

Everyone has qualities that they are grateful for. Some are grateful for their quality of hope. Others for their positivity. My qualities that I am thankful for are more based on my fortitude since a fighter must have a near unbreakable fortitude while training and fighting. I am grateful for my determination and endurance.

My determination has helped me overcome physical and mental obstacles that I would not dream of beating. It helped me when I lost a friend very dear to me and when I fought opponents two weight classes above me. If I did not have my determination, I would have never gotten over my friend's passing, and I would have never beat my heavier opponents.

I am very thankful for my endurance since I could never beat more skilled opponents if I did not have it. The endurance has helped me more physically since I must spar with people most days. If it were not for my endurance, I would not be the person I am today.

Ultimately, I am grateful for my endurance and determination. I am thankful for my endurance since it helped me thrive as a person and as a fighter. I am also thankful for my determination since it's helped me reach my goals and more. And as I found what traits about myself that I am grateful for, I hope you can find traits about yourself that you're thankful for.