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ENG 112

Formal Assignment # 2: Research Project, Final Draft

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Can the “Three Good Things’’ gratitude process have a positive impact on my well-being?

Introduction: My Entry into Three Good Things

“A new poll found that more than 90% of Americans agreed that grateful people are more fulfilled, lead richer lives, and are more likely to have friends” (Elianna and Smith). For Harvey, “People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude)” (par 4). It means who is grateful is happy. However, Dr Martin Seligman suggested to keep a gratitude journal. 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 my life. “The three goods things” process has a positive impact on my well-being because it helps me to be more responsible to my family, build a good relationship with friends, and meet my career goals.

Literature reviews

Before defining positive psychology, we should know Martin Seligman. He is known as the father of positive psychology. According to positivepsychologyprogram.com, “Positive psychology is the scientific study of what makes life most worth living.” (Peterson). For Peterson, it is a science based on the step of scientific method. For Seligman, well-being can be determined by PERMA. “Looking for similarities and differences across the six theoretical perspectives in how they defined well-being, he identified fourteen distinct and recurring constructs that are used to describe well-being: [happiness](https://www.psychologytoday.com/us/basics/happiness), vitality, calmness, optimism, involvement, self-awareness, self-acceptance, [self-worth](https://www.psychologytoday.com/us/basics/self-esteem), competence, development, purpose, significance, congruence, and connection.”(Joseph). It means that the concept of well-being involves a personal engagement in some area such as being dedicated to succeed, control your belief and build relationships. By connecting with people, we could learn some skills for our personnel development improve our competency and are happy. When talking about gratitude, Emerson states that, gratitude is, “Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” Emerson want to say that it is important that we mention and recognize in our life everything. Many people think that they cannot continuously say thank you because there are many negative experience in their life. But sometime, we learn better from these negativities to build our life. Today’s experience shows that the most successful people passed through difficult situations, they learned from their past life, they take action and make better life. According to Harvard.edu, gratitude can make you happier, “In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships”. (par 3). This assertion means that gratitude improves well-being in different way. People who take time to say thank you are more likely heathier than others.

Findings

The “Three good things” process helps me to be more responsible to my family.  Martin Seligman in the field of positive psychology defined PERMA as the 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 things, my database showed a high percentage of “positive emotion “(Blog #10). It means, I was mostly with my family. The stressful time was offset by the nice time that we spent for dinner, riding and playing with my 17- month- old 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. (“Positive Emotion”). This means that we cannot be happy without expressing affection for our loved one. It also says that if a family takes time to play, they can improve their life. For example, on Thanksgiving day, families travel from one place to another to be together. It is not enough. Our well-being depends on the time we spend with our family. How many families are separated because one is too busy to care about another? How many families cannot talk to each other because one cannot recognize the effort that another is doing? Well-being and gratitude is to care about your loved one, to give him affection, and to show him how much you love him. Our well-being depends on our ability to build stronger relationships.

The three good things process helps me to build relationships with friends. It helps me by keeping me connected to my friends. During this week, I felt like I had to be good at everything. I tried to understand which of my behaviors that I wrote down needed more attention. I questioned myself on how many time I said thank you to someone who helped me. Every time that I wrote in journal, I challenged myself to be more friendly with my friends the next day. For example, on the day 05/11, in the morning, when I arrived to my workplace, I asked my co-worker Herni if I was a grateful person and why?

Here answer was, “I worked with you about two years, you never asked me some kind of questions. This week I see that you tried to talk with your friends during lunch time. Every time you were alone, I was surprised”. It is true what she said. I was completely a different person during this time, and tried to be a better person that before. Our sense of gratitude affects our accomplishments.

The “Three good things” process helps me to meet my career goals. One of the elements of PERMA is Accomplishment. By writing this down I know what I have done during the day. The higher the accomplishment, the more my satisfaction. In my journal, the first day was not completed because I did not do my homework. When I wrote something, I was able to finish my homework the next day. When you keep daily the record of your accomplishments, you know exactly how well you perform tasks at your workplace.

Conclusion

I realize that “The three goods things” process has had a positive impact on my well-being because it helps me to be more responsible to my family, build a good relationship with friends, and meet my career goals. Every day we are surrounded by the people who always help us in our career such as teachers, and counselors. If everyone could recognize the importance of this process, we could improve our well-being. You can write to thank someone, you can thank someone mentally or count your blessings, you can pray, meditate or keep a journal of gratitude to express your gratitude. By keeping a journal of gratitude, it becomes a habit. You begin to think that way, whether you write it down or not. I could not continue to write every day but I already know how important the process is for me and I suggest that more study positive psychology to help us realize this perfect exercise without writing anything in the journal.

Works cited

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