“自” (zi4) is “self,” “得” (de2) “to get,” “to obtain,” “其” (qi2) “that,” “his,” “her,” and “樂” (le4) “joy,” “happiness.” Literally, “自得其樂” (zi4 de2 qi2 le4) is “self gets one’s happiness.” The idiom means “to find amusement in one’s own way,” “to enjoy oneself quietly,” “to be content with one’s lot.”

“自得其樂” (zi4 de2 qi2 le4) describes people who are content with small pleasures in life, those who are capable of finding simple ways to entertain themselves.

The same report also mentioned another passenger who was pictured watching a movie on a smartphone attached to the back of the head rest of the seat in front. The setup was rather like the AV entertainment system on a plane, except that you don’t have to pay thousands of dollars for an air ticket to enjoy it. Knowing how to “自得其樂” (zi4 de2 qi2 le4) is a blessing as that is the key to happiness.