

Thankfulness

There are many qualities that people have, the qualities that I am thankful for is that I am honest. I am thankful for this the most due to the fact that if I wasn't honest I could of developed some type disorder called narcissistic disorder, it is where people aren't kind and have sympathy for people and have no sense of kindness at all, and one of the of possible connections to that is lying (being dishonest). Also, If I would be dishonest, my family and friends would never believe me if I told them important information and events in a specific area. To add on to this information that is given about being honest, if I were to lie a lot I would have so much stress and anxiety about people and I would want to get it off my chest. But if I were to be honest, so many more positive outcomes and consequences would take place. Also if I were to tell the truth, more people would gain a lot more trust in me and would rely on me with responsibilities more so if some for example if a teacher would call on me to ask me about a situation they would expect the truth.

Another quality that me and other people have, the quality that I am thankful for is my courage. I am thankful for my courage because if I didn't have any I wouldn't take any opportunities to do things that I truly like to do. Also, I would have fear in everything that I don't like or going out of my comfort zone doing things. Plus I would never do anything a little bit risky which is a bad thing due to the fact that I think in my opinion is a good thing because if you don't you will never open doors to new things in life making you succeed. So I am grateful that I have courage and that I take opportunities every chance

I get because you can never know what can happen when done so. Plus if there are no risks you can't risk it for the biscuit at the Thanksgiving dinner. Just to additionally add more to what has just been stated, I think facing your fears is not a bad thing either because if you didn't you would always have anxiety and no confidence in yourself to face challenging obstacles. That is why I am grateful for courage.

The last and Final quality that I am thankful for is my self awareness. I am thankful for my self awareness because without self awareness you will never know how to act and how to be proper in a specific situation or scenario. Self awareness is where you take action and think of your body and things you do all together. Self awareness gives you the ability to be the person you are with your own personality and control of mind without having any one control the way you think about yourself, look, feel, and do regular day to day objectives. It is basically your moral and inner thoughts and standards for example being kind to people and taking a gesture of what their mood is so you don't upset them in any physical and mental way basically having empathy about someone and something. To add on to the details that have been stated, I believe that for me self awareness makes me socialize better with people by understanding their entire mood with my thoughts and actions and using my vision to read their body language. (decision making and thought process). This is why I am thankful about my self awareness.