

Japanese Culture has many influences in Anime. But, for this part, I would like to redirect my attention to Japanese Cultural traits. Eventually, I would like to experience these activities because I believe this will strengthen my personality traits. Trying new Japanese cultural traits will allow me to finally fulfill my wish for genuine happiness.

Shinto Festivals are rituals that have a joyful celebration normally with people screaming, drinking in public. Even though I do not believe in some of the religions that are being celebrated and I'm, not at the legal age to drink I feel this would make me a better person if I gave myself emotional release this will give me a chance to let go and have fun. Because I have a lot of built-up tension I feel if I add this or something close to it I will be a much happier person.

Another Japanese Cultural trait that would better me as a person by turning life into art. An example can be by taking something that is giving you tension and making it into something that is amazing fun and beautiful through drawing and writing. Adding this Japanese Cultural trait will have me relax because this will help me see this tension on paper rather than keep it inside. I used to write but, I did it because I wasn't recognizing the tension I had at the time.

Origami is a paper art in Japan. I already do something like this but I'd use clay instead. I never worked with paper before. Trying this would make me a better person because not only will it give me a healthy challenge but I see myself enjoying doing this art.

The personality trait that I lack is happiness. If I add the Japanese Cultural traits that I found I will achieve what I always wanted, True happiness. It's not that my African American culture is not enough it's that I need to make a change to be happy. I know that I'm not happy because I always hesitate when I say, "I am happy," even when I feel fine. This means that I have self-doubt and lack other qualities of becoming happy. Once I've added these Activities to my routine the personality traits that will be obtained are, tranquility, purposefulness, confidence and most importantly happiness. I believe adding these 3 Cultural traits will change my attitude drastically. With my African American Cultural traits added with the newly found Japanese Cultural traits, I trust that I will achieve my goal of pursuing happiness.