There are many qualities that people have. The qualities that i'm thankful for are my self awareness, allow me tell a story about this topic, once on my 9th birthday my family was helping decorate outside for the party, my grandparents did not want my younger cousins moving around and taking down the balloons so they took them to the aquarium, I had always wanted to go to the aquarium and I was upset I did not get to go but I was aware that my younger cousins were happy about the trip and I did not want to make a scene so I stayed home helping my parents decorate. Another time I was self-aware of my feelings was when I was self aware of my feelings was when once I came home from school, I felt very stressed and all I wanted to do was lie down and get my homework done after a nap but once my sisters came home I hurried and did my homework so I could go and spend time with them though I was extremely tired and stressed out, I did not want them to see it because they have already been dealing with a lot.

I am also very thankful for my quality of being reliable and trustworthy, allow me to tell about a story about this topic, once when my family went to our home in another state for a party, my parents had stayed up all night and the day after that I had woken up extremely early and I saw that the dogs were crying so I quickly changed and put on a coat and I went to go walk the dogs though it was extremely cold, then when my parents got back from the other room where the party was they thanked me for taking out the dogs while they were gone. Another time I was reliable is when recently my sister had lost an object that was very precious to her while we were at a party so I dropped everything that I was doing so I could help her look for the object for her even though in the end we were unsuccessful in finding the object. Another time that I was reliable was once when I was talking with my friend and she told me that she has trouble with mathematics so I had gotten out my notebook and I helped her understand the math equations and she thanked me. And another time that I had been reliable was when my friend had asked me about flags so I spent the entire summer learning every single flag and every single country so I could be able to help them learn the countries of the world and in the end they stopped paying attention but at least I had learned something new. And lastly another time that I had been reliable was usually when I arrive home I do my homework and then I help feed the dogs and feed the cats and give them water which makes my parents very happy because they are usually very stressed from work.