

## Research Project: The Happiness Meter

### Introduction

It was a cold Saturday morning. And as usual I woke up in my comfy, warm sherpa blanket trying my hardest to stay in bed. Not to long after, I throw my blanket get up ready for a incredibly busy Saturday morning shift. I arrive at work with my coffee from Dunkin' Donuts and setup for the day unsure and nervous of who I will be working with for the day. One by one the four newest members of the Charlie's crew arrive first my brother Josh, then the other Josh comes in and greets me, Zach arrives quietly and immediately starts to work cutting tomatoes and finally Ethan came in. Now, this wouldn't normally be a problem any other day of the week but, today's Saturday and this shift will be treacherous. We're finally open and people start flowing in, then more people and then even more. After cooking about ten orders I look up to see how everything is going. The first thing I notice yes there's a lot of people here but most are eating and there are very few people that have been waiting for their meals. We get through the day rushing through crowds of people, cooking hundreds of burgers and dozens of milkshakes. For the rest of the day I kept thinking of the scenarios that happened that day and how great the new members of the team handled it in minimal timing. This also made me think of how far my coworkers have come in just a couple months. Knowing that most of us worked the day after, I had bought everyone munchkins to show them my gratitude for working so hard and doing things so greatly. When I had gotten home on those two days I made sure that I wrote these into my two

good things journal. I thought about my research project question “Can the “two good things” gratitude process have a positive impact on my well-being?” Based off the first two days alone I had to admit to myself that it did help me notice the improvement of my coworkers since their starting days. It not only helped show me improvement with my coworkers but it also helped me show gratitude for them the next day by buying them munchkins. At the end of the week, I was looking through my two good things journal seeing what I had accomplished getting ready to upload it to my blog and that’s when the horrible feeling came as I looked at the title of my article “Three Good Things.” I hurried to my email hoping that Mr. Mangini would understand and would let me work something out with him. When he emailed me back he told me to continue to write down three good things until next class and that we would talk about it. The two good things journal did have a slight positive impact on me because on the first two days It helped me notice positive changes in the people that I work with, helped me show gratitude towards them, help me feel less rushed and it also helped me become a happier person.

### Literary Review

“Positive psychology is the scientific study of that makes life most worth living.”  
(Peterson 2008) This is the definition that most people use according to Positive psychology program. I found this saying after trying to explain it in my own words for a good amount of time before reaching out and looking online. This gets tied in with well-being because well-being is defined by Stephen Joseph as a combined

measurement of these 14 components: happiness, vitality, calmness, optimism, involvement, self-awareness, self-acceptance, self-worth, competence, development, purpose, significance, congruence, and connection. Before I started my two good things journal I wanted to think about the past couple weeks and see if I could get a starting point for my happiness meter, something I made up at the time, and see if it would go up or stay the same. I and it made me feel even better than the day before knowing that everyone that was on the shift I had a scale from 1-10, with 10 being the happiest I could be. I rated myself a five because I wasn't always sad and I wasn't always happy.

Robert Evans explains the need for gratitude in his book saying "we recognize that the sources of this goodness are outside of ourselves ... We acknowledge that other people gave us many gifts, big and small, to help us achieve the goodness in our lives." People sometimes show it by buying things like desserts or snacks for people. Most do it by simply saying "thank you." Sometimes certain people never show their gratitude because they think that they did it all themselves or that it was going to happen anyway. These people tend to be mean and score very low on the happiness meter.

During the week long experience of writing three good things there was a time that I showed gratitude towards my coworkers. We were incredibly busy that day, I was the only well qualified person out of four to be working that day, but thankfully with the help of them the day went great. So the day after, I bought everyone munchkins for the day now officially experienced. Another thing that I had noticed was the first day that I wrote

my three good things I felt good about writing them, like it completed my day after getting the final third one.

## Findings

Throughout the week I had my normal ups and downs as usual but using my happiness meter I think that I had went up to a 6 making my meter go up by a point in total. There were a couple occasions that had went into making my week better with the use of this experiment. The first time I noticed a change in my thought process was the Saturday morning. Writing the three good things made me notice the improvement that my coworkers have gained since they first started. The day after I showed gratitude towards my coworkers by buying munchkins. Writing these down really helped me analyze the good that happens to me on a daily basis. On most days I work and I like to get the most out of my days so I try to fit as much in before I go to work causing me to usually feel rushed while doing things. During the middle of the week, it was Halloween and my family wanted to go over my brothers house to see the niece but, meaning that someone had to stay home and hand out candy. My friends also wanted to hangout so I told them that I would later when my family came home. I would have normally felt rushed, watching every minute pass feeling like an hour. The experiment helped me focus on the kids that came for candy instead of the time. Although I only did two good things per day, I thought that the experiment was starting to change my perception on the way that I looked at my everyday life. One example that I can think of is writing down my daily good things it gave me a sense of achievement for the day. This

definitely was a big moment for my research because I wouldn't have had the feeling without this experiment. The themes that kept recurring throughout my week was that it was very work related. Most of the times that made me feel good were centered around me answering coworkers/customers questions and helping coworkers when busy.

## Conclusion

In conclusion, I don't think I'm going to continue to write the three good things but, when I'm having a bad day I'm going to remember this experiment and think of three good things that are currently happening and it's going to help me through my day. After doing this experiment my main takeaway is going to be to remember the good things because there that's what really helped me through my day. Also I'm going to try to show more gratitude towards my coworkers since they help me with a lot throughout my days at Charlie's Hamburgers.

## Works Cited

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