

Gladymar Vicente Millán

O.L.G.C.  
11/13/2023

Being thankful is the greatest gift we can give to ourselves and others. Thankfulness allows us to feel positive emotions and create good experiences. I'm grateful for being who I am and the extraordinary qualities that make me unique. The qualities I love most are that I am strong, intelligent, and brave.

I am thankful for being strong because it helps me achieve the goals I set for myself, and I can support my mom when she's down. Last year, I joined the OLGC Cheerleader Team, and a few months before the competition, my mom was about to give birth to my baby brother. We had to go to practice three to five days a week, and I still needed to get better at the jumps and still did not have my cartwheel. My mom told me that if it was too stressful, I could quit the team and that she just wanted me to be happy. Instead, I told her I wouldn't let my team down and I want to make it to the competition. Thanks to my mental and physical strength, I made it to the end, and our team won Grand Champ and First Place. I was happy we won and deserved it because we worked hard.

Another quality I appreciate about myself is my intelligence because I can get good grades. Also, if I need to learn something, I can always find a way to learn and understand new things. I know many other people are smart in different ways, so we can learn from each other, but most importantly, I never give up and always keep practicing until I get it. For example, when I was in second grade, I had difficulty reading fluently and couldn't understand what I was reading. Then, I had a tutor who gave me some tips to put into practice. When I was in third grade, I kept doing my reading time. I did a positive affirmation every day, and with the help and support of my teacher, Mrs Iacono, one day, I could finally raise my hand and read in front of the class.

Also, I love that I am brave because if I fall or something pushes me down, I can always get back up no matter what happens. I take a deep breath, put my chin up, and roll my shoulders down like the true dancer that I am. I have learned that to be brave, I must be kind to myself so that even when I'm scared, I can push myself further. Also, praying helps me be brave because I have faith that God is always there, helping, guiding, and protecting me. The bravest thing I have done is to perform with The Ailey School in front of hundreds of people at the Hostos Community College Theater. That day after the show was over, I knew I had done something big and that being brave and my love for dance got me there.

My unique qualities and my love for dance make me a particular person. My faith in God allows me to see the good in others and to accept that not everything is perfect. I love myself and know that my family and friends love me for who I am.