

## **Introduction**

The topic of my research is “Three good things” and whether the process works or not. The Research question that is asked is : Can the “three good things” process have a positive impact on my well-being. It does have a positive impact on my well-being because i’ve tried the process out for a week.

## **Literature Review**

Positive psychology is the scientific study of what makes life most worthy living. Well-being is a way to understand what’s needed and how the best way we can all work together to improve our lives in a complex world. In Dr. Seligman research it he says that “Gratitude has a different meaning within positive psychology that what it means in everyday life”. Gratitude is a deeper appreciation for someone or something, which produces long lasting positivity. There are multiple resources that say that gratitude improves well-being such as this article from the health of harvard. It says with gratitude, people acknowledge the goodness in their lives. It also helps connect people with something larger than themselves as individuals. “Three good things” is a perfect example of how gratitude improves well-being because everyday you’re finding to be grateful or thankful for. If that’s not one amazing way to improve I don’t know what is. There is not a lot of research that suggest gratitude doesn’t improve your well-being because it does improve your well-being. In every way possible “three good things” improves everyone's well-being you just have to think hard about the little things that you have. The research that supports my data and and experience is gratitude improving my well-being. “Three good things” makes you look at life a little different that usual.

## Findings

Yes the “three good things” gratitude process has a positive impact on my well-being because i tried it out for myself and it definitely made me improve my life. I actually care more about the little things in life instead of the bigger things. Day after day I had something to do and each day i found something i was grateful. For example I was driving in the rain and saw people at walking with their umbrellas and as soon as I saw that i became grateful that I have a car. I became more thankful for my siblings and parents because i don’t appreciate them as much as i should and be more grateful for things that you have because some people will die for the stuff that you have such as a home or family. Others don’t have that so i’m **LEARNING** to appreciate it. For the 3 things that i was grateful for i made a blog post to it. At the end of the week before i posted my blog post I was happy our teacher taught us about this process and brought my attention to Dr.Seligman aka The Father of Positive Psychology. The themes that emerged in my primary data were, me realizing the littlest things make a big difference and don’t worry about what you don’t have be grateful for what you do have.

## Conclusion

The research in this essay provides information and my experience on why the “three good things” process works and hopefully other people try it out and feel the same way. For the 21 things that i wrote down all together I looked at each one and was like “wow who knew the littlest things could be grateful for”. This process can be done everyday in someone's life and they can look back and just read all the things they were

grateful for week after week. And reading it my “three good things” it bought a smile to my face