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Appreciate The “Little Things”

The saying “you don’t know what you have until it’s gone” may be harsh, but for many of us it’s true. This saying means that things or people, that are regularly in an individual's daily life, are under-appreciated until those things/people are no longer around. A common reason that this may happen is because a great deal of human beings have busy lives and don’t take the time out of their day to realize and appreciate all of the simple things that benefit them. Another reason that it can happen is because many people have careless attitudes and lack gratitude.

However, it’s truly the little things in life that cause or lead up to big things happening. The little things in life are things such as clean clothes, a comfy bed to sleep on, small favors from friends or family, a good meal, etc. To be honest there are numerous little things in everyday life that make us who we are and without them we’d be lost. Why then, do so many people not realize what they have until it’s gone? I decided to ask a few people what their answer is to this question and a couple of the responses I received were: “This is likely because people take things for granted.” and “They think that it’s normal to see that person, place or thing everyday and it becomes an automatic cycle that begins to be unnoticed and thoughtless.” Since so many little things in life are normal and regular, a lot of people don’t even realize how big of an impact the simple parts of life have on their lives.

After all I certainly don't think that I let it be known how much I appreciate the little things in my life, I decided to take some time and actually write out my feelings of gratitude:



Many people have grandparents in their lives that play an important role. The image to the left displays my family playing a game of cards. It was taken at Applewood Nursing home at around 6:00 in the afternoon. The people in it are clearly having a good time by conversing with one another and playing a game. At first it may not seem that deep. But, to me it's a big deal. During February of 2017, my grandma got super sick and my father found her laying on her bedroom floor unresponsive. She was then rushed to the hospital and thankfully got the help she needed. After this accident happened by grandma didn't come back home to us, instead she was admitted into a nursing home. At first

it didn't seem all that weird because plenty of my friends grandparents are in nursing homes.

But, as time passed I began to realize how much of an impact her presence really had on me.

From the time I was born until now, my grandma never failed to make sure I had everything I needed and that I was happy. I appreciate my grandma for all the laughter she brings me, for her always looking out for me, and for being the person she is.



Another little thing that a lot of people have but don't appreciate enough is food. So many people, including myself, are picky and want specific things. Little do we realize, food is food and we should be grateful for what we get. The photograph above is of one of my mothers delicious dinners. It was taken at my house around 5:00 in the afternoon. Almost every single night my mom cooks an amazing dinner for my family and I. Although sometimes I complain that it's something I don't like, I'm still appreciative of the fact that my moms thinking about me and making sure I have food to eat.

A third “little thing” that many American citizens have is a car. Now of course to some people obviously this is a big thing, since cars are quite expensive. However, to some picky people, like myself, they want a fancy good looking car. The image to the right is of me in my car looking super happy. It was taken at my house sometime in the afternoon. Shameful to admit, but when I first got my car I was mad because it wasn't exactly what I wanted and I didn't really care for the look of it. Months went by and I matured in many



ways. Today I couldn't be more grateful that my parents bought me a car regardless of the looks of it. This car has given me plenty of opportunities and gets me from point A to point B, which is what I'm most concerned about. A vehicle isn't about the looks it for the sole purpose of transportation and I'd take driving a car over walking miles anyday.



Another simple or regular thing in many people's daily lives is a bed, pillows, and bed sheets. The picture above is of my wonderful cozy bed which makes me tired just looking at it. I'm thankful that I have a big comfortable bed to sleep on every night, and nap on occasionally. It was taken at my house around 9:00 in the morning. Although it may seem stupid to include this, it's a major example of how people don't appreciate what they have until it's gone. Clearly nobody is going to just take your bed to prove something to you, but what if you lost your home along with your bed in a natural disaster, you'd for sure realize how important and useful that bed is whenever you don't have anywhere to sleep.



A fifth "little thing" that is in multiple peoples life is pets. The images to the left are of my three beautiful cats. It was taken at my house around 11:00 in the morning. Certainly animals are big parts of our lives.



But during our daily lives, since their always there they become regular and normalized which may cause you to not really show the same attention as you used to when you first got them. I find myself guilty of this at times, because my cats are getting older and aren't as playful. But, on the other hand I am super close with my animals and their a huge emotional support for me. I truly look forward to coming home and seeing my cats everyday.



A final example of something that is regular in my everyday life, that I believe I under appreciate is my parents. I'm sure many of us can relate to this in some way, being that parents tend to get on your nerves at times. Also let's face it, we are mini versions of them, so we tend to

argue at times. The picture above is of me and my parents. I'm wearing a graduation gown and we're all smiling and happy about me graduating. The reason I choose this picture of us is because they supported and supplied my journey all throughout high school. If it wasn't for them I for sure wouldn't be where I am and who I am today. Therefore, I am especially grateful for them and could never thank them enough.

Overall, numerous people don't take the time to appreciate the little things in their daily life. But, imagine if it was all taken away from you? Would they still be just "little things"? Or will not realize how good you had it until it's gone?