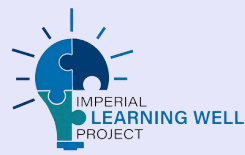


# Finding fulfilment: Embrace your unique path to happiness



**“Be at peace with where you are rather than chasing a top mark in your exams so you get that rush of happiness when you open your results and all that. Ultimately that's just gonna fade away after a few weeks and soon enough your brain will find another thing to get stuck into and create as a goal.”**

Arjun, Y6 Medicine

“I've never really looked at other people and said, maybe I'm not doing enough or they're doing more work than me.

**“I'm just doing different work.”**

Johan, Y2 Engineering

**“Being content and grateful and kind of experiencing life to the full... I think striving for everything, getting weary and obsessed actually really doesn't fulfil. That makes it even more important to me getting those priorities right and seeing work for what it is and rest for what it is.”**

Charlotte, Y3 Engineering

**“I would feel happy if I feel self-fulfilled. So that's like if I feel I've achieved something, grown during the years at Imperial, gained new knowledge and skills and become more mature.”**

Hui, Final Year Medicine

