

# Thankfulness

There are many qualities that people have, the qualities that I am thankful for are being honest, courageous, self aware and wholehearted.

## Honesty

I am mostly all of the time honest to people for many reasons. The main reason I am honest is because I like to tell people the truth and not hide it from them. When I am honest people usually don't like what I tell them but I know that it is better to be honest and tell people the truth instead of hiding it from them.

## Courage

For me courage is a very important quality to have because when you have courage you believe in yourself and never back down from a problem that could be scary. I use courage every day because I need courage to even write this essay because I hate essays. I use courage at home, at Taekwondo, at school, and outside. I use courage at home when I need to tell my parents something that I don't want to tell them. Like one time when I forgot my book to use for homework I was afraid to tell them because I knew that they would not be happy. But I built up courage to tell them and it wasn't that bad. They understood and weren't mad at me. At Taekwondo I have to build courage to fight other people. And not to mention I have to fight my Taekwondo friends that are very good fighters. My master calls my name and Colin's name to fight. Colin is the best fighter in our class so I had to use a lot of courage to go up there and fight him, but I built up my courage and got ready to fight Colin. I was able to fight with courage and win. And I was very happy when I won. One time I was at the park and none of my friends were there. And I was very bored and I told my mom. And she said that I should go and try and make some new friends. And back then I was a very shy person so I didn't want to go up to completely random kids that I didn't know and become friends with them. But I was able to build up enough courage to go up to random kids and become friends with them. And it worked.

## Self aware

For me being self aware is as important as courage because when I am self aware I control my emotions from doing something that I shouldn't do in a certain situation. You might not notice it but you are being self aware every single day. Whether that means you are in school, at home, outside, and everywhere you go. For me being self aware is to control my emotions and not let

them take me over. I am usually self aware in school because in school when we have to do a lot of work or we have a lot of homework my emotions try to take over me. But instead I take a deep breath and calm myself down. Because I know that when I get all the work done and over with I can relax and do what I want to do. And I know that if I let my emotions take over me then some very bad stuff could happen.

## Wholehearted

For me being wholehearted is like being honest, courageous, and self aware all together. When I am wholehearted I like to think that I am very respectful to a lot of people. And when I am wholehearted I like to think that I am kind to everyone and hope for the best for everyone even if it doesn't look like it. I also like to see myself in everyone's situation so when I see somebody going through a hard time I feel for them.