

Giovani Maldonado

Ms. Mueller

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Qualities are distinguishing parts of a person that define them. In our lives we must learn to appreciate ourselves as well as our qualities. We can care for our qualities and realize why we appreciate them. Two of my qualities that I am most grateful for are my intelligence and resiliency.

One of my qualities I am most thankful for and that has been most beneficial to me is my intelligence. My intelligence has helped me in school but also when acting rationally in situations. To elaborate, one once when I had to draft an essay on imperialism for history class, I found myself stuck for days. However, I had thought of using my prior knowledge on the events I was writing about, which my teacher had thought to be an excellent idea. In the end, I received a 100 for the essay and it was presented to the class. In this instance, I decided that instead of staying stuck by trying the same method over and over, I should go back to what I already know. I acted rationally to get a good grade on the essay and get consistent good grades for the rest of the class.

Another quality of mine that I am grateful for and that has helped throughout life is resilience. Staying resilient has benefited me in situations where I struggled to get tasks done. For example, in 2018, I started taking boxing lessons to have something to do over the summer. At first, it felt like torture, but I pushed myself to keep going because I thought I would enjoy it if I continued pursuing it. I am glad I stayed resilient enough to continue with lessons because I felt became mentally stronger than physically stronger. Furthermore, I had something to keep me busy with after school and made friends as well as memories. I am thankful I stayed strong enough to tough it out, stay determined, and believe in myself.

My intelligence and resiliency are two qualities of mine that I am most thankful for. My intelligence has helped me academically and in acting rationally and my resilience has helped me follow through on tasks. Everyone has different defining qualities, and we must ask ourselves what ours are, and which ones we value most.