

There are many qualities that people have, the qualities that I am thankful for is my self-awareness. Let me tell you a story where I had self-awareness and helpfulness. I was once at a basketball game and my team and I were losing by 15 points. I was really frustrated that day because it was a championship game and I didn't want to lose. My coach subbed me out of the game because he saw that I was frustrated and I saw that myself. So what I did was I left the game and went to get some water. The reason I did that was because I saw how I was angry and I didn't want that to affect my teammates and the way they play. Once I came back I felt more calm and ready to play, but when I went next to the bench I saw that my teammates' attitudes were messed up. I tried to cheer them up and they did. I feel like this story shows my self-awareness and helpfulness because it shows I care for others and I didn't want my mood to affect others.

Another story I would like to share is when my friend lost his dog. One day I was walking to my friend's house. When I got there I saw that he was in a bad mood, so I asked what's wrong and he told me what happened. He and I went for a walk and I tried to cheer him up because I don't like seeing my friends sad. I bought him some food and then we played basketball at the park together. Then we went back to his house and I saw that he was feeling better. I feel like this story shows my self-awareness and helpfulness because I was in a good mood and my friend was in a bad one, but I cheered him up.

One last story is when I saw a homeless person asking for money. One day I was walking in Manhattan and I was going to a store. As I walked with my family to the store I saw a homeless man. He was walking around and asking people for money. I noticed that a lot of people ignored him and kept walking. As I saw that happened I asked my mother if I could get ten dollars to give to him. When I received the money I walked up to the man and said "here you go, have a nice day". I walked back to my family and the man smiled with joy. I observed he went to get some food and ate it happily. This made me happy because it just shows how something little goes a long way. This story shows My qualities of self-awareness and helpfulness because I helped the man get some food and I was happy and he was a bit sad because he wouldn't get any help, but once I gave him some money he became happy.