

My Gratitude List

An extension of "Former prime minister guilty of corruption"

Read "**Former prime minister guilty of corruption**" (page 10, *What's Up* August 2020).

In the article, we see how corrupt officials were willing to break the law just so that they could make more money. When asked to describe these corrupt officials, many of us would use adjectives such as "greedy" and "selfish". Indeed, in 2019, researchers from Carnegie Mellon University proved that human greed is the main reason why people give in to bribes.

Often, people are greedy because they fear that they do not have enough of something. However, most times, these fears are silly and not reasonable.

In this activity, we will be working on a gratitude list. This is a list of things that we are grateful for. And, if we are grateful for what we have, we will soon realise that there is nothing to be greedy about!

Gratitude lists are important for reminding us that we have many things in life to be thankful for. Often, these can be as simple as having shoes to wear, or having clean water to drink. Write down 10 other things you are grateful for in the space below.

▶ *I am grateful that I have shoes to wear.*

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