***The students in our group were quite divergent in thinking and discussed the issue of how to be our true self and enjoy our true happiness. These following part were our group discussion.***

***1.Presentation of Task B3***

***Chenyang Zhao：***

***Bi Zi emphasized our true selves, not the ones other people expect to be or even define.***

***However, to be yourself is a controversial statement, because who are you? Does anyone truly know themselves? Thinking of this, I wanna share 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.***

***Guangyao Lv:***

***Bian Zi mentioned that storytelling was extremely important, and I totally agree with her. In my view, quite a lot of people have been chasing for their happiness for so long that they totally ignore their present situation and achievement, and might be lost. Storytelling is a great way to deal with the crisis. Actually, storytelling is a process of recalling, during the process, we might be proud of what we have achieved, we might be regretful for the mistakes we made, whatever, it will help us perform better in the future. Also, storytelling is a process of raising confidence, as we will definitely believe that what we are chasing for is achievable after storytelling, after all , we all hold the belief that our story will have a good ending. Didn’t you find that storytelling is delighting?***

***Yu Qi:***

***From my point of view, pursuing real happiness needs explicit understanding of who we are and the courage to persist in what we like.***

***There are two kinds of happiness in this world. The first kind of happiness is achieved by pursuing what most people consider as happiness, while the second can only be got by fulfilling your own dream. Pursuing the happiness defined by ourselves can bring true happiness. For instance, Zhou Fangrong, a “left-behind” girl from Hunan province, decided to study archaeology at Peking University this year, which caused a heated debate on the Internet. While most people believe choosing majors related to well-paid jobs are the way to happiness, Zhou Fangrong still persisted in what she really loved and pursued the happiness defined by herself and she, I believe, will feel happy and never regret for her decision.***

***Rouhan Yin:***

***Everyone of us are on the road striving for happiness,but how do we define our happiness? There are so many voices and so many expectations from outside, does it mean happiness when we spare no effort to satisfy others’ expectations? Of course not! We are supposed to be our own self, to do what you love, regardless of what other people say. From our early age, everyone teach us how to strive, how to sprint, how to success, but no one has told us about how can we strive for our own self, no one has told us when you wandering and hesitating, how do you make your own choice? So follow the 4 pillars the speaker gave and go on, just like Elon Musk define his dream as sending human to Mars and Liping Yang made up the mind to bring the rural dancing to the whole world, what you define your happiness as maybe to be mad, but step forward, and head up!***

***2.Our question is about how can we be our true selves?***

***Zhao:***

***Just like I have already said, the idea way is to is to have these three selves I mentioned 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.***

***Lv:***

***We should have a clear description of our own characters and our long-term life goals, and we should experience more, and during the process, find out what makes ourselves really proud of ourselves and happy.***

***Qi:***

***Being our true selves firstly needs understanding of who we are. We can achieve this understanding by looking back on our past experience and analyzing the reasons behind what we did at that moment, so that we can find what we really like. Secondly, it needs courage to persist in what we really like instead of yielding to others’ expectation.***

***Yin:***

***The first I think is to believe ourselves. Because there are so many voice from the outside. maybe critic and collision. and at that time. how do we choose? We should do what we love but not to achieve others’ expectations. And for another. I think is to work hard. since you have make your own choice. then do your best and demonstrate it to other that your choice is right.***