

Act Now- To Appreciate and Be Thankful- 7S Jamie Kwong (8)

Do you always feel that things around you do not go the way you expect? Adults complain about the government, their boss and colleagues while teenagers complain about their school, teachers and parents. Probably, you are one of them. In the past, people were used to keeping silent when they had any discontent or resentment. With the emergence of online forums, they can finally find a way out and express the grievances with a virtual identity. The negativity is then spread all over the Internet, just like a virus. Criticisms are now pervasive in society. Apparently, this worrying situation must be rectified. We have to learn to appreciate and be thankful instead of criticize. In this article, the ideas of appreciation and thankfulness will be introduced and the ways to embody them will also be discussed.

The ideas of appreciation and thankfulness seem quite abstract. Before putting them into action, we have to understand what exactly they mean. Appreciation is a kind of recognition given to someone who has done something good. Being thankful is an expression of appreciation and gratitude. When somebody does something good to you, you can show your appreciation by being thankful because you do not take things for granted.

After we know what appreciate and thankfulness are, it is important for us to embody these ideas, or else it will only be some shallow talk. Actually, these two ideas can well be embodied in every aspect of our daily life.

To start with, a proper attitude is crucial to learn appreciation. People refuse to admire others by reason of the fact that they tend to believe that they are better than others. Hence, we need to be humble and willing to learn from others. The lower you put yourselves, the more we can see. If you can abandon the "I-am-the-best" thought, you will surely find out a lot of merits from every single person around you. A good attitude is then followed by observation. People tend to neglect things around them. However, once you look around, you may realize that there are far more people worth your appreciation than you expect. For example, have you ever observed how your mother prepares dinner? Go ahead this evening. You will definitely appreciate her effort paid when you know how much she needs to do to prepare a meal. How about the teachers and janitors at your school? How about your schoolmates? Try to pay more attention to things around, and you will explore and experience much more.

Appreciation is an intrinsic feeling towards people around you. To express this sentiment, we need to be thankful. Thankfulness is a way to show our appreciation. In fact, we can simply compliment others on what they have done without holding back. At home for example, you may show your thankfulness to your father for working so hard by giving him a shoulder massage. You may also say 'thank you' to your mother, give her a hug, and help her to do housework, to name but a few. At school, to show gratitude to the teachers, you should simply concentrate in class and study hard. You may also prepare some small handmade gifts for them. There are thousands of methods to make them feel that their hard work does pay off and to show your gratitude. Indeed, the only effective way is to show your sincerity and do it from the bottom of your heart.

Another question may be brought into mind- why should we do that? Or in other words, what can we benefit from appreciating others and being thankful? When we know how to appreciate others, our outlook on the world will become more positive. We will be happier with a better world in our eyes. Besides, being thankful can encourage others to treat others well. With less negativity and criticism, better relationships among people can be achieved. As a result, the ultimate goal of creating harmonious society can then be reached. It is for such reasons that we have to embody these two ideas from now on. Just take one step forward and you can gradually influence others. Act now and contribute to developing a harmonious community!