

In Stefan Sagmeister's TED talk, he talked about discovering joy in his regular day to day existence and utilizing it as motivation. He used happiness in the exhibit happy show and his film. Sagmeister's thought was that happiness in the field is able to succeed and have a good job. For me I can't just have a job and be happy. I feel like there is no purpose in my life. Growing up watching movies and entertainment is making me happy but that is only making me happy just for a laugh. For me to be happy I have to do a bunch of activities such as sports and martial arts. It gives self discipline and a purpose to find myself in life. Whatever this stuff makes people happy may not be making other people happy. I am always finding other ways to be happy even if I have to learn the hard way. In my opinion Sagmeister should rethink the thought of happiness because there is not only one answer to all this as humans we need to keep finding our way in this life.