

Soul

Nowadays, many of us may think that life is meaningless and feel lost in our future due to different kinds of factors, for example, the pandemic, the career, or the social milieu. We usually feel hopeless and frustrated. In this situation, how would you deal with them? Some may try to escape and some may watch the worsening situation passively. But this movie teaches me how to be positive living in this miserable world, which gives us the purpose to live.

The movie I would like to share with you is called Soul. This movie is about a passionate jazz pianist Joe feels stuck in life and unfulfilled at his job. But after he has fallen into a manhole and met 22, a soul trapped in the Great Before with a dim view of life. He changes his views towards living.

First, the movie teaches me that to become positive, we need to focus on the good things and keep finding the meaning of your life. In our life, there is no fixed meaning and there is no affair that will ruin our meaning when we don't do it. Just like Dez, being the hairdresser is not his ideal job, but as he is living under the poverty line, the cruel reality doesn't allow him to realize his dream, he can only become a hairdresser in despair. However, he doesn't feel defeated. He looks at the bright side of it. He tries to find the pleasure of doing his job. He finds out that he can chat with the customers while hairdressing, during which he can hear many stories from his clients. He can also feel a sense of accomplishment after the treatment has been done and the customers feel satisfied with his service. He discovers that there is a lot of fun even if you are not doing the thing you like best. The crucial part is how you look at it.

What's more, the movie tells us that we can't miss out on the joys of life. Every life is filled with colours but many of us disregard this due to the hastiness of our life pathetically. Just like Jo. He used to pursue achievement on the piano which resulted in his overlooking of this pure serendipity in this lovely world. When 22 says she can find happiness in walking and eating, Joe cracks her down and says it's just life. It won't make them happy. But in fact, these bring them real and true happiness. 22 tells us that we only need to feel everything with our heart just like the weather, and we will notice that we are in a good mood when there is nice weather? This euphoria is brought by the gratitude of having nice weather instead of after striving for excellence

and achieving remarkable results. Many things in this world are worth appreciating, so don't lose sight of these joys when you are on the way to pursuing your interests. I think this is the reason why people say the foolish man seeks happiness in the distance, the wise grows it under his feet.

Everyone has their way to achieve their dreams. Don't lose yourself when you are striving for your goals. Also, don't be too concerned about the achievement because it does not always bring happiness to you. This optimism doesn't need any success to obtain, only when you are willing to have a good experience of your life. Whether your life is good or not, you can feel this bliss.

In the end, I want to quote the last scenario of the movie to end my sharing. So what do you think you'll do? How are you gonna spend your life? "I'm not sure. But I do know... I'm going to live every minute of it," says Joe.