Personal Essay on Gratitude

Gratitude and being grateful is one virtue that people possess to relative degrees. I would define it as a measure of appreciation in response to someone else’s good actions and perhaps good thoughts. This essay will highlight some moments that have shaped me towards a grateful heart. I will highlight how my parents have helped me see the world differently.

I have always been blessed with good health, happiness, comfort, and joy, but my parents' gift is one of the main things I am incredibly grateful for. As a child, we had to move to a new country, which meant we had to start a new life. At 13, I could not help but feel like my life had been ripped apart. I had to make new friends, adapt to a new culture, learn in a new school, and experience life from a different angle. For every hardship I experienced in the new world, my parents were always there to remind me of the beauty of life regardless of the circumstances.

The one part of my life that did not have my parents right next to me to reassure me that all was well was my high school experience. I had difficulty fitting in since I was the new kid, and that is when I met Stacy and Sophie. They became my rock in school and helped me adapt to the new environment. The genuine gratitude that I feel rationally must be extended to them.
I grew up as an obedient child who avoided trouble whenever I could. I did not care for too many friends because I was comfortable in my own company, and it was hard to seek out people, but my best friends Stacy and Sophie proved to be what I needed in my small circle.

This friendship taught me the real meaning of patience and helped me express my views in class. I am grateful for having met Stacy and Sophie, who shared my sorrowful and joyful moments. I found my way through high school because of Stacy and Sophie. They were always the first to come to my aid in any crucial situation.

For most of us, friends are more or less like family; in many instances, my friends became my family. I consider Stacy and Sophie the best thing that has ever happened to me. I graduated high school, and part of me believes that were it not for our bond, I would never have had such a good time in high school. I have come to understand and appreciate the value of friendship. I now realize that everyone needs a friend to share their feelings with, spend time and enjoy life with. I was fortunate to have such friends in my life.

In my daily life, I can foster other attributes of gratitude through conscious effort and continued practice. I am beyond thankful every hour of my life; I have my parents and best friends, and although their actions may seem ordinary, they are one of a kind to me. Having them is one of life’s most essential and unique gifts. A best friend is the most priceless and precious gem in life.