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ENG 100 Mangini

Final Assignment #2: Research Paper

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Research Project: The Littlest Things Make a Big Difference

Introduction: My Entry into Three Good Things

You ever say to yourself “why can’t I be rich like the others” or “why does my life suck so bad” well then don’t. I bet you know people who don’t have any parents and people that are less fortunate than you. You probably don’t even care but you need to because the life you’re living isn’t as bad as you make it seem. So instead of you being upset or mad for what you don’t have be grateful for what you do. Do you have a home, food, family, and friends. Not everybody has all of those things and you have to start noticing people would kill to have what you have. The “three good things” process taught me this and I used this as motivation and to stop making excuses for the stuff that I don’t have. 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. I became very grateful for the things that I have. I became grateful in the moment and afterwards I started to look for other things I was grateful for. Dr.Seligman has a very unique way of defining words in different ways and what each meaning stands for. For well-being he defines it as a combination of feeling good (Positive Emotion) as well as actually having **Meaning**, good **Relationships** and

Accomplishment. That is most of the PERMA model and the one word that's missing is Engagement.

Literature Review

Positive psychology is the scientific study of what makes life most worthy living. The father of Positive Psychology Dr. Martin Seligman is one of the reasons positive psychology is the way it is today. Dr. Seligman has a very unique way of defining well-being, he has a whole model to explain the word. It's called the PERMA model and each letter stands for something. His PERMA model explains everything. P stands for Positive Emotion. E stands for Engagement. R stands for Relationships. M stands for Meaning. A stands for Achievement. 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's research, he says that "Gratitude has a different meaning within positive psychology than 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 suggests 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 my experience is gratitude improving my well-being. “Three good things” makes you look at life a little different than 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. For example I was driving in the rain and saw people 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 three things that I was grateful for I made a blog post to it [nijhee's three good things blog post](#). Here’s some of my data for my “three good things” research. On November 4th I watched the Saints play against the best team in the league at the time, The LA Rams. I noticed that watching the Saints play makes me nervous but also happy and relaxing at the same time. After we won I noted that I cried after the win because it meant so much to me. November 5th I woke up watching Kevin Hart and he makes me laugh a lot so and I ended the day off cleaning my car. Both of those statements give me a good feeling which is Positive emotion. At the end of the week when 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. His ideas and his thoughts on psychology make me think about a lot of stuff differently than I used to. 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. The "three good thing" did I have a positive impact on my well-being it brought positive emotions and ambitiousness. It made me look at everything completely different.