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Senator Lanza Essay:
What qualities do you have that you are thankful for?

There are many qualities I have that I am thankful for. It is important to be grateful because we have many abilities, physical items, and much more to appreciate. These traits all contribute to who we are as people.

We should all take some time just to be thankful each day. It is easy to get caught up in material items, especially during holidays. We are so focused on gifts or treats at these times, we may forget what is really important. We should try to focus more on things we have in this world rather than things we want.

Personally, I have many qualities that I'm thankful for. However, there are certain traits, when combined, define my personality and I'm so grateful to possess them. My energy, ability to relate with others, intelligence, and sense of humor are characteristics which help me in many aspects of my life. These features not only benefit me, but also contribute to the people and world around me.

I am really energetic and I have an outgoing personality. These facets of my personality often lead me to try new activities, and lead to me meeting new people. These qualities aid me in sports as well. I am a cheerleader, which requires me to connect with my teammates and have energy at each practice and every competition. This shared power and team spirit have been major factors in our team's three undefeated seasons.

I am fortunate to have parents who are both smart people, who motivate and support my studies. This assistance has contributed to my success in school, my awards and honor roll achievements, and my ability to learn more from my teachers and our schoolwork. These are all factors which have improved my intelligence and have also assisted me in other activities. I can apply these abilities to enhance other skills, such as gymnastics. For example, I am currently learning how to complete a move called a back walk-over. This skill isn't easy for me, but I'm able to grasp the concept and improve in the same way that I learn in the classroom.

I'm grateful for my sense of humor as well. I enjoy making other people laugh, especially when they are upset or having a tough time. This quality has helped me calm people down, cheer people up, and make unideal situations a little easier to deal with. When I see other people happy, it makes me happy. It means a lot to me if something simple I said or did makes someone's day better. I try to stay positive and find the upside during difficult situations.

These combined traits assist me in helping others, especially younger children. On the school bus, kindergarteners often get upset because they miss their parents. Because I am outgoing and have a sense of humor, I am able to talk to them, help them calm down, and sometimes make them laugh. I also have a lot of little cousins. Because of my energy, I am able to follow them around at family parties and play with them. Because of my intelligence, I also understand when kids need to have space and play alone.

There are so many qualities I have that I'm thankful for. My energy, ability to relate with others, intelligence, and sense of humor are just four of the strong characteristics that I have been blessed with. These features contribute to who I am, and define my personality. I couldn't be more thankful for these qualities and the person they helped me become.