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## In One Day

### Introduction

I put a smile on my face, and I'm always full of energy. I have three beautiful children. I travel every year a least four times. I drive a newer car, own my home, and have a good job. Life is good on the outside looking in. People think I'm happy because I have all these things. I'm happy that I can provide this lifestyle for my family, but happiness is for a moment and positivity is a mindset. Truth be told, I'm a happy and positive person because of all the struggles I endured in my life. At one point in my life, I was homeless and unemployed, all while raising two children at that time. The fact that I woke up the next day and was able to feed my children kept a smile on my face. Life crept up on me so fast and it was hard for me. Most people would have fallen into a great depression or chosen a faster path for temporary satisfaction. As I look back in the past, the forks that were placed on my road were detours to put me back on the right road. That is why I would never change the person I am because of all the bad times I had made the good times possible. Every day is not promised to us, so if you take some of good the things that went well for you in one day you might look at your life differently as I do. I recently participated in an activity called "The Three Good Things." This activity requires you to go about your day normally as you would any other day. At the end of the day, you would write

down any good connections you might have made, three things that went well for you or made you feel good. Also, write down why you think those things went well for you. You could do this for a week or more, but after you collect your data, reflect on how this process made you feel. Then ask yourself, “Can the “three good things” gratitude process have a positive impact on my well-being?” It did for me.

## Literature Review

I think everyone could benefit from being more positive about their life. Sandip Roy reports, “Three Good Things” is one of the most powerful positive psychology techniques to raise your happiness levels.” Positive psychology is like going to a therapist and receiving a prescription for medication to make you feel happier. In this case, you’re the medicine to your happiness. By looking at the meaningful things that you get out of every day would improve the way you feel. Professor Ivan Robertson, reports, the term “Hedonic” wellbeing is normally used to refer to the subjective feelings of happiness and, the less well-known term, “Eudaimonic” well-being is used to refer to the purposeful aspect of psychological well-being.” My purpose is expiring the people in my life and the people I meet in some way. I feel like I bring something to the table every day. It could be my smile, laugh, or presents because try not to be a person negative. A smile is contagious, and I know this to be true. Have you ever while walking past someone smile? And the person made eye contact with and did not smile, I never experience that. I only experience that the other person responds with a smile and a head nod. I called this, the hi smile and the connection could have made their day. This to me is gratitude, making others happy while enjoying your happiness.

## Finings

I never would have looked at all the positive things in my life in these ways before this research project. Dr. Martin E.P. Seligman, the founder of Positive Psychology designed the PERMA model. The model stands for P – Positive Emotion, E – Engagement, R – Relationships, M – Meaning, A – Accomplishments. According to the Positive Psychology Program, “Seligman believes that these five elements can help people reach a life of fulfillment, happiness, and meaning. This model can also be applied to institutions to develop programs to help people develop new cognitive and emotional tools.” I applied PERMA to my data from the three good things and I was not surprised to see that I show more positive emotion than all the other models. Most of my life as far as I remember I always have been an optimistic person. I always have seen the good in any situation. This semester I have been focusing on passing all my class, the amount of time I'm giving to my children and more. My stressors were taking over me causing my positivity to go down. I was not as happy and only looking at all the negatives that were happening to me. It was not until I started collecting data and doing research on the three good things, I realized that I'm happy about where I stand in my life. Here is an example of one of my data entries, (Getting candy ready for the trick-or-treaters; My children and I enjoy Halloween. The idea of dressing up and being whoever you want to be was fun. Every year we normally have a party but not this year, because I'm in school and working, I just didn't have the time to plan a party, so this year we handed out candy. I told them that they could have one friend over to watch horror movies, and I'll make them Halloween baskets. They were so happy to give back and be home with their friends. Even after they gave out all the trick-or-treat candy, they still wanted to hand out more to the trick-or-treater that came later. So, they started handing out the candy from the baskets I had made for them and their friends.) I enjoy moments like these, which are filled with gratitude and making everyone happy. In one week, I came to appreciate the

people in my life, and how they shape me. I feel that I'm serving a purpose each day, and this is the meaning of how gratitude improves your well-being.

## Conclusion

I never knew that everyday something good could come out of it. I used to think if I had a bad day, the whole day was bad. The Three Good Things is a useful activity to continue, I will try every night to incorporate this into my schedule. I finally can see my life from the outside looking in, while knowing what's happening from inside. The three good things could be looked at like an old photo album. I've never seen someone look at an old photo and not express the GoodTimes about them. My face lights up with joy when I look at old photos of my children. I start to relive and replay the whole day leading up to that photo as if I was watching a scene from a movie. I look back and see how my children have changed me and how they make me feel. In those little moments, I'm taken to a different place where my stressors are not allowed. To get this feeling every night would be relieving for me. What does it take to get you to your happy place?

## Work Cited

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