

## **Gratitude List**

Gratitude is one of the most integral qualities of humans. It is one of those qualities of humans that can vastly influence many things and situations. It is a primal emotion, something just as important to our survival as joy, rage, love, and fear. Gratitude is not something that is unique to humans either, most animals share it too, and express it in their own unique ways. However, gratitude can change the course of many events in our lives. The very action of acknowledging someone's work and being grateful to them for doing it can mean a lot to that person. Being grateful can also teach us to be modest and helpful, as we yearn for gratitude and acknowledgement from others as well. Gratitude does not cost you anything material but can make a stark difference to how people see you as an individual and can even mean a lot to the person you are grateful to. No matter where we are, it never hurts to be grateful to others and so, we must try to be grateful wherever we can. A small thank you can go a long way in building friendships and relationships. So here, I would like to thank a few people who I think have been very integral to my life and without whom my life could have turned out to be drastically different.

First off, I would like to thank my parents. This may be cliché, but it is for a reason. I cannot thank my parents enough for all the help they have given me. Bringing me up from when I was born, to this stage, all while taking care of themselves and their work and their problems. This is truly a Herculean task and doing it deserves a deep sense of gratitude from me. My mom constantly pestering me to eat on time, sleep on time, and a lot more can be a little annoying at times, but I am INCREDIBLY grateful for her doing this, as I know she does it for my sake and because she cares about me. My dad continuously guiding me with his experiences and anecdotes, correcting me when I make a mistake is something that has shaped me into the individual I am today, and I am extremely grateful for that. Most of all, I am grateful for their loving, kind, forgiving nature, which never fails to amaze me.

Next, I would like to thank my sister, who is 9 years old. This lockdown would have probably been horrendously boring without her around. She always keeps us lively and entertained, which is something I am grateful for. The sibling spats may seem very irritating at first, but they are something I have come to cherish. She helps me a lot with work at home too, which I am grateful for as well.

Thirdly I would like to thank my teachers and mentors, people who have given me invaluable advice at every turn. Every time I find myself confused about a certain decision or choice, their advice has been essential and irreplaceable. They guide me through my life, not spoon feeding, but in a rough manner, which ensures I learn on my own, and make my own experiences and conclusions. They help when necessary and I am incredibly grateful for that. They would not force me to do what they recommend, but would listen to my opinions and thoughts too, and provide their views on that, from which I learned a lot.

I would then like to thank my friends, who are one of the reasons I am able to enjoy life as much as I am right now. Life would indeed be dull without them. They have been with me through joyful times and painful times all the same. They have always helped me in whatever way they can when I needed it, and most of all, they are the people with whom I can relax and unwind, not worrying about anything that I might need to with other people. They hear me out, listen to what I have to say, and help me get over any problems I have. I hear them out too, and we share the burden, which is immensely helpful. It is hard to keep up with each other these days because of the lockdown, but we call and stay in touch, which is one of the main things that help me remain sane in these trying times.

I would finally like to thank everyone who is helping our society stay working in this ordeal that we all have been forced to endure. They deserve a thank you and a lot more, for they are risking their lives to keep the world running. Without them, our existence would have come to a standstill. This deserves a lot of praise and gratitude from us. All the doctors, helping to save people, and government officials, trying to bring the situation under control, and trying to restore normalcy are very essential to us pulling through this pandemic, and we must help them in any way we can, no matter how small. We must make efforts to obey them and have trust in them, as they are working for our good. Even a simple word of encouragement, taking care of ourselves and our surroundings so we do not become a burden to them, can go a long way.

There are many people I would like to thank in specific, but then the list would be too long. I would not want to exclude any people I am grateful to, hence the groups of people. I would like to emphasise on the fact that being grateful at any place, for no matter how small a thing may be, can really create a difference. We must strive to be grateful, as that is one of our qualities.

I would finally like to end by being grateful to you, the reader who has read this far. Thank you for reading this!