

Thankfulness

There are many qualities that people have, the qualities I am thankful for are honesty, self-awareness, courage and integrity.

Honesty, honesty is the quality of being honest, I am thankful for honesty because of how one of my friends displayed true honesty to friends, strangers and family. Based on my experience, honesty is not something that you're born with but something you achieve with all your good morals in life. My friend spoke up when someone lied to her or people she was close with. I'm thankful for her honesty with all different types of people. This is honesty

Self-awareness, self-awareness is the quality of understanding the impact your actions may have on others. I am thankful for self-awareness because of how my sister is aware of how her actions may affect others. Based on my experiences, self-awareness is being able to see the impact of their actions, this is a quality that my sister has. When she may have done something to hurt someone she would take total accountability for her actions and accept the consequences given to her. My sister always takes a moment to reflect on how she feels and how she makes others feel as well. My sister always navigates life with gratitude to make positive decisions. This is self-awareness.

Integrity, integrity is the quality of being honest and having strong morals. I am thankful for my mom because she shows me the real meaning of integrity everyday. Integrity is someone who isn't afraid to do what's right for the needs of others. Every year my mom contributes to a positive and harmonious thanksgiving with our family, making memories by the minute with our loved ones. My mom isn't afraid to stand up for others that aren't able to. My mom is truthful and shows genuine appreciation for the deeds people do for her. Integrity also means being fair, my mom is a perfect example for this. She shows that it is essential to include everyone in conversations and being mindful of what others may think. This is integrity.

Courage, courage is the quality of having mental or moral strength to persevere and stand up for what's wrong. I am grateful for my dad for being courageous and going to work everyday to provide for my family. My dad never misses an opportunity to make someone feel included if they're not. He would also never miss the opportunity of giving someone a ginormous hug to make them feel better if they're sad, discouraged or upset. My dad also reaches out to those of the less fortunate. Courage encourages everyone to express our thanks for the people that make our lives so much better. This is courage.

Wholeheartedness, wholeheartedness is being kind and courageous, wholeheartedness also means to give thanks with our hearts, not by just saying things such as "I love you" and more, I am thankful for my older cousin for teaching me what it means to be wholehearted. My cousin is always grateful for what she has knowing others don't have that same privilege.

Whether it's her family, friends or people she knows she acknowledges them with so much gratitude. My cousin is always thankful for the love and connections she has. She has so many blessings in life that she always remembers to appreciate with so much love and gratitude. This is the meaning of wholeheartedness to me

In summary, the holiday of Thanksgiving isn't all about food, but about how we need to appreciate the qualities of honesty, courage, integrity, self-awareness and wholeheartedness