

Appreciation and Thankfulness-7S Yeung Chee Wing (23)

Nowadays negativity is everywhere in Hong Kong. Click into some popular online forums, you will find millions of posts where there are updates with all sorts of offensive expressions pumped in from all over the vibrant city. In fact, in our city, it is not rare to hear office ladies complaining about everything ranging from the long working hours to the dress codes. Even at school, we students seem to be despising teachers' effort all the time. Clearly, the level of negativity has been soaring abnormally in the community.

If the negativity is attributed to the perpetuating discontent and disagreement in the city, appreciation and thankfulness will be the positive energy we need. Appreciation is the recognition and enjoyment of the good qualities of the people and things around us. It can change how we perceive the world. Thankfulness would be more of an action than merely a thought. It is to express our gratitude. With these two key elements, we understand that things are not taken as granted as they always seem to be. We will eventually find the world we are living is quite a great one. The question left would be how to embody the two ideas in our daily lives.

Foremost, and also the simplest, is that you should never hesitate to say 'thank you'. Look deeply in your life, you can find that you never lack the chances to say 'Thank you'. It depends only on your will. They can be our parents who give us love and support at our hard times; our teachers who are patient with us even when we are not doing that well; our friends who always stand our bad temper; or a classmate who warmly opens the door for us every morning. By expressing your gratitude, not only can you recognize the others' effort, you can also remind yourself about the good deeds of the people around you, which can give you a better outlook on the world.

Another way is to pay more attention to every tiny noteworthy part of your daily life and put them down onto your diary or blog. Don't dismiss the importance of this habit. It may, one day, shift your paradigm. We students sometimes are just too busy to appreciate the world. We can pack our schedule with a tutorial class in Mongkok, followed by an instrumental class in Causeway Bay, after which there goes a meeting in Kowloon Tong, and, eventually, the journey returning home all the way to Chai Wan. Then at the end of the day, we can remember none of the things or people along the way. When we are busy, we tend to grumble, whine and see the bad sides of anything. Worse yet, we even remember all this sorrow and rage on our diary or blog. What you need to do is only open your eyes and replace the many 'downs' in your diary with the beauty you see. This is a very good habit for us to appreciate more.

Appreciation and thankfulness can make negativity disappear and our productivity boost, either of our community or of an individual. Many successful people see the importance of appreciation and thankfulness in tackling problems in their careers or personal lives.

Ada Choi, a very experienced actress in Hong Kong, is many people's favourite celebrity. She has been leading a rather good career life after her participation in Miss Hong Kong at the age of 17. However, according to herself, her early career was not successful as she was not used to the showbusiness life. At that time, she cried a lot as she felt very useless all the time. Everything changed when she got a thankful and appreciate heart from her religion. With appreciation and thankfulness, instead of looking at how much she had lost, she was grateful for everything she had. With this thought, she was able to encounter many of the challenges in her relationship with her family and also her career. She is definitely a role model for us.

Appreciation and thankfulness are essential in our lives. They dilute the negativity and paint our lives with real happiness.