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What makes you grateful?

Introduction

In the article "Well being" it states some people believe that wealth is a fast track to happiness. Yet various international studies have shown that it is the quality of our personal relationships, not the size of our bank balances, which has the greatest effect on our state of wellbeing (Well being). I participated in a project called "the three good things" where each day for a week straight I would reflect on three things in my day that impacted me positively and explained them. One day during the project I hadn't been feeling well at all, on my dad's way home he stopped and got me a gatorade and a vaporizer to help me. On any other day I would just thank him and that be it but during this process when I reflected on the encounter I felt more thankful than usual that he went out of his way to do something to make me feel better. During this process I was able to sit back and truly reflect on my everyday experiences in a more grateful way.

Literature Review

After reading the article “What is positive psychology and why is it important” I grasped a better understanding that positive psychology is the scientific study of what makes life worth living. Positive psychology allows you to be grateful for moments in your life, allows smaller gestures to have more meaning and in general gives us meaning in life. Well being is essential in our lives, in the article [“Subjective Well-Being: Your Life, Your Happiness”](#) it is described as an individuals experience of affective reactions and cognitive judgments. Gratitude is a positive emotion that serves a purpose ([What is Gratitude and What Is Its Role in Positive Psychology?](#)). In the three good things process as you reflect on your day to day interactions its purpose is to improve your well being. The “three good things” allows you savor the better things in life and look at things more different in a more positive way (The three good things). In the article “three good things” it was noted that people who participated in the project received significant increase in happiness as well. When talking about the process and the ups and the downs people encountered some determined it did not improve their well being or increase their happiness. During a class discussion after the week of data some students argued that they needed more time to be able to experience the full effect of the “three good things”. Others simply just did not feel it changed their perspective on life at all. During my own experience with this week long project I felt it did begin to change my well being in some ways.

Findings

During the “three good things” process I was able to really think about things that impacted me throughout my days. My interactions ranging from running into a friend I haven't seen in a while, or being comforted by my dog when I was sick. Each of the three things in my day were normal days for me but during the process they began to seem different. On the first few days I just started to jot down things I did during the day. By day 3 I started to think a little more closely on what the different interactions meant to me. At first when I started recording I thought that it was pointless and that they were not positively or negatively affecting my well being or life in any way. By day six I was really beginning to process what I was writing down and started to stop and reflect on the moments more. During the end of the seven days I looked back on the overall list I had for the week and realized overall each moment meant something more to me than I really ever thought about.

Conclusion

In my overall experience I believe that the “three good things” process is something I can see myself continuing to do. Even though at first I didn't enjoy it, it truly opened my eyes to look deeper with the moments in my life rather than everyday occurrences. If the process was longer in my opinion I think it would be able to set the full effect to more people. Sometimes you might have to look further in the moments in life to see how they really impact who you are.

Work Cited

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