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English Composition I

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**A Way to Improve Your Life: Introduction**

The “Three Good Things” improved my outlook on life. I have been trying to find the good in things even when things go wrong. I have been working on myself a lot more and my relationships with other people. One relationship I have worked on the most is with my mom. Growing up I did not always have good times with my mom. We would argue a lot and we would not appreciate each other like we should. Now, we have been spending lots of time together and doing the three good things showed me that I am grateful for the people I surround myself with.

**Literary Review**

Positive Psychology has been described in many ways, but the most commonly described as “Positive Psychology is the scientific study of what makes life worth living” (Peterson, 2008)”. It is a call for psychological science and practice to be as concerned with strength as with weakness; as interested in building the best things in life as in repairing the worst; and as concerned with making the lives of normal people fulfilling as with healing pathology. In less than a decade positive psychology caught the attention of not only the academic community but also the general public. The founding father of Positive Psychology is Martin Seligman. He is famous for his experiments and theory of learned helplessness.

Well-being is a positive outcome that is meaningful for people. There is no single definition for well-being, but there is a general agreement that well-being includes the presence of positive emotions and moods. In simpler terms, well- being can be described as judging life positively and feeling good. Well-being has five measurable elements (PERMA): Positive emotion, Engagement, Relationships, Meaning and purpose, Accomplishments. No element defines well-being but contributes to it.

Gratitude has a very different meaning within positive psychology than what it means in everyday life. Most people associate gratitude by simply saying “thank you” after you have received a gift. From a scientific perspective, gratitude is not just an action, but us is a positive emotion which is important because it serves a purpose. Harvard Medical School defined gratitude as “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 – whether to other people, nature, or a higher power”. The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness.

The “Three Good Things” was created by Martin Seligman. All he had people do was write down three things positive things every day. Research has shown that showing more gratitude can improve your well-being. In this study it showed that gratitude was improved. It was stated “Our results suggest that keeping a gratitude journal increases state gratitude; this is congruent with findings from previous studies (Emmons & McCullough, 2003; Martínez-Martí et al., 2010). Others showed that it had a negative impact and did not improve well-being if they had other mental illness which the make the person look at life differently than others.

**Findings**

Doing this exercise everyday changed my perspective on life. I am happier, and I complain a lot less than what I did before. I appreciate the littler things in life and focus less on the bigger things I wish I did have. I did not stress myself out over things I could not control. I started becoming more confident than I had ever been in my life. When I had stopped writing three good things down for a few days I noticed that I began to be stressed out about things again. I became doubtful about school which was my mindset before and I did not life the feeling. I began to write again, and I have made this a routine in my life.

**Conclusion**

As a result, this has improved my gratitude and I have been feeling better than ever. I feel like everyone should give the “Three Good Things” a try to see what results they receive. Whether good or bad I think everyone would walk away with something from this study. If it does improve your well-being and gratitude I feel as though people should continue writing them down daily to stay on track and create a healthy lifestyle.

Works Cited

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