

## Qualities essay

A person's qualities are what make them unique. Some qualities are better than others. Along with this, people value different qualities for varied reasons. The two qualities I am most thankful for are my determination, and my ability to adapt quickly to different situations.

One quality that I am thankful for is my determination. This is because my determination drives and motivates me. It has helped me in many things, but most prominently, basketball. I had set a goal to play in junior varsity, then varsity. My determination has kept me outside and practicing, even when I would rather be in bed. It has made me work harder than I would normally. My determination has made me better, which is why I am thankful for this quality.

Having the ability to adapt to different situations has been beneficial. It has helped me on many occasions, of which I would have otherwise struggled. For example, I work in animal rescue, which forces me to change how I act very quickly. Dealing with scared cats, to energetic puppies, takes a lot of work and makes me change how I act. If I were to attempt to play with a scared cat how I would with energetic puppies, I could get seriously injured. Quick adaptation is also helpful in basketball. The game may need something different from what you usually are every time you step on the court. You may need to be good at lay-ups, good at jump-shots, or good at playing defense. Being able to adapt has helped me thrive in many topics of interest, this is why I am grateful for this quality.

In conclusion, the two qualities that I am most thankful for are my determination essay, and my ability to quickly adapt. My determination has made me work hard, and ultimately made me better. However, I am more thankful for my ability to adapt quickly as it has helped me thrive in many scenarios. What qualities are you thankful for?