

## Qualities that I am thankful to have:

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During this time of the year, getting closer to Thanksgiving we usually take the time to reflect on the things you are thankful for. For example having somewhere to go home to at the end of a long hard day, having a roof over your head or even coming home to a delicious meal waiting on the table for you when you get home. These are some of the things that a majority of people take for granted. While thinking about what I am most thankful for, I would like to also think about some of the qualities that I have that I am most thankful for.

The first quality that I have that I am appreciative of is my thoughtfulness. My thoughtfulness had gotten me very far in life. For example, I tend to pay close attention to the people around me. I notice when someone is having an off day and I will ask them if there is anything I can do to help. Another quality that I have is my leadership. For instance, if I am working in a group for a school project and I notice that everyone is doing their job but one person is sitting on their phone I will be a leader and tell that person that everyone is doing their work besides him and remind him that he needs to get it done. An additional quality that I have is problem solving. When given a problem or challenge I will be able to overcome it. If I can't solve the problem right away I will be able to find alternatives for a solution. The last quality that I am most thankful for is my athletic ability. A lot of kids are able to play sports and they take that for granted. Meanwhile there are other kids out in the world that have disabilities or are very sick and they can't play sports.

Being thankful for what you have is a showing of gratitude, but taking the time to be thankful for the qualities you have is the most important. Being thankful for what you have helps people focus on the positive aspects of life. It also will help some of the kids that don't have a place to go home to or food on the table when they get home from school. It'll help them appreciate the little things.