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ENG100

Formal Assignment #2: Research Project

“Three Good Thing”

Introduction: My Entry into Three Good Things

Everyone basically lives a busy life. Some people are in school and some people just work, and others do both. A few have a family to take care of while others have to help their parents put food on the table. “Three Good things” is a practice each day for at least one week by which you take 10 minutes of your time and write down three things that went well for you that day, and provide an explanation for why they went well (Greater Good in Action, 2018). So the question I ask myself is, can the “three good things” gratitude process have a positive impact on my well-being. To my knowledge, I think “three good things” gratitude process can have a positive impact on my well-being because it’s nothing wrong with taking 15 mins out of the day and writing 3 things that went well for me. I did it for a week and it help me realize that by each day that passes by is a new day and I can change my life to benefit myself. “Inspiration comes from within yourself. One has to be positive. When you’re positive, good things happen.” ~Deep Roy

Literature Review

Positive psychology is the scientific study of what makes life most worth living (Peterson, 2008). Well-being is the state of which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (Mental health: a state of well-being, 2014). ”Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. As a result, gratitude also helps people connect to something larger than themselves as individuals or whether to other people, nature, or a higher power” (Sansone RA, 18–22). The three good things research shows that gratitude improves well-beings because we often overlook everyday beauty and goodness with a kind gesture from a stranger or the warmth of our heater on a chilly morning (Greater Good in Action, 2018). In the moment, we frequently miss opportunities for happiness and connection (Greater Good in Action, 2018). A lady namePeggy L. Van Sickle had a near death illness in 2004 and she been doing well for 11 years now, with the gratitude journal it helps her to remember where she was and where she is now. And it helps recognize and honor those who have been with her on this whole path to healing (Greater Good in Action, 2018). Five myths about gratitude research doesn’t improve well-being because some people have in their mind that gratitude is just a naïve form of positive thinking. Based on Robert Emmons research, he states that “gratitude as a specific way of thinking about receiving a benefit and giving credit to others beside oneself for that benefit. In fact, gratitude can be very difficult since it requires that you recognize your dependence on others, and that’s not always positive. You have to humble yourself, in the sense that you have to become a good receiver of others’ support and generosity. That can be very hard give that most people are better givers than receivers” (Emmons, 2013). I think Robert Emmons research supports my data and experiences because having a positive trait such as gratitude can shape your whole world. I can be going through a lot of suffering and just by having a good mindset and believing that I can do it can help me through my struggles.

Findings

“Three good things” gratitude process can have a positive impact on my well-being because by writing three things that happen to me per day, it helps me realize that I’m following a good path in life. Before I discovered the three good things practice, I just live my life and whatever happens no matter if it was positive or negative I tried to get through it but ever since I started doing the practice, it kind of gave me purpose. For the whole week, I was depressed lately because I want to do the Nursing program at my school at the starting year of 2019 and I’m scared that I might not meet the deadline and I might have to petition for the year 2020. It’s getting hard because I been out of high school for 3 years now and it seems like I accomplished nothing. On Day 1, I went to work and I was just thinking about what I was doing with my life but having a talk with my mom gave me a good sense of purpose. On Day 2, I went to school and I discovered a different program that I can do that’s related to nursing and I was so excited. On Day 3, I discuss if this was a good idea with my mom and she said I should do it. Day 4 and 5 was a little boring, didn’t really do anything. On Day 6, I went to a party with my friends; I ate my favorite ice cream, and got some good sleep. On Day 7, I went to church and I praised god. When I started doing the three good things practice, it made me change my mindset and realize that I can do it.

Conclusion

So I ask myself, will you continue with the “three good things” gratitude process. I definitely will continue doing this practice because it gives me a positive vibe. My main takeaways from this project are the different meanings between positive psychology, well-being, and gratitude. Those three words are what make us human. This research project made me understand that people need a positive outlook on life and to not let your life waste away. I have a few questions that I will ask:

* How can positive psychology contribute to people in the army?
* For those going through hardship, what are the positive and negatives of having gratitude?

**Works Cited**

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