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Report #16656377

Students name: Professors name: Institution: Subject: Date:

Personal Essay Gratitude is an emotion that often seems to be overlooked in the fast-paced world we live in. However, it is one that has the power to change our outlook on life and improve our mental well-being. Personally, I have experienced a feeling of deep gratitude that has stayed with me for years, and I would like to share my story.

I remember the day vividly, it was a blustery winter morning, and I had just received news that my father had passed away. It was unexpected, and it hit me like a freight train. The world around me seemed to have come to a standstill, and I felt lost, alone, and devastated. The words echoed in my mind, refusing to sink in, refusing to register the weight of their meaning. The telephone sat limp in my hand as I listened to the news that would change my life forever. I sat in stunned silence for what seemed like hours, but it could have only been a few minutes. I clutched the phone, unwilling to let it go, as



it connected me to the outside world. The world was now a blur, in which nothing made sense anymore. Every memory of my father poured into me, filling me to the brim with emotions I couldn't even begin to articulate. In the days that followed, I found myself surrounded by love and care, from family, friends, and even strangers. People came from far and wide to offer their condolences, and their presence was comforting. There were hugs, words of encouragement, and kind deeds that seemed to give me a sense of hope. One gesture stood out, though, and that was from my neighbor, Mrs. Johnson, who would bring me meals every day. She would knock on my door every evening with a hot, homemade meal that always hit the right spot. Despite her busy schedule, she made time for me, and that meant the world to me. It was not just the food, it was the fact that someone cared about me enough to check up on me daily. Her kindness filled me with an overwhelming sense of gratitude, and I knew that I had



someone to lean on during those difficult times. I had never really taken the time to get to know Mrs. Johnson, but her actions spoke volumes about the kind of person she was. She had gone out of her way to help a grieving neighbor, and I knew that I would never forget it. I realized that I was grateful for the little things in life, the things we often take for granted, like a home-cooked meal. The gesture made me feel like I was not alone and that someone else knew what I was going through. With the help of kind people like Mrs. Johnson, I was able to get through a difficult time and come out stronger. In conclusion, the feeling of gratitude is one that has the power to change our lives for the better. It reminds us of the kindness of others and helps us appreciate what matters most. For me, it was the simple act of receiving a meal during a difficult time, and it made all the difference. I will be forever grateful for the kindness of Mrs. Johnson, and I hope that I can pay



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it forward in the future.