

Kindest Qualities

There are many qualities that fall in the kindness family, and some qualities that I have are honesty, politeness, thankfulness, joyfulness, loyalty, and courage

Something that I do to be honest is tell my parents the truth when I do something wrong, or when my friends ask me to tell them truthful things. When you are truthful and don't lie you can be trusted and people would like to be around you with nice words and not mean lies. It also prevents rumors, so that's why I'm truthful. The act that I did which was truthful was when my little sister got in trouble for something that she didn't do I stuck up for her and told my parents the truth and that it was me.

Another amazing quality to have is politeness. Being polite shows that you care and that you appreciate things that people do for you. It also shows that you are kind and that you care about helping people. That's why I'm polite and say your "please" and "Thank yous." The one time that I was polite was when I held a door open for many people at trader Joe's.

Something that everyone should be, is thankful. You should be thankful for everything that you have, A house, a family, clothes. Even if it's not much you should always be grateful for everything that you have because there are people who have absolutely nothing, no home, poor clothing, and no source of food. even if you don't have much at least you have something to cherish. I am thankful for having a lovely family, super kind and sweet friends, a home, a cell phone, etc etc.

Being joyful is important because it keeps you in a positive mindset and makes others feel joyful as well. I try to keep a joyful mindset because if you are very negative and mean you could make people feel low and emotional. A joyful thing that I have done was smile at people, and it made them feel very happy. I know this because they smiled back at me. When you are joyful to others you will make yourself and them happy, that is why you should be kind and polite to other people because it brings out the best in all.

A time that I was loyal was when my friend had rumors made about her and it had made her feel very sad, so I comforted and made her feel okay after mean things were said about her. I also stick up for her when she is in a tough situation. It's important to

be a loyal friend because it shows that you are trustworthy and that you care about a friendship.

Another quality that I have is courage. What I mean by being Courageous is that I don't care to share my opinion and that I am not afraid to talk about things that are important to me. In a way that I have courage is that I share my ideas and that I talk about things that are controversial and debatable. Most people don't have that type of courage but I do. I also like to help him build up courage and don't let people walk all over them because they have feelings too and they deserve to be heard.

During this time of year it's important to have all of these qualities because if you are a positive person and spread kindness around to everybody it will make others happy and it will be done to you back. I try to act in a positive way and to be kind to everyone because being a person who is polite, loyal, caring, sweet, thankful etc etc people will like being around you and would enjoy your presence. It's better and easier to be kind and helpful than to be mean and be a bully. So I hope that you can reflect on this and make you into a better person because being a kind and generous person brings out the good in everyone. So your job is to do helpful and sweet things for others and see how it feels to be a kind person.