**Note-taking**

**Title: To be your true self and define your own happiness**

**Topic: Chasing happiness, Belonging, Purpose, Transcendence, Storytelling**

**Speaker: Zi Bian**

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

**1. We all confuse fear distrust and give up.**

**2. We try to make our way to happiness instead of existing in happiness. And as a college student, we should step forward to make resolutions and be what we are, define what we want to be.**

**3. Emily Smith:chasing happiness makes people unhappy.**

**4. Four pillars to build up the meaning of our lives（pillar:支柱，核心）：belonging，purpose，Transcendence and Storytelling**

**5. Belonging is a sense of community.**

**6. People belonging to friends are happier.**

**7. Purpose stands for dream and goal.(Example:The Bucket List)**

**8. What deserves ourselves is ourselves.**

**9. Transcendence gives us a positive state of mind.(transcendence:existence or experience beyond the normal or physical level.)**

**10. Before we can find what we can do on earth, we can share our stories to the others.**

**11. Storytelling is an ability to recognize , restructure and retell.**

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

**1.How does storytelling help defining our own happiness?**

**2.How can we balance our happiness and others’ expectancy?**

**3.What’s your definition towards your own life and your life meaning?**

**Your Comments (optional)**

**To be yourself is a controversial statement, because who are you? Does anyone truly know themselves? Thinking of this, I suddenly recall a Japanese saying that when you refer to ‘yourself’, there are actually three selves involved.**

**The first self is how you identify with yourself.**

**The second self is how you think others identify with yourself.**

**Third and last self is how others actually identify with yourself.**

**The ideal scenario is to have these three selves as similar to one another as possible. Why? You might ask. Such a scenario is where you will experience the least personality dissonance between your internal and external self.(1.scenario:a written outline of a film, novel, or stage work giving details of the plot and individual scenes. 2.dissonance:lack of harmony among musical notes.)**

**And to construct such a self takes herculean effort and you need to be really conscious about doing it. I think the best way is develop a strong values and belief system that is radiant from within you. Align your actions with such a system, and be conscious of your actions for they must embody and be manifestation of your inner beliefs.(herculean:requiring great strength or effort.)**

**That way, maybe, just maybe, you will be ‘yourself’, and others will see you as ‘yourself’.**