



0% SIMILARITY
APPROXIMATELY

Report #16664767

Personal Essay Gratitude is a truly powerful feeling. And I dont think many people appreciate much in their lives even though they should. I found that feeling grateful can have a tremendous impact on ones life. Things become more positive, when you try to appreciate every little detail in your life. Let me tell you one of many instances of when I felt gratitude towards people and opportunities. My grandmother was a very strong woman and my biggest supporter. Growing up, she taught me how to be independent and gave me the strength to find peace and joy in my life. One day, while I was visiting her, she showed me an old diary from when she was young. She shared stories from her childhood and of the struggles she had overcome. This reminder of her strength and resilience filled me with immense gratitude for all that she had done for me. That night, as I lay in bed, I began to think about all the people who had been there for me throughout my life. From my mom who gave birth to me, to my friends



who have always been there for me when I needed them most. My heart felt so full of love and appreciation for everyone in my life that tears started rolling down my cheeks. I was so overwhelmed with emotion that I wrote a letter expressing everything I was feeling in that moment: how grateful I was to have grown up in a time where I never felt alone, and how much gratitude I had for all the people who cared about me. As soon as my mom found out, she started crying. She told me that she was so happy to hear that I finally realized how special everything is in life and that its not about getting and having, but rather giving and sharing. . She told me that I needed to be the person in my life who does the giving. At the time, she was taking in foster children and teaching English to immigrants at a community college. She said that I could help her out by becoming an ambassador of sorts, speaking to people about what it means to live a meaningful life while trying to build



bridges .It was one of those moments where everything around me felt so right and I knew this is what I wanted to do with the rest of my life: be an ambassador, speak about love and how important it is for everyone else. Thats why for me gratitude became such an important aspect of life. . To be able to share my story, to help people feel grateful for what they have and introduce them to the idea that feeling gratitude is a choice. Its hard because sometimes there are moments of doubt and insecurity but its also so important. One thing that really resonated with me as I was going through this process of discovering gratitude was something I read in a book by Jonathan Haidt called The Happiness Hypothesis: When you look at people who are grateful, you see them expressing their feelings but not the judgments about other people. They dont think that they are better than other people. They dont think that they deserve anything or that others deserve anything.