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ENG 112

Formal Assignment # 2: Research Project, Draft #1

26 November 2018

Please compose an argument that answers this research question: Can the “Three Good Things’’ gratitude process has a positive impact on my well-being?

A new poll found that more 90% of American agreed that grateful people are more fulfilled, lead richer lives, and are more likely to have friends (Elianna, Jeremy Adam Smith). As advised by Martin Seligman, a positive Psychologist, I wrote down each day, everything that went well for me that day. I realized that gratitude is the most important thing in our life. “The three goods things” process have a positive impact on my well-being because it helps to be more responsible to my family, build a good relationship with friends, and meet my career goals.

The “Three good things” process helps me to be more responsible to my family.  Martin Seligman in a field of positive psychology defined PERMA as a building blocks of well-being and happiness:

Positive emotions – feeling good

Engagement – being completely absorbed in activities

Relationships – being authentically connected to others

Meaning – purposeful existence

Achievement – a sense of accomplishment and success(Neutrino)

 During the week of three good think, my data based show a high percentage of “positive emotion (Blog #10). It means, I was mostly with my family. The stress’s time is offset by the nice time that we spent for diner, riding and playing with my 17 months boy. I saw how my son persevered when he faced the challenge games. According to positive psychology, love, joy, affection, and amusement are four components of twenty six examples of positive emotion.In other word people who gave their time

         The three good thing process helps me to build relationship. The three good thing meet my career goals

Worked cited

Elianna, Jeremy Adam Smith, *How Grateful are Americans*?

<https://greatergood.berkeley.edu/article/item/how_grateful_are_americans>,January 10, 2013

Neutrino. What is PERMA? The technical definition, https://www.gostrengths.com/whatisperma/

[Positive Emotions: A List of 26 Examples + Definition in Psychology](https://positivepsychologyprogram.com/positive-emotions-list-examples-definition-psychology/).

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