

Sarah Quatrale

St. John The Baptist DHS

10/27/21

Every night I write down, or at least think about one thing that I am grateful for that happened that day. This helps me to think positively about the day that I just had instead of dwelling on the negative. We all are guilty of seeing the bad in everyday life and letting it affect our mood, but instead we have to learn how to change that mindset that we have. This isn't to say we are not allowed to have bad days, of course we all have those days but even within the bad days, it's always good to think about the one or two good things that did happen. In part, we can see that on our good days we're just that much more thankful.

The thing that I am most grateful for everyday is my family. I love them with my whole heart and don't know where I would be without them. I love talking with them, sharing meals with them, and just being in their company because that is when I am happiest. Unfortunately, I am unable to be in the presence of some of my siblings all the time because of the fact that they don't live at home but it's ok because it just makes the time that I do get to spend with them that much more special.

Of course there are many other things that I am grateful for everyday but I truly believe that the other things I'm grateful for stem from my family and all that they have done for me.