

# Chart of Happiness 1.0

Written in February 2018, based on life in Boston from September 2016 to February 2018.

	What	Why	How often
<b>Enjoy most</b> 	Talking to people that I like	I feel relaxed and they make me smile. But then, how do you know who you like, to begin with? I guess you have to talk first.	When I meet them
	Making gifts for people that I like	I would imagine how they receive the thing and expect the next time we meet.	When there are people that I like, or when people are leaving and you're not gonna see them again, or maybe in some other universe
	Hearing myself producing free, good sound in voice class, coaching sessions and sometimes during practice	Feels "Oh wait a minute I can do THAT!" (You never know what you can do, be it good or evil.) In class the teachers would make metaphors and jokes and I can't help laughing I guess?	Unfortunately, it might be only once in a month that you get a satisfying sound. But you keep going back every day in order to have that moment of excitement.
	Seeing shows in the theatre and going to concerts	Sometimes the performances make me feel goosebumps and slap me in the face on why I studied theatre and music in the first place I guess. I feel the need that "I must go see it". I enjoy the journey to the venue and the things I see on the way.	I've been trying to make it happen every week.
	Have a whimsical thought and execute it immediately	It is rare that you feel an urgency to do something that you actually want to do, e.g. making prints from a found rock.	Unpredictable. It's like the weather. You never know when a typhoon comes and how long it's gonna last.
	Hiding, reading, and finding books in the library	Remind me of how peaceful and happy I was at Dickinson. Nobody knows me. The lights will turn on one by one when you walk past the shelves. Plus, you can have Dunkin Donuts, I mean, French cruller and a whatever-flavored coffee.	Two afternoons every week

Making connections (by building animation, collages, making unrealistic drawings)	You get to use a little imagination. And you never know what will come in the end.	Who knows
Going to choir	One of the few occasions where I need to make myself intensely focused. Plus the conductor makes weird jokes like “Intonation is like pregnancy, you get it or you don’t.”	Every Wednesday
Walking on the streets in Shanghai and discovering things that I never knew before	You get to see all walks of life and realize that you’re but a tiny grain of sand. Feels free because nobody knows me; people’s lives seem very distant from my own but extremely related to me at the same time.	Every other day when I’m on break.
Browsing through Wikipedia and jumping to one page after another	Feels “I learned something!” The fact that you are still curious means that ok great you’re not dead.	When I’m introduced to a new thing
Watching stars	Cuz you don’t see them very often!! Plus, it’s usually cold when you get to watch the stars, so it adds another layer of sentiment.	Sometimes you get to see the milky way, or what you think is the milky way. That happened only twice.
Writing	Hopefully reorganize my thoughts and achieve clarity.	When I feel like (this is important because forced writing is not natural)
Reaching to and hearing from whom I want to hear from	Because I want to express feelings and be cared about I guess!!	When stars meet
Looking forward to visiting Dickinson again	The anticipation of seeing the nice people	Pretty much every day
Making jokes	Make me happy for a moment but then people might not get it. Occasionally some people will chuckle and I really appreciate that.	When I’m with the people that I’m comfortable with
Facetime with family	I sort of expect to see them cuz I guess I care, but after the talk I would feel we talked about nothing and I need to get up and fight for my own life.	Every two weeks

Reflecting on what I do	What's the meaning of doing anything???? But it sometimes feels better after I sort out my ideas than not knowing why at all.	Literally all the time
Making sound collages, playing with technology	Occasionally I hear a new sound that excites me for a second, but then I get bored pretty fast	When I force myself to sit down and do it
Making what I think is not "my art" enough (drawing, etching, carpentry, cardboard, figure-related stuff)	I just have a feeling from the guts that they're not there!! But what's frustrating is that I don't know what else to do but continue making the crap, hoping that I can come up with something better during the process, in vain.	All the time. You know you don't like it, but you have to do it in order to know what's bad and never do it again.
Forcing myself to sit at the piano and say "fuck" and mean it every time I make a mistake	My muscles are stupid and that's why I need to train them. I don't like the fact that I get frustrated too easily these days. But you still force yourself to cheer up because otherwise you're gonna repeat the mistakes and it's only gonna get worse.	Every day
Posting work on Instagram, and waiting for people to "like" it	Sometimes I do get "liked" (if lucky, from certain people), even though the work posted is not actually that good. But then what's the meaning of getting liked??	When I feel like
Online window shopping	Feels like I shouldn't do it...	I'd say pretty often, but it's harder to really spend money.
Cooking and eating and cleaning	Feels okay... Need some source to motivate myself.	When I need to
Talking to people that I don't like	Feels like they're going to tear me apart because they sound like they don't like what I do. However, it is interesting to converse and figure out ways to deal with the occasion.	When fate lets me meet them
Spending time sorting out what I deem bullshit that other people surprisingly find more meaningful, aka sitting through a class that I don't care for	I would think oh I could have done a lot of other more intellectually challenging things with that time... or maybe not. But it's good that you get to clarify what you really like and hate at these moments.	When I'm not lucky
Waiting for things (a delayed bus/flight, a meeting)	Feel irritated; can't calm down even if I have books in hand.	When it has to come



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most

