



5.14% SIMILARITY
APPROXIMATELY

Report #16666349

Students Name Professors Name Institution Course Code Date

Personal Essay I never thought that I would be the person to develop a deep sense of gratitude. By nature, I am an idea person. That's the reason I don't remember the first time I felt grateful. My parents are huge proponents of gratitude, so it is likely that my earliest memories entail uncharacteristic displays of gratitude on my part. But I do remember the first time I understood what gratitude meant. Now, I believe that if you are grateful for what you have, you will be happier and more productive. I remember the first time I realized that my life was full of blessings. The memory is still vivid in my mind as if it happened yesterday. I woke up to the sound of raindrops hitting the roof. As I lay in bed, I couldn't help but feel grateful for the simple things in life. The sound of rain, the warmth of my blanket, and the comfort of my bed. It was a stark contrast to what I had experienced just a few months ago. I had lost my job, my



relationship had ended, and I was struggling to make ends meet. It was a difficult time, and I felt like I had hit rock bottom. But then something changed. I realized that even in the darkest of times, there are things to be grateful for. I started to focus on the things that I did have instead of the things that I didn't. I started to appreciate the little things in life, like a home-cooked meal, a good book, or a warm cup of tea. As I got out of bed and made my way to the kitchen, I couldn't help but feel grateful for the roof over my head, the food in my fridge, and the warmth of my home I thought about all the people in the world who didn't have these basic necessities, and I felt truly blessed. As I sipped my tea and watched the raindrops fall outside, I realized that gratitude is not just about being thankful for the big things in life, but also for the small things. It's about finding joy in the simple moments and appreciating all that life has to offer.

2 I started to notice the beauty in the world around me. The way the trees swayed in the wind, the sound of birds chirping, and the smell of freshly cut grass. These were all things that I had overlooked before, but now they brought me so much joy. From that day on, I made a conscious effort to practice gratitude every day. 1 I started a gratitude journal,




where I wrote down three things I was grateful for every day. It wasn't always easy, but it helped me to focus on the positive and appreciate all the good in my life. Now, as I look back on that difficult time, I am grateful for the lessons I learned and the person I have become. Gratitude is a lovely, warm feeling. It makes you smile at yourself and the world. That's why I am trying to be grateful for the simple things in life, and I know that no matter what challenges come my way, I will always find something to be grateful for.



Sources

SIMILARITY 5.14%

1 lowvelo.org 3.23% 

2 thesoberistblog.wordpress.com 1.91% 