



0% SIMILARITY
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Report #16656117

Students name: Professors name: Institution: Date: Personal

Narrative There is a saying that if a man believes he

has an appreciation for gratitude, he never lacks

acknowledgment of his friends." In my life, there have

been many people that have been a source of inspiration

and encouragement. Being able to share the joy of being

grateful is the best thing I've ever done for myself.

This sentiment has been invaluable in my journey towards

fulfillment in my life. As a kid, I grew up in the

middle of a rural town in Australia. My life was a

series of obstacles and challenges. My life was difficult

at times and there were days when I felt completely lost

and alone. One of my main challenges was that I was

battling with mental health issues at a young age. I

suffered from depression and anxiety and struggled to cope

with my feelings. I also experienced traumas in my early

life and struggled to connect with my parents and siblings

at times. All of these factors contributed to my poor



mental health and I lacked the confidence to overcome my challenges. I felt helpless and unable to achieve my goals in life. I did not know what to do and felt that my life had no purpose. However, my strength came from within and I learned to embrace my weaknesses and find strength in the people around me. My family, friends, and teachers encouraged me to be myself and love myself for who I was as a person. That gave me a sense of community. who understood me and who could support me through the tough times of my life. This made me realize that I could overcome my challenges and learn to live with my illness. Through this, I became a more confident and independent person. Over time, I learned to appreciate the value of small things in life such as conversations with my friends and watching movies with my family. These small things made me realize that there was more to life than the negative experiences I had gone through in the past. From that moment on, I have always strived to be



grateful for the people and experiences in my life that have brought me so much joy in my journey toward becoming a successful person. As an adult, I continue to take time to recognize the people who have been so kind to me throughout my life. I try to pay them back with kindness when I can and most importantly, learn from them to become better people. It's my hope to use this concept to get people to appreciate their loved ones and live their lives on their own terms instead of letting others tell them what to do. In a similar way, I also believe that living a life of gratitude can make people more compassionate and empathetic towards others in their daily lives. Being a grateful person can help others to be more open-minded and accept different views than they would if they were not grateful for what they have in life. Generally, when I am grateful for the people in my life, I am happier and more resilient than when I am not.