Reflection about Humanities Project: Happiness

Happiness, why happiness? It is something that we always look for even without knowing, it's been theorized as the main deepest motive why we do things for, the final explanation of our general behavior. Happiness, or the good living is something we all look for but not in the same way. some philosophers and religions have traced the path to reach it according to their believes, and still in modern days we are still studying the good life through science like psychology, like an obsession to know what really makes us happy and the best ways to have a good life.

The way I did this activity was more relevant to myself than to the topic itself, it was something that I enjoy doing, something that brings me satisfaction, of course, something I will live of. And it might just sounds as something very technical but there's also some humanistic touch on the development of my project, design, photography appreciation and selection, I'd like to say artistic writing, and some others.

There were several things I understood from this class that I wanted to reflect not only on this project but probably for other future papers if I need to or want to make them as something to teach others:

I wanted to hear other people opinions and theories, about happiness in this case, trying to understand from their perspective, culture, and other factors that may influence whatever they say.

I was constantly questioning myself on every sub article and every statement I was making, so I would be sure I was being as open as I could for other possible ideas and not trying just to affirm whatever it came to my mind at first chance.

I had to read, not just what I was familiar with but also things that I didn't consider them to be true or right. Lots of reading.

Last but not least, I shared my thoughts, I gave something that I considered important to whomever reads that project in form of an informative webpage, I before I shared there were so many considerations in my head, am I not being artistic? I'm I giving them choices to believe and think about? Am I using too much scientific language? Is this easily understandable for anyone who reads it? Etc, And I think the greatest satisfaction is that I'm able to share what I did, share my work and in consequence the work of others regarding happiness, I won't ever know how many people will read it during the time it last on the server, I won't know if it's going to make any change on the readers, but I do hope and believe that many will read it and it'll somewhat reach them at least in an illustrative way.

This project was something I was excited for even before I started, when I had the first ideas. The first challenge that I had was transmitting one or probably two messages in the most

important medium of the modern world, internet, and make it a valid proposal for a project related to humanities. Ideas that we may have in mind to transmit them and we never have the right excuse or the right opportunity, that was the kind of project I wanted to work in, and fortunately it's something that I can apply in form of a lesson for the people that I can reach to teach them something, to make them think about something, not about my ideas or my beliefs, but to make them question whatever they believe happiness is and how to get it, where to get it, just contrasting theories from others, showing as many side of topic as possible.

During the development process, I've noticed that the way I used to write my thoughts changed, I must say that the tone I was going to used, or that I started using started to change quickly, just to put all the viable variables on the table for the reader to interpret them, I tried to use more questions than statements. I don't think my values have changed that much, but my tolerance, understanding and my way to describe situations have changed, I'd say that mostly I dropped my usual doses of rhetoric towards giving ideas for someone else to figure out their owns.

I was curious how I practically had to force myself, deleting words after I wrote them, not to fix the grammar, neither to make them sound better but to avoid pushing my opinions, or things that I consider are the right ones, of course I gave some personal conclusions and statements but trying to clarify they are just opinions about the scientific facts that are exposed on the project, something that I think I'll be careful of for further articles addressed to an open public.