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Introduction

In 2020 during the beginning stages of the pandemic I was finishing up a happiness class before I graduated from community college with my associates degree. In this paper it was a reflection of what I learned over the semester and how we can gauge happiness within life itself. This paper is my full opinion on what I believe happiness entails as well as a short reflection on how other people defined and measured happiness. I would like to believe the intended audience for this paper was my peers and teachers who learned along with me about the ways of happiness.

This paper is clearly a reflection of what we felt we learned in the class and what we were to take away from it. In a sense this paper is showing us what we would like to see change in our lives to be able to find happiness that we have defined and believe in.

Original draft:

although happiness is not only just within you, as in you need relationships and activities to also contribute to your happiness ultimately you decide that as well. Only you will know that is good for you in terms of activities you do, and people you keep around.

This semester honestly I felt like I knew what happiness could be, but I had no idea how to measure it or even how many components go into happiness. Over the semester I learned that happiness is not just one activity that makes you happy but it is many other things that contribute. For starters i knew that i loved my job as a nanny and being in this pandemic i am really seeing how much i miss the children i was working with, but i never really contributed the job itself to my happiness. Of course there were days where I had a fussy baby, but the days where he/ she were happy and had no trouble that day made it that much better. Of course children can be unpredictable but it really helped me to see the point of view from aristotle where you needed good and bad to appreciate the good. This was actually what I chose for my flow activity for my project and having to do it without really being asked to or being paid really solidified my love for working with children whether it be easy or hard that day. Another thing that I learned about measuring my happiness is actually tracking it or doing something everyday to contribute to my happiness. Sitting down to write or even just talk about my day with someone or my week is something that benefits me greatly. This is where relationships come into play and showed me that having relationships is something that you need in your life. For me it was simply just talking with someone about my week and being able to reflect with them about my happiness and theirs. Not only talking about my week or day but hearing about theirs too I think benefited me as well.

Revision analysis

The new audience for this writing comes from the magazine “mantra wellness”. This magazine is about holistic wellness and living and has many different takes on what it means to achieve this wellness and happiness they refer to in the magazine over and over again. One magazine article specifically titled “Redefining the Modern Marriage: Emotional Well-being in Romantic Relationships” by Heena Patel talks about how her and her husband's relationship lasted so long and gives insight to their own ways of happiness. To change my paper to match the theme of this magazine I will first need to have a clear definition of the happiness I am referring to as well as elaborating slightly on the references I make within the paper where my class had a clear understanding and this reader will not, such as the reference to Aristotle. As far as sentence structure I am thinking I will need to remove the phrase “this semester” and “i learned” as it does not match the target audience anymore who appears to be looking more for advice to incorporate into their own lives. I am using added language for the reader to better relate to the “article”. Furthermore, I am keeping my own experience and looking to change it to a personal account rather than a reflection on what I learned. I would also like to include what a flow activity is and how it is useful through the “personal study” I included.

Revision:

~~although~~ happiness is not only ~~found just~~ within you ~~it can also come from relationships and things within the material world~~, as in you need relationships and activities to also contribute to your happiness, ~~however~~ ultimately you decide ~~that as well~~. ~~where your happiness comes from~~. Only you will know that is good for you in terms of activities you do, and people you keep around.

Through a study done to measure happiness, test subjects were instructed to choose an activity in which they felt their happiness and reflect on the activity over a course of time below is the recount of their experience from one of the subjects:

~~This semester~~ “honestly I felt like I knew what happiness could be, but I had no idea how to measure it or even how many components go into happiness. ~~Over the semester~~ I learned that happiness is not just one activity that makes you happy but it is many other things that contribute ~~to a lifelong journey to peace~~. For starters I knew that I loved my job as a nanny ~~and being in this pandemic I am really seeing how much I miss the children I was working with~~, but I never really contributed the job itself to my happiness. ~~Of course there were~~ days where I had a fussy baby ~~may not have been the best~~, but the days where he/ she were happy and had no trouble that day made it that much better.” ~~Of course children can be unpredictable but it really helped me to see the point of view from~~ Aristotle ~~known as one of the greatest thinkers in history of western science and philosophy believed that happiness~~ “involves striking a balance or “mean” between ~~and excess and a deficiency” meaning~~ where you needed good and bad to appreciate the good. ~~This was actually what I chose for my flow activity for my project and having to do it without~~

~~really being asked to or being paid really solidified my love for working with children whether it be easy or hard that day.~~ A good way to measure your happiness as a continuing learning experience is a flow activity. This is a way to check in throughout your life to see how your daily activities are affecting your happiness and even leading one to incorporate different activities or change activities to different pursuits to bring more happiness to their daily life. ~~Another thing that I learned about measuring my happiness is actually tracking it or doing something everyday to contribute to my happiness.~~ Sitting down to write or even just talk about ~~my~~ your day with someone or ~~my~~ your week is something that ~~can~~ benefit ~~you~~ me greatly. This is where relationships come into play and ~~can showcase how having people in your life can impact you positively~~ showed me that having relationships is something that you need in your life. For me it was simply just talking with someone about my week and being able to reflect with them about my happiness and theirs. Not only talking about my week or day but hearing about theirs too I think benefited me as well. For some it is as simple as talking to someone about their day and having someone listen, for others actually hearing about someone else's day can bring you joy in you being the listener!