Emilia Kroczak 11/14/23

MVP Ms Guerra

 **Thankfulness**

**There are many Qualities that people have, The qualities that I am thankful for are being courageous and being honest .**

**One of my qualities is being courageous which means that I am strong and determined. One reason why I think I am courageous is because I stand up for myself. For example once in fifth grade kids were bullying me because I did not have tik tok .They were whispering and talking about me. Day after day it went on and on.I got depressed and did not want to go to school. I was enough so I decided to stand up for myself because it was hurting my feelings so much and I could no longer let people bully people for what I have so I told them that if I was bothering them they should go to another table and deal with it themselves . From that moment on I stood up for myself and did not let other people come up to me and hurt my feelings that easily because I was not going to let that slide .Another example is when i was in third grade my friends bullied me for the things i did not have that they did and did not want to talk to me. I felt excluded from the group .Every day I would go home and cry and my mom would see how they negatively impacted me.So one day I came up to the dean and talked about how people were bullying me and the impacts that it had on me.After the talk the dean asked me if i wanted to talk about it with my friends.I did not know what to say because they could just make something up to make me look bad but i trusted myself and the dean called them to the office.There we talked about it and we solved the problem.I was very relieved to let my emotions go away .From that moment on we started talking again and we were friends again. I am very grateful for this amazing and unique quality because it helps boost my feelings and my self esteem and most importantly it makes me more happy .**

**My second quality is being honest which means that I tell everyone the truth including my feelings and what is happening around me. A reason why I think I am honest is because I always tell my friends and family the truth I know inside .For example once my friends made up some youtubers and told me if I knew them . I automatically knew that they were lying but i did not want to tell them because they had the power to tell anyone they saw.I questioned myself if i should tell them the truth or not but inside i felt like telling the truth was the best thing to do so i listed to my gut and told them the truth. After that all of us were happy and never lied to each other again. Another example is when I was in fourth grade and people bullied me for not having a specific brand of clothes . They would also call me names.I held this secret inside me for months and months and I would never do anything about it .So they realized that they should keep bullying me because I wouldn't do anything and would never tell the teachers.I could not let this go past me anymore so i told them that they should never assume on what people look like or what they have because it might happen to anyone someday. They finally stopped bullying me and I found some new and better friends. I am very grateful to have this quality because it helps me share my feelings with others and make new and better friends that will accept me for who I am.**

**This shows that everyone has qualities to express who they are as a person and what they are like and that they should always be thankful for them because without these qualities everyone would always be the same and have no differences that makes everyone as a person unique.**