**Introduction**

The purpose of this experiment was to learn whether utilizing my strengths would affect how cheerful and in good spirits I felt in a day. I hypothesized that utilizing a strength and spending even 5 minutes writing about it would make me feel more cheerful and in good spirits.

**Methods**

Within a span of one week, I engaged in utilizing my strengths on three distinct days, dedicating a minimum of 5 minutes of reflection each time. I made sure to try and keep the variables surrounding the reflection the same by meditating around the same time in the same conditions. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7 in a notebook. These evaluations were then uploaded via a google form on the last day. This allowed me to determine how calm and relaxed I felt on the days following the meditation (n=3) and on the days without any (n=3).

**Results**

On days I didn't utilize my strengths how cheerful I felt had a mean of 4 and standard deviation of 0.816, as compared to on the days I did the score was at 5.67 and the standard deviation was 0.471.

**Discussion**

The results from my experiment seem to indicate a noticeable improvement in how cheerful and in good spirits I felt on the days when I utilized my strengths. This supports my initial hypothesis that utilizing my strengths with a brief duration of reflection, in this case, 5 minutes, can positively influence how cheerful I feel. The increment from a cheerful feeling of 4 to 5.67, although not drastic, is still significant enough to warrant the potential benefits of of the intervention.

However, it's important to consider several confounding variables that may have influenced these outcomes. The biggest one this week being, me travelling across the country for a wedding. Due to this I got to meet up with and celebrate my family with could’ve been the cause for the increase in cheerfulness. Also the whether or not I spent most of my day on a long flight, or how I slept couldve also acted as confounding variables.

In conclusion, while there seems to be a positive correlation between strength utilization and feelings of cheerfulness based on my results, it's evident that numerous variables can influence this relationship. Moving forward, it is imperative to extend the study period, reduce the confounding variables and repeat the study under better conditions. Personally, these results inspire a commitment to continue trying to utilize my strengths as a means to feel more cheerful.