***Today, Bian Zi shared her opinion on how to be your true self and define your own happiness, revealing the fact that we all get frustrated sometime in our daily life. People always try to make their own way to happiness instead of existing in happiness. Chasing happiness makes people unhappy. So as a college student, we should step forward to make resolutions and be what we are, define what we want to be. At last, She shared her four pillars to build up the meaning of our lives, belonging，purpose, transcendence and storytelling.***

***In her speaking, She stressed the significance of being our true selves, which we attach great importance to. There she emphasized our true selves, not the ones other people expect to be or even define. In that case, being our true self can lead us to constant happiness.***

***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.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.***

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