

Last Name

Student's Name

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Institution

Date

Score 59.2

|Comment:| APA writing style indicated. Document formatting needs work. Document formatting issues: vertical spacing; horizontal spacing; line spacing; body header; page header; font control; parts missing. |Observations:| Numerous instances of nonsensical language. {Integrity}: 100%. {Length}: 100%. {Mechanics:} 76% (spelling 99%, grammar 41%, punctuation 85%, word choice 78%). {Citation formatting:} ungraded. {Reasoning, logic:} 30% (efficiency 6%, acuity 12%, clarity 53%, objectivity 49%).

### Personal essay

In a world that bombards us daily with stress upon stress and frown upon frown, it becomes all too simple to lose sight of the shine that lifts our lives. However, investigation has demonstrated gratitude's potency in preserving our soundness. As we delve into appreciation in this piece, we will uncover blessings for flesh and feelings. Its favors for form are as numerous as the stars that speckle the sky on a clear midnight. Additionally, expressing thanks can refine our relations and cultivate cheerfulness. Finally, we will discuss how practicing thankfulness can pivot our outlook from what we lack to what we hold, leading to a more hopeful view of what's to come. So let our journey of gratefulness begin - may the tide that bears us lift our spirits aloft. The sea of life often tosses us upon waves of worry. But dropping anchor in a harbor of heartfelt thanks steadies the soul. Research's revelations are as rays of sun breaking through clouds, warming our days with promise of pleasantness. Gratitude guards the heart from harm, as armor guards the soldier's skin from spear. Expressing appreciation to friends and family fortifies bonds between us, thick as forest vines yet gentle as grass. Shifting focus from "what ifs" feeding our fears to favors lighting our lives like lamps driving darkness from a room. May this passage point the way to a shore where wellness and wealth of pleasant emotions await like seashells after high tide's retreat.

Gratitude, a river that flows through our mind bringing life to both body and soul. Studies show this emotion called thanks leads to a strong heart, sweet dreams, and less sad or scared feelings (Allen, 2018). Also, being grateful is linked to more kindness for others and less anger. When the waters of gratefulness wash over us, we see the good like bright stars in our sky and are gentler to all people near. If one feels fortunate for their job, they may have more patience even with coworkers making their days dark. Gratitude lets us notice like flowers the small gifts each day brings, though we treat them just like air. By saying thanks for these kinds of things given without thought, our view of life blooms more colorfully. As students in a garden with thorns as well as roses, we must tend well the power of thanks to keep our spirits thriving through each season. The challenges of college, a stormy sea where gratitude acts as a lighthouse guiding our way to a calm port. Gratitude's beam of light helps see the safe path through high waves of troubles and stress. Its warmth dries our tears shed whilst battling headwinds in our endeavors. Gratitude, anchor of the soul preventing being dashed upon the rocky shores of sadness or fear. (Allen, 2018) Like the morning star vanquishing night's darkness, gratitude lights our lives with hope enabling clear sight of opportunities amid life's uncertainties. Its power proves mightier than the mightiest gales assailing our hearts and minds.

As sailors needing north stars, university days call us to fix our compass on gratitude's direction leading always to waters still and serene.

Gratitude is powerful. It improves relationships by fostering positive feelings and making people likable. Studies showed this (Gulliford and Morgan, 2021). Shifting focus from what is missed to what is had leads to a positive view on life (Gulliford and Morgan, 2021). Expressing thanks not only helps oneself, but those around too. It makes waves of kindness and strengthens community with a feeling of togetherness. As college students, it's easy to get caught in academic stress and plans for later. However, gratitude finds calm shores amidst the stormy sea. Let's offer praise for people and things; it may anchor hope.

By practicing gratitude, we shift from lack to what's had. A more positive life's view leads. According to Tudge, Freitas, and O'Brien (2015), gratitude's virtue as important human well-being aspect was recognized. Gratitude not just "thank you" say, but good life things acknowledging and appreciating involve. This mindset individuals with stress and adversity cope by meanings and values in experiences find can help. In fact, studies shown individuals who gratitude regularly practice higher happiness and life satisfaction levels than not practice (Tudge et al., 2015) experience. Moreover, gratitude others towards expressing also relationships can improve and within communities a sense of connection foster. Next when feeling down you're or overwhelmed take, what you're grateful for reflect on - it just may change the waves upon your seashore for better. The rolling waves of gratitude can calm even the stormiest of seas. Expressing thanks towards others allows one to navigate life's challenges on a raft of relationships rather than braving the waters alone. Take a moment to focus on life's blessings and find your footing even when feeling overwhelmed by the surf. The lighthouse of positivity guided by gratitude may redirect you to calmer waters. So next time life's tides turn, gaze at what you have rather than what you lack to ride out the storm.

In conclusion, gratitude is more than a simple feeling; expressing it ripples outward like a pebble dropped in a still pond, touching everything near. As studies have shown (research's cold, hard facts), voicing thanks can improve our physical and mental well-being, as well as increase empathy and reduce aggression. Additionally, cultivating gratitude waters the seeds of our relationships, helping them flower into something beautiful as we foster positive emotions and open ourselves up without armor. Most importantly, allowing gratitude to permeate our perception redirects our sight from shallow cravings to deeper blessings, sailing serenely on gratitude's sea whatever wind may blow. So let each of us plant gratitude's flag daily and bask in the bounty it brings, a harvest with no end.