**Summary**

**This week, there is a heated discussion among students in our group about the issue of how to be our true self and enjoy our true happiness.**

**At first, we all think that before discussing how to be our true self, we should give a specific definition of ‘our true self’. Therefore, one teammate shares a Japanese saying about the three selves involved when we talk about ourselves, thus leading to our definition of our true self. We regard true self as the combination of how we identify with ourselves, how we think others identify with ourselves and how others actually identify with ourselves. Then we come to a conclusion that being our true self is to have these three selves as similar to one another as possible.**

* **After definition, the focus of our discussion shifted to how to enjoy our true happiness. We find that 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. So we consider that pursuing real happiness needs explicit understanding of who we are(self-perception) and the courage to persist in what we really like. For self-perception, we discussed a piece of heated news about Zhou Fangrong, a “left-behind” girl from Hunan province. She decided to study archaeology at Peking University this year, which caused a heated debate on the Internet. We highly appreciated her clear** **self-perception and extraordinary courage to pursue her dream. She, we believe, will feel happy and never regret for her decision.**
* **We also discussed the significance of persisting and striving for our own self. Just like Elon Musk defined his dream as sending human to Mars and Liping Yang made up the mind to bring the rural dancing to the whole world, we suppose that no matter how crazy our happiness might be reckoned, persisting and striving are the key to happiness.**

**So in the end, we come to our conclusion that the key to to be our true self and enjoy our true happiness is, in brief, clear self-perception and just do it!**