remind us of the countless human dramas, of frailty and heroism, playing out silently in the lives of people all around us even now. Sharing can connect us with our deepest humanity, or with people we'll never meet again.***

***Questions (at least 2) to the speaker:***

***1.Do you think sharing our life will contribute badly to our privacy?***

***2.If I feel that our life is somehow boring, what can I share?***

***Your Comments (optional)***

***Why we share?***

***If not shared, experiences within ourselves will never allow us to learn new things, neither will it help us connect with other individuals. Unless we share and express, how will others know?***

***Experience when shared helps one plan next course of action and be prepared what to expect and what not to expect, helps set expectations and achieve goals in life.***

***Good Experience brings happiness, sense of importance to the person who shares them and individuals who listen get motivation in life .***

***Sharing knowledge and experience is best gift that can be given to future generations, as they cannot re-live that moment or go back in that era which we have experienced, so the future generations curiosity to know the past is satisfied when we share knowledge and experience.***

***To be up to date and generation relevant keep updating ,keep sharing.***

***So we should keep experiencing and keep sharing our knowledge.***