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Score 79.9

[Comment:] Writing style indiscernible. [Observations:]  
{Integrity}: 100%. {Length}: A little short (87%)—try to write rather more. {Mechanics:} 91% (spelling 100%, grammar 75%, punctuation 92%, word choice 95%).  
{Citation formatting:} ungraded. {Reasoning, logic:} 85% (efficiency 51%, acuity 97%, clarity 96%, objectivity 97%).

### Personal essay

Gratitude is a positive emotion that people feel when they are thankful for something. It can be for something specific, like a gift or a kind gesture, or for something more general, like good health or a supportive community. A grounded theory study found that cultivating the mindset of gratitude among Thai adolescents helped in achieving fulfillment in life and attaining true happiness. The study highlighted how this may help in the development of a holistic health promotion program using the concept of gratitude to enhance the health and well-being of adolescents.

Personal narratives are stories that people tell about their own experiences. They can be used to illustrate a point, share a lesson, or simply entertain. In this essay, I will share a personal experience that exemplifies gratitude.

Last year, I was involved in a car accident that left me with a broken leg and several other injuries. I was in the hospital for several weeks and had to undergo surgery and physical therapy. During this time, I felt a range of emotions, including fear, pain, and frustration. However, I also felt an overwhelming sense of gratitude for the people who helped me during this difficult time.

Here are some of the things that I was grateful for:

The paramedics who arrived quickly on the scene and provided me with medical care.

The doctors and nurses who treated me in the hospital and helped me to recover.

My family and friends who visited me in the hospital and provided emotional support.

My employer who allowed me to take time off work to recover.

The physical therapist who helped me to regain my strength and mobility.

These people went above and beyond to help me during a challenging time in my life. Their kindness and support made all the difference in my recovery. I am grateful for their help and will never forget their kindness.

In conclusion, gratitude is a powerful emotion that can help us to appreciate the good things in our lives. Personal narratives can be used to share our experiences of gratitude and inspire others to feel thankful for the people and experiences in their own lives. My experience with the car accident taught me the importance of being grateful for the people who help us during

difficult times. I hope that my story can inspire others to reflect on the things that they are thankful for and to express their gratitude to the people who make a difference in their lives.

Works Cited List: Balthip, Chutima; Suwanphahu, Thitiporn. "Achieving Fulfilment in Life: Cultivating the Mindset of Gratitude Among Thai Adolescents", 2022, *Journal of Child and Family Studies*, 31(1), 1-12.

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