Assignment

Watch the mentioned TED tex video and answer the asked questions.

1. What are the fours approaches to be happy?
2. Write down the summary of the mentioned video --- 100 words

**There's more to life than being happy Emily Esfahani Smith**

<https://www.youtube.com/watch?v=y9Trdafp83U>

**Four approaches to be happy:**

Emily didn’t talk about the four approaches to be happy but shetalked about the four pillars (belonging, purpose, transcendence and storytelling) by which one can live a meaningful life which I think, will ultimately make people happy. She is of the view that finding meaning and purpose in life is more important than pursuing happiness, and that a meaningful life may include moments of happiness, but also challenges and struggles.

**Question #02:**

Write down the summary of the mentioned video --- 100 words

**Topic: There's more to life than being happy Emily Esfahani Smith**

**Answer:**

**Summary:**

In the video Emily Esfahani is highlighting the importance of finding a purpose in one’s life rather than just seeking happiness. The author argues that meaning and purpose are more important and valuable than happiness because they are more fulfilling and sustainable. She begins with the story of Victor E. Frankl which focuses on finding meaning and purpose in life. She says that she decided to go to graduate school for positive psychology to learn what truly makes people happy and what she got to learn from there was that chasing happiness can make people unhappy. She also said that the suicide rate had been rising around the world. Even though life is getting better by every means but people feel hopeless and depressed. She found out that there was an emptiness gnawing away at people. And according to the research the reason behind this despair is not a lack of happiness it’s a lack of something else, a lack of having a meaning in life. Emily further discussed the four pillars by which one can live a meaningful life. The first pillar is belonging. She says that belonging comes from being in relationships where you value each other. It is the feeling of being part of a community or group where you feel accepted and valued for who you are. She added that the key to a meaningful life for some people is belonging while for others it is the second pillar that is ‘purpose’. She says that whoever has a purpose and a why to live in their lives can live a meaningful and a satisfying life. That purpose is not only success but it can be any purpose. The third pillar which Emily talks about is transcendence .It is a kind of a thing in which you have so much passion, that you lose any sense of time and place. It is the experience of feeling connected to something greater than yourself, such as nature, spirituality, or art. Transcendence states are those rare moments when you are lifted above the hustle and bustle of daily life and your sense of self fades away and you are connected to a higher reality. The fourth and the last pillar is story telling. She says that one can know his self by creating a narrative story on their life. By always adding something to their stories they can help them in knowing who they became and who they were. These were the four pillars according to Emily by which one can live a meaningful life. At last she says that we need to build these four pillars to help people become their best selves. She concludes that happiness comes and goes but having meaning gives you something to hold on to.