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American country singer, guitarist, and songwriter Willie Nelson once said, “Once you replace negative thoughts with positive ones, you’ll start having positive results.” This quote demonstrates that people should stop thinking negatively and instead should think about the future with optimism. For centuries we have recognized a day to celebrate the blessings of the past year. Thanksgiving is one of the most important holidays in the United States; It's also observed in other countries like Canada, Grenada, Saint Lucia, and Liberia. This year, I am thankful for my sense of positivity and for my family.

As we approach Thanksgiving season, there's loads of reasons to be thankful for; This year, I am thankful for my positive mindset. The last 10 years of my life have been challenging and full of significant changes, but as time passed, I learned how to think about the future with optimism even amid adversity. For example, when I started high school, I didn't know many people, didn't have many friends, had trouble with my new classes, and was new to the building, but I never lost hope that things would improve. This demonstrates that my positive thoughts gave me confidence to make new friends, meet new people, put forth more effort in my classes, and I had more fun in school. It helped me trust my instincts and solve my problems more easily. This shows how my positivity has helped me get through many of the challenges I have faced.

This Thanksgiving Day, I am grateful for my family. They have helped me to have a positive mindset; they have supported me with food and clothing and have been there for me when I needed them. They have made me smile when I was not feeling well and laugh when there's not much to laugh about. For example, when I migrated to the United States and had to get used to the culture, school, language, and the food. They helped me adapt and get used to how things are done here. They took me to the Bronx Zoo, and did their best to show me the city, and helped me try all the food from the multiple cultures. They showed me to always have faith and be positive as that will keep me worry free. This demonstrates that I am grateful for my family as they helped me get used to life in the United States; They work hard to make sure I have a comfortable lifestyle and think positively which has given me a lot of other benefits into my life. This shows why I am thankful for my family.

In conclusion, this year I am thankful for my sense of positivity, and for my family. A positive mindset has helped me overcome many challenges and has given me the confidence to do well in school. My family has been crucial in teaching me how to look at the world with optimism, my grandmother has taught me to incline to faith in times of struggle. In addition, my family has supported me throughout the changes that I have been through in the last years. Going back to what Willie Nelson said, a positive mindset helps you stay motivated and encouraged in everything you do; It can also help someone else as you can inspire people to do better and work harder. This Thanksgiving let's take time to reflect and think about ways we can show our gratitude to the people we love.