



A Heart Full of Thanks
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A Heart Full of Thanks

As Thanksgiving approaches around the corner, my mind shifts to the thought of all the countless blessings in my life. I may not realize all the blessings I have in life since daily tasks occupies me. It often makes it a struggle to stop to take a moment and ponder about what I'm really thankful for, but when I do, I realize how fortunate I am to have all things that others may not. Being thankful is an emotion not talked about sufficiently. Gratitude is more than an emotion, it's this way of seeing all the good stuff in your life that maybe someone else wishes they had. We don't realize how imperative a simple necessity is, unless it's taken away from us. Those individuals who make my life filled with joy and worth living are the ones I appreciate the most. This year one of my goals is making sufficient time to appreciate and reflect on what I'm truly thankful for because I don't know when those things can be taken away from me. I'm incredibly grateful for my parents, family, friends, my freedom, justice and equal rights, technology, clothes I wear, food I eat, the money that assists me to live comfortably, and all the entertaining experiences that make life so worth living.

To start off with, I am extremely thankful for my family. My family are the people who shaped me into the person who I have grown to become. They've been there for me since the beginning no matter what happens, providing unconditional love, guidance, and support throughout my life. Be it my parents, who work non stop just to provide for me so they can

give me what I require. Even my siblings, who make me laugh although they can be very annoying, are the people who I love the most and appreciate the most. Without siblings my life would be pretty dull and not as meaningful. I'm also thankful for the cousins and other relatives who will always support me no matter what.. My cousins are the family that I can't live without. I could get assistance at any time when needed or I could talk to them about anything when I'm in a bad mood. When my relatives are all together during holidays or family gatherings, I realize how much fun they bring into my life, making life very loved and entertaining. I'm very thankful for all the things my parents sacrificed just to make sure I have what I require. They've taught me imperative life lessons and skills I require when I'm older. They've also taught me imperative things which made me realize the value of education, hard work and kindness. Even though sometimes I don't conquer them, I know they only want the very best for me in life. I also tremendously appreciate the little things they do such as cooking, cleaning, and taking care of me. We go through challenges together even though it may seem like a challenge that's impossible to overcome. Family isn't perfect most of the time, and I've come to realize and that is what makes me so thankful for them.

Immediately right after my family, I'm extremely thankful and appreciative for my friends. They're like the family that I could joke around with. Friends make my life full of joy, make me laugh, and make my life full of meaningful memories. Without them my life would be meaningless and dull. They're the people I can count on when I need assistance, encouragement, advice, or just a cheerup. We share countless memories together, that I will

cherish forever because that's what makes me happy indeed. Good friends teach me the meaning of being loyal to each other and understanding the difference we all contain among us. They have been there for me good and bad no matter what. What I love the most about my friends is that they allow me to be myself, knowing they won't judge me for who I am. I don't have to fake anything about myself just to fit in with them. I am also grateful for the different kinds of friendships. Each person brings something unique into my life, whether it being a different perspective about something or sense of humor. The differences we have among us teaches me many things about ourselves and cultures. Through my friendships with my friends I have learned more about empathy and how to appreciate the difference we all have among us, learning more about ourselves. Friendships enrich my life in ways money or materials can never buy. I will never trade my friends for any amount of money. I'm incredibly thankful to have them in my life.

Another thing I'm grateful for in my life is freedom. I live in a country where freedom is normalized and imperative to everybody. I am free to attend school, to have differing opinions, practice any religion and ultimately what path of life I want to take. All these privileges I have others may not have in other parts of the world. I try to remind myself how lucky I am to have freedom when I hear or read others fighting for their freedom while I don't have to. Freedom gives me the ability to do anything I want to pursue in my life. I'm thankful for those soldiers that have fought for us individual freedoms. They have fought to protect us for our freedom and still continue to fight today. Their sacrifices they have taken

include taking their own life. This allows me and assures that I can live sally and freely.

Freedom also comes with great responsibilities, it reminds me to utilize my voice and thoughts to stand up for what is wrong to do. Being free means living comfortably without worries about people treating you unfairly. Apart from freedom, I am grateful for justice and equal rights. Our world is not perfect, yet making improvements. I am grateful for the improvements that are gradually being made towards fairness and equality. People who fought for civil rights, women rights, and LGBTQ rights, and other such movements have improved our world giving each individual their justice and their equality. Justice isn't all just about laws, it's also treating individuals with dignity. I'm thankful to be a part of such a society that enhances the importance of equality. I'm also grateful for those individuals that put the world together to what it is. Teachers, political individuals, emergency services and ordinary citizens protesting for what is right are all individuals who make a difference in the world.

I'm also really grateful for the electronics that connect me with others, entertain me and educate me. Electronics have made our life tremendously easier and more convenient in many different ways. They allow me to communicate with relatives and friends who live far away, constantly sharing what's going on in your life so you don't lose touch with them.

During the pandemic, technology had assisted us tremendously by letting us stay in touch with others even though we were far apart. Clothes might sound like a basic thing to be grateful for, however they play a much more integral role in our lives. I'm thankful for the

clothes I have, not just because they keep me warm but they also let me express myself. The way we dress differentiates us from others. Clothing can express our personality, culture, even our mood to others. I contain clothes to wear for certain types of occasions and weather, some people may not even have this necessity in their life. They have to fight for it. Clothes can also be utilized as a way of showing creativity, showing the idea of fashion, different types of colors, and styles. Other things I'm grateful for include money, not for its materialistic value, but for what it can do and assure. Money assures safety, opportunities and comfort. This is what pays for food, shelter, education and experiences. I'm thankful my family has a sufficient amount to live comfortably. I have also learnt that money is a tool for life. It's not about spending how much, but utilizing it reasonably. It has taught me to save and have a budget on certain items. The skills that will assist me in the future when I have my own income. What gives money meaning, is the good it can do to others. The act of generosity to people in need can make a difference in their lives. Being thankful for money isn't about being greedy, but it's about appreciating the necessities it has provided us and the potential it has to create a positive impact on others in need. I'm really grateful for all those experiences that have brought fun and joy into my world. Fun experiences create memories that stay in one's mind forever, reminding me that happiness does not always come from materialistic things, it also comes from enjoyable memories and moments with my loved ones. Every fun moment adds to the person who I am, shaping my personality, which I'm truly thankful for.