

Chart of Happiness 3.0

Written in April 2022, based on life in Germany since September 2021

	What	Why	How often
Enjoy most	Video chatting (at the same time doing drawings and watching movies) with my best friends in Shanghai	We would talk about news, life, medieval book making, movies, people that we know... and it just feels comfortable to talk and laugh.	Almost every week, sometimes every two weeks
	Seeing exhibitions	Sometimes I can feel the pieces. Also seeing as much work as I can feels like what I should do as an artist.	Every 2–3 weeks
	Trying a new route between familiar places	Sometimes there are surprises, like ceramic shark heads buried in the grass.	Trying every week
	Going to a new place/city	It will make me feel it's worth coming here.	Hopefully every weekend
	Going to a concert/play	Can allow myself to be focused for a while.	Every 2–3 weeks
	Taking photos when I find something interesting to see	It's rare to find something interesting to me here on the streets and therefore it's exciting to actually see it and photograph it.	Every week
	Reading books	Sometimes when I'm lucky, I will feel enlightened (but sometimes it feels so-so.)	On the bus or tram and at home
	Making travel plans	Good to have something to look forward to.	Every month
	Humming things when I'm walking or singing in the shower	It's a natural thing to do.	Every day
	Hearing my voice coming from the body in a comfortable way	Ever since I started taking voice lessons with Bettina, it does feel different in the body. It's easier to produce sound.	4–5 times in the past 4 months
	Seeing the sky after a day's work	The sky during sunset is beautiful, especially when that happens after you are stuck with the computer for a whole day.	On a good, not-rainy day in Bremen
	Missing the people that I miss, revisiting the past and having fantasies about them	I find myself probably addicted to this activity. I know I should stop, but it feels comforting to just keep missing.	Every day
	Writing down my thoughts in an encrypted place	I feel the need to save that feeling somewhere.	Every week or 2 weeks
	Sitting at the desk in my room and looking at trees in front of the window	I don't have to think and do anything. Sometimes birds will come.	Every day
	Pouring water into the coffee funnel	Feels soothing.	Every morning
	Cooking and preparing food for the next day	It's important to feed myself and have a calm and neutral mood.	Every 2 days
	Grocery shopping	Feeding myself and keeping myself healthy is important. But sometimes the lines are annoying.	Every 3–4 days
	Writing and sending applications to residencies	It gives you a little hope and the chance to do research on a new place. Sometimes when I have to write, I can learn more clearly about what I want. But sometimes my mind is a mess.	2–3 times every month
	Waking up and checking the messages and news on WeChat, Instagram	I have the fear of missing out but at the same time, I feel it's unhealthy to have this fear. After a while my eyes feel sore.	Every morning

	Online window shopping	Good to know that there are nice clothes and shoes out there. It's just I can't get them or am afraid to wear them because I will be more aware that I look so different from the people on the streets.	Every week
	Having or listening to discussions that I am not interested in	I lose patience and have a headache and want to leave.	A lot of classes on Teams and when we were doing the book for Olav's class
	Waiting for the reply of the document that I sent several months ago	It feels like being fooled. You never know when you will get a concrete idea. I guess I need something solid.	Anmeldung, Studentenwohnheim, etc.
	Talking to and spending time with people who I don't like	It's a waste of time. I just want to leave and go home.	Every once in a while
Hate most	Having applied to or requested something and getting unresponsive results or unfriendly answers or simply rejected by bureaucracy	Makes me think I'm just really incompatible with this country.	Every week, in Email, in person, at the reception of HfK, etc.