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### Three Good Things Research Project

People can work out to get into shape, and practice hard to make an athletic team, but can oneself improve their own well-being? Dr. Martin Seligman, an American Psychologist, educator and author of self-help books, wanted to see if a person could improve their well being. Dr. Seligman then developed the “Three Good Things” exercise, which is a week long of journaling three good things at the end of each of your days. This is supposed to help your current well-being. I personally believe that this activity is effective because it makes you realize all of the positivity in your life and the people around you. The exercise has been wildly successful since it was created by Dr. Seligman some years ago. Since researching this topic I have found many positive reviews on this activity. Not only does this activity improve the participants overall well-being, but it also has been proven to improve a person’s way of telling life events to the self. The brain starts to recognize and see things differently which causes the participant to view their everyday life differently. The “Three Good Things” journal activity developed by Dr. Martin Seligman has shown an ability to improve a person’s well-being and perception on their life, I can personally agree with the fact that this exercise was very effective in improving well being.

The term, “Positive Psychology” is defined as “the scientific study of what makes life most worth living.” (Positive Psych.com) Now the father of “Modern Day Psychology”, Dr.

Martin Seligman, developed the “Three Good Things” activity to find out just that. What exactly makes life worth living? To go further into a description, positive psychology is essentially the scientific method of studying human thoughts, feelings, and behavior. “With a focus on strengths instead of weakness, building the good in life instead of repairing the bad, and taking the lives of average people up to great instead of focusing solely on moving those who are struggling up to normal.” (Positive Psych.com)

Along with positive psychology, “well-being”, is another mental state that is heavily studied to help people flourish and live their best lives.

“Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life.” (CDC.Gov)

Well-being is an essential part of our society and humanity as a whole. The quote above states that there are indicators about people’s well-being and their overall satisfaction with life. To me, this is a very powerful statement. This shows that Dr. Seligman’s study is something that is important and truly helps people. The reason I say this is because our society would flourish if the general population’s well-being were to rise.

People often mistake the emotion, “gratitude” , with appreciation. They are the same in some ways, but they also have their differences.

“What many people do not know is that gratitude plays an important role in several historical movements and that gratitude is now becoming an important part of psychology research, and especially positive psychology research.” (Positive Psych.com)

Gratitude is also closely grouped with “thank you” but it is slightly different by definition.

“an emotion that is typically evoked when one receives costly, unexpected, and intentionally rendered benefits, and is thought to play a key role in regulating the initiation and maintenance of social relationships” (Forster et al., 2017).

Gratitude, from a researchers standpoint, is not only an action, but actually considered to be a positive emotion. This is a good thing because it means that it serves a purpose. Gratitude has been shown to improve well-being. The “Three Good Things” Gratitude process has shown not only me, but many other people how and why to appreciate and be thankful for their lives.

My overall experience with this exercise was very positive. I find this exercise to be very helpful, the reason being that I believe it shows you all of your positive thoughts each day and that it makes you think about how great our lives are. I think back to all of the things that I wrote down, and not only can I remember them in incredible detail, but they also make me very happy. The reason is because I am constantly being reminded about how great my life is. Throughout this experience, I would highly recommend doing this activity even if you do not think it’s for you. I promise you will not regret doing it.

## Works Cited

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