



0% SIMILARITY
APPROXIMATELY

Report #16663395

Students Name: Professors Name: Institution: Course Code:

Date: Personal Essay Weve all experienced moments when weve

been overcome by feelings, maybe still went to tears. It

is a strong thought and produces the rush of endorphins

that lift us up. Gratitude brings thank-you to the next

point. It is a profound sense of understanding. To seem

pleasant is to feel warm, happy, and blessed. You dont

want to get a gift or favor to feel grateful; gratitude

is the thought you can educate. As a matter of fact,

feeling will turn into a habit. Calculating the blessings

is a means of changing into a confident mindset and

seeing the glass as half-full rather than half-empty. As a

matter of fact, some research suggests that people who are

pleasant are healthier, happier, stronger, and more contented

with their lifetimes. They look to get more-positive coping

strategies, greater rest, and healthier relationships. I once

experienced an event that made me feel extreme levels of

gratitude toward my life and circumstances. My family was



in a very difficult situation. We were living in poverty, and our house had broken down. It was not easy for us to move out of the house, but we did manage to find a place to live. We moved into our new home, which was located on the outskirts of the city. It was a small apartment with a kitchen, bathroom, and two bedrooms. I remember being so excited about moving out of the house because I thought that this would be a great opportunity to have a better life. I also remember how much fun it was when we went out and bought new things for our apartment. Even though it wasn't big it was quite roomy and comfortable. I decided to help out my family and so found a job in the local grocery store. I worked there for three months before I started experiencing some troubles at school. It was a bit harder than I thought, managing my time well with both school and work. Luckily, I received great support from my family and help from teachers. I learned many things about myself and my



personality. I learned that I am very independent and can do anything. My parents were always encouraging me to go out and explore. I also learned how to be more responsible and take care of myself and my family. I learned that being an adult is not easy, but it will be worth it in the end. Furthermore, I learned that you should never give up on yourself or your dreams because they are important and not going to come true if you won't try. I learned that life is short, and we have to live it as we want, so I decided to make sure that no matter what happens, I would try my hardest. And I am grateful for the people that helped me through this journey. I am thankful for all the people that have supported me throughout my life. I am thankful for the friends that have helped me through this journey, and most importantly, the family that has always been there for me.