

Gratitude Is the Best Attitude

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November 14, 2024



Here is a pic from C- Hall. This is a beautiful piece in our school that we could embrace and be really grateful for to see every day.

Gratitude is when you're truly grateful for all good things in your life. Nowadays, it seems like people aren't seeing the good in life and only focusing on the bad. Life could not be where you want it to be but that's all temporary. Even if life is not good at the moment, there are so many things you can think about in your life that are or were good. It doesn't have to be in the present, you could think of past moments and even future moments that haven't happened yet.

Having gratitude also plays a part with your mindset. If your mindset is always doleful and negative, how are you supposed to focus on positive and uplifting things in life? Having gratitude can shift your mindset. Instead of thinking of ourselves most times we can shift our minds to appreciating someone or some things in our life. Even if it's just the littlest things.

When I was very young, I used to be "ungrateful". I would get upset if I didn't receive a certain thing I asked for or if things weren't going my way. My mom would get on me all the time saying I was ungrateful and I should appreciate the little things I have in my

life already. At that time, I didn't really understand what that meant because my mindset was "If I want this, I should get it." But growing up and maturing on my own, my mindset has changed. You could yearn for something so badly and get it, but that thing can quickly be taken away from you. Being grateful is a really beautiful mindset to have because if you're not grateful for just the little things, you'll miss them when they're gone. We must be grateful for the ordinary day because those are the days where the real blessings and magic occur.

If you want to really have gratitude and don't overlook the littlest things, here's a video that could be inspirational:

https://youtu.be/SqrNzjU-myO?si=txEDlf_krNx3Aw-F

So, the next time you walk the hallways of TR, instead of wishing you didn't have to be here, be grateful for the education you're getting, for the adults who are here to help you, and for your fellow students who make you smile.