

# Thankfulness

There are many qualities that people have. Qualities make people special and are an important part of who they are. Qualities are important because they give people meaning and are a very important part of recognition. Not everyone has the same qualities, for example, some people are happy and others are not. Some people are patient and other people are easily agitated. The qualities that I am thankful that I have are Honesty, Courage, and Self-awareness. I am thankful for these qualities because they allow me to be a better person overall.

Honesty is the act of constantly telling the truth. Telling the truth even when it is hard, difficult or even when you think you can get in trouble. I show honesty a lot in my daily life. One time I have shown honesty was when my parents asked me if I have done my homework and I said yes because I finished all my homework. Another time I have been honest was when I was asked to sub in during a baseball game because the player was injured and I said that I could play. I am honest when my parents ask me if I have completed my chores. If I am not finished I tell them that I am not completely finished but I am almost there. I am also honest when I am told to go to sleep and actually fall asleep instead of playing with an electronic device.

Courage is when you are strong and you are brave. Being courageous is not always easy because sometimes you have to do things you do not want to, like taking one for the team. I have also shown courage a lot. For example, there was this one time I got hit in the rib by a baseball causing me to go to first base. I was still able to run the bases then I made the winning run that same game. Another example was when my friend was being bothered by a classmate who was saying mean things to him. I stood up to the classmate who was bothering my friend and told him to stop being mean to my friend and to leave him alone. I felt happy and courageous because my friend was safe and a lot happier and the mean classmate did not bother him again.

Self-awareness is knowing the consequences of your actions and it helps you to be able to stop and think about things that are not good . Self-awareness is important because it helps you become aware of how your actions may or may not affect another

person. I have shown self-awareness in general because in my old school I have been able to tell when people are angered or saddened because of my actions allowing me to see what the person wanted. For example, I have been able to see that sometimes I am a little too rough when physically playing causing the other person to become injured and/or hurt. Another example is when I was in recess playing tag and I accidentally ran into someone because I was not looking at my surroundings causing him to fall but he was fine after a few minutes. My self awareness helps me to tell when someone was disheartened by my actions. Self awareness is not always an easy thing to do because it depends on your ability to read other peoples feelings, body language and emotions.

In conclusion, I am thankful for having the qualities of honesty, courage and self awareness. Those qualities help me as they shape me into the person I am today.