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Writing

## Things I am Grateful For

Gratefulness is the emotion I feel when I note everything I've accomplished at the end of a day.

Hours and focus are crafted into work, always creating a final outcome filled with feelings of accomplishment.

These feelings carry me to a state of proudness, lifting me high.

My accomplishments encourage me to take greater care of myself, value myself, and take time to make myself happy.

I flow into a cycle of self love by treating myself to a cheeky softserve and taking time to note the small nuances in my day.

I am thankful for seeing life in a hardworking person's lens, always looking for a challenge, and a way to treat myself after I overcome it.

Gratefulness is the emotion I feel when I realize I am able to take joy in every moment of my life.

Those small moments I experience in life that feel like "rewards"

keep me in a steady state of happiness.

As simple as the fluffy pink clouds I observe and as complex as the trees turn orange then bare they remind me I am growing and changing with each passing day.

But the moments do not end with only change, I appreciate the same cozy smell of my mom's cooking and the everyday lazziness of my cat that is weirdly cute.

These moments make life a blessing, and with the emotions they cause me to feel, enable me to thrive.