

Chart of Happiness 2.0

Written in October 2019, based on life in Shanghai from May 2018 to October 2019.

	What	Why	How often
Enjoy most	Do things with people with the same frequency	Feel comfortable (e.g. with the choir on Thursdays – not a lot of people, but a lot of interaction, a lot of jokes. Other choirs have more people but less connection, feels lonelier. Although in almost every choir I was able to feel goosebumps, but I cannot tell it's from the music or from the people.	Every Thursday evening
	Make work	I am by myself when making work and feel I own my time and can do whatever I want. I can follow every one of my decisions until I'm slightly satisfied. Sometimes I listen to podcasts from around 15–20 years ago, which still feels modern (and sometimes funny) now.	When I have a full-time job, I don't make work. When I don't have a job, making work is my job.
	Write lyrics to existing songs	I enjoy rearranging text and using my imagination while humming the songs. It feels nice when something even rhymes. (If someday I have the ability to compose, will I also be interested or am I just interested in the text?)	Every 6 months or so
	Take German classes	Learn something new. Can use imagination when asked to construct a new sentence. Mind can wander in the fantasy of "I want to go to Germany". Teacher is funny.	Every weekend
	Go to places I've never been to	I can decide the time I want to spend in one place without having to adhere to others' tempo.	Every week
	Take sand drawing class	Every time I can learn a new technique. It feels nice to touch the sand. The subway trip to the sand drawing class was always something I anticipated because I could then temporarily run away from where I worked.	When I worked in the middle school, every Thursday afternoon
	Practice sight-reading	If I can sing it right, it means that I am making progress.	Once passionate, every 2 or 3 days. Later only in choir.
	See exhibitions	Can roam freely. Once in a while I am lucky to bump into works that I like and feel that there are people like me in this world.	Every 1 or 2 weeks
	See plays	It's an occasion to force myself to concentrate for a long time. Sometimes the plays have good stories, sometimes good design. But as I watch more, I feel they are cliched. It's hard to find one that I like now.	When I have money, I could go 2 or 3 times a week. When I don't have enough money, I go every 2 or 3 weeks.
	Read books	Makes me calm. Sometimes can resonate with the content.	On bus and metro
	Meet old friends	Look back at college life and BU life. Complain about recent life and look forward to the future.	Every month
	Walk around the neighborhood near the middle school I worked for during lunch break	Milk tea and ice cream make me happy. Simply walking is relaxing. And it just feels nice to get away from work.	Twice every week

Watch movies in a movie theater	Can sit without talking and go into the world that other people created. Sometimes enjoy popcorn. When watching with friends, can chitchat.	Every two months
Watch TV (on computer) while eating	Enjoy the time when the brain is not really functioning	When eating alone at home
Teaching (drama class to middle school students)	Can teach what I want to teach and organize activities. But of course, when students were crawling on the floor, then I will have a headache.	The year when I taught drama class in middle school
Do translations for people	Feel that I'm needed and at least have some value. But the written translations can get boring over time. The oral ones are more exciting.	When there is chance for such jobs
See the people (that I like) to like and comment on Instagram	This means that what I posted is not horrible, or that they just had a lot of free time.	Once in a while
Swipe the phone and read posts on social media	Sometimes can really learn about interesting things. But sometimes I am just bored.	When I am immersed in something interesting, I don't use my phone. But when I'm anxious, I check the apps very often like every 5 minutes.
Travel with family	There are too many conflicts. Feels like I cannot live with them in the future. Will say bad things about each other.	Every year
Go to my grandma's place to eat	Sometimes I go willingly and sometimes passively. Feels like I have an obligation. The food is sometimes good sometimes bad.	2 to 3 times per week
Taobao (a Chinese online shopping App)	To avoid the things that need to be done... feels like a robot.	Every day
Look for jobs	No job is perfect. It's either not enough money or the job itself is boring. But the interviews are interesting. The journey to the companies leads me to explore more places in Shanghai.	Every week
Go to parties	I would rather go home and read books.	Every once in a while
Talking to people who are not on the same channel	Feels like it's a waste of time	Half the time of my life
Have a temper and sometimes yell??	The task won't get accomplished, and it hurts the throat.	When my period comes
Wait endlessly	If there is no projected end, I will feel anxious and nothing can be done. Cannot calm down and read, can only swipe the phone.	When I'm not lucky or when I meet bad people

Hate
most

