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### Sense of Fulfillment

Each person has once had a sensation of fulfillment, but I believe the ones that are the most meaningful are the ones that are remembered until our last breath comes which are the intangible rewards. Although tangible rewards are beautiful to have, at some point, they are thrown in the trash or forgotten about. The feeling you get from being praised by others is something you will always have in your heart. As David Cuschieri once said “Never underestimate the power of a simple smile, a kind word, or the acknowledgment of another. Little gestures can make mountains.”

Some may say, “actions speak louder than words.” I say both of them speak loud in their own way when you’re feeling down a hug or words of consolation can both make you get your mood back to normal. The key is giving credible, sincere, and respectful appreciation. As we grow up we tend to need some encouragement in our lives to give us a little push to do our best in school, sports, or work. A simple “good job” or “keep up the good work” can better the way you perform in your everyday routine.

Not only do compliments help people have a sensation of fulfillment in their life, but also music! Have you ever had a miserable day and then you listen to this one song and BOOM!! Your mood automatically gets in the best mood ever. If so, that's the power that lyrics have with our emotions. Intangible rewards have that power! They're quick, easy ways to make another person smile without having to physically get them something. Yes, some people love

materialistic presents or rewards for their work, but the feeling they receive by the reward is only temporarily there. You could admire the reward for a week, then you get stressed over an event occurring in your day and the sensation of the reward will be gone in a blink of an eye. With intangible rewards, you could go through a bad day then you'll remember that one person who said "you got this!" and you will once again have hopes to get through the day.

In history, activist (such as Rosa Parks, Mahatma Gandhi, and Martin Luther King Junior) aren't known for the amounts of rewards they have received. Keep in mind that those activists have received rewards, but now they rest in peace deep underground. All the trophies and certificates didn't go with them, only the memories and emotions they had went with them. They are known and appreciated for the actions they did to make a difference in the world. The true people who have done big things to help the world don't have to have a reward or title to make them have the feeling of fulfillment in their life. Just by having the acknowledgment in their conscience that they have done something to better the world is what counts. Unlike other people who in order to be "complete", they would have to have a huge amount of money, be in a certain position in society, or have many trophies. People who have done big things in life don't need to be showing off, they're humble and live day by day having those proud feelings inside. That's one of the best rewards you could have.

In the long run, the physical rewards you have will give you no sense of encouragement at all. You will feel as if you don't need to improve anything. On the other hand, by getting a compliment or a sense of appreciation you will feel like you need to keep your performance at high quality. Next time you see someone struggling throughout the day tell them something like

“come on you can do this!” or “keep pushing” because, with those few words, you could possibly be cheering their day.