

The Book of Gratitude

Be Inspired and Feel Grateful!



By www.4lifegethelp.com

Introduction

We are so grateful

Our family (the 4 Life Self Help Family) would like to share with you some of the things which we are grateful for. As you read them some will resonate with you, and you will think of some wonderful, some awesome and some simple little things that make your life special. Write them on your own pages, and read them often. You'll get a feeling of happiness as you realise what a fortunate life you have. Rejoice.

The creators of 4 Life Self Help, (the 4 Life Self Help Family), are each on a path of personal growth, seeking to expand our possibilities and happiness. As we learn more of the huge potential we have as human beings, we want to share this with others, and talking about gratitude is the best way we know how.

Share this Book of Gratitude with your Family and Friends

We are delighted for you to share this Book of Gratitude with anyone so long as you keep it intact and you include this complete statement with it:

The creators of 4 Life Self Help, are each on a path of personal growth, seeking to expand happiness in their lives. As we learn more of the huge potential we have as human beings, we want to share this with others, and talking about gratitude is the best way we know how.

If you too are eager to move ahead in your life and find success and happiness; find heaps of information and get your FREE tips and tools now at www.4lifesehelp.com

Or to learn about The Secret DVD click here www.the-secret-dvd.net

The Book of Gratitude

Brought to you by www.4lifesehelp.com ©

All rights reserved

Content

We are so happy and grateful for-

1. Family and Friends
2. Health and Body
3. Nature and the Environment
4. Love and Happiness
5. Lifestyle and Our Home
6. Work and Success
7. Just about Anything

Dedication

Gratitude Family and Friends



"Let us be grateful to people who make us happy;
they are the charming gardeners who make our souls blossom."
--Marcel Proust

1. Gratitude - Family and Friends



I'm grateful for having such good friends.



I am also so grateful for having such a loving family.



Today I am feeling extra grateful for being able to spend time with my child/children.



I feel so happy and grateful for being able to help my family and friends when they need me.



I am so grateful for having such a cute daughter/son.



I am so happy to have a very supportive and caring family.



I am so happy and grateful to have the knowledge to be a good parent.

1. Gratitude - Family and Friends



I am so happy and grateful for having a “little copy of myself” at home as it makes me appreciate the patience of my own mother.



I am grateful for my parents and the examples they showed me – some of which I follow, some I choose not to.



I am so grateful for my little sister, who is my best friend. She loves me and I trust her completely. She has taught me the true meaning of trust.

I am grateful for my middle sister, she is so incredibly kind to folks; I learn about kindness from her.



I am so happy and grateful that my son and daughter in law allow me to be such a big part in my granddaughter’s life, and the opportunity this gives me to play with her and to teach her about the things I love. And to learn from her. It is a precious gift.

Gratitude Health and Body



"Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything."
--Thich Nhat Hanh

2. Gratitude - Health and Body



Today I am feeling grateful for my body.



I am so pleased and very grateful that I could have a little nap this afternoon.



I am happy and grateful for being fit and strong.



I'm feeling very blessed to be a woman and am very grateful to be able to fall pregnant and carry a baby.



I'm stoked to be a man and I am very grateful that I do not need to be pregnant and carry a baby.



I am so happy and grateful for being sick today as it makes me appreciate my health so much more.

2. Gratitude - Health and Body



I am so grateful for being able to eat and enjoy food.



I am so happy and grateful for feeling fantastic and for having drive and motivation to create all the good things that my family and I deserve.



I am so happy and grateful for the orange season, they are so juicy and sweet.



I am so happy and grateful for having a mind that is active, imaginative and full of great ideas.



I am so happy and grateful that I had such a long fantastic sleep.



I am so happy and grateful that I can sleep in to 8 every morning, it is a true blessing to me.

2. Gratitude - Health and Body



I am so happy and grateful for the apple season, they are so tasty and beautiful.



It is a wonderful thing that we are able to eat wholesome, organic food.



I am so happy that I am able to follow my passion of surfing and do it as much as I wish.



I am very grateful for my Pilates class – I am improving my core strength.



I am so happy and grateful about the way I wake up in the mornings, so full of energy.

Gratitude Nature and the Environment



"All my life through, the new sights of Nature
made me rejoice like a child."
--Madame Marie Curie

3. Gratitude - Nature and the Environment



I am so happy and grateful for having a healed earth and a new start with positive vibrations and new thinking when it comes to caring for the earth and its environment. Times have changed and it is wonderful!



It is the best thing ever to be able to cycle down to the beach on a lovely day like today. It makes me feel so alive and well.



I am so happy and grateful for the weather today - it is sunny and the perfect temperature. It will be a beautiful day for a walk at lunch time.



It is wonderful that I have fresh, clean air to breathe every day.



I appreciate trees! I am so glad that they produce oxygen for me to breathe (and they look beautiful). I am so grateful that I have the eyes to see the beautiful colors of flowers.

3. Gratitude - Nature and the Environment



I had a great walk on the beach today, I am grateful for the pristine beauty.



I love to hear the birds and watch them in the bird bath. I am grateful that they visit my garden.



I am so grateful to be able to smell the gorgeous rose that I grew. I savour its fragrance.



I am grateful for the absolute perfection of nature that I saw this morning with the early sun sparkling on the dew on a flawless spider web.



I am so grateful for my little greenhouse and all the little seedlings and cuttings blossoming in there.



I am so happy and grateful to have my garden. I can plant and nurture vegetables, fruit and flowers which I really love to do.

3. Gratitude - Nature and the Environment



I am so happy and grateful for the fascinating walk I had today along the bush paths – finding the delightful spring wild flowers.



I am so grateful that the world (me too) is beginning to wake up to the need for us all to live 'sustainably' to save our beautiful planet.



I am so happy and grateful for the beautiful rainbows – we have so many of them here by the sea.



I am so happy and grateful for the bees I saw today, buzzing amongst the fruit blossoms.



I am so grateful for the sunrise, when I can sit outdoors and soak up the sun.

Gratitude Love and Happiness



"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."
--Denis Waitley

4. Gratitude -
Love and Happiness



I am very grateful for having such a supportive and loving partner.



I am so happy and grateful for having a sexy partner.



Thank you to my child today because you are such a cute little thing that I do not mind getting up six times in the middle of the night to wipe your bum. That is how much I love you.



I am so happy and grateful that I got to stand in the shower this morning and think of all the things I am grateful for.



I am so happy and grateful for having a man that brings me fresh warm bread and croissants some mornings... My golly do I enjoy that!

4. Gratitude - Love and Happiness



I am so happy and grateful for having a relationship that works in every aspect. We are striving for the same things and are open to each others needs.
I am so grateful to my partner for carrying our new baby.



I am so grateful to my 3 year old daughter for reminding me how to use my imagination again.



I am so grateful to my 3 year old daughter for being so innocent and wide eyed. She looks at every new thing in life with awe and excitement.



I am so grateful to my 3 year old daughter for reminding me how we should live life – NOW!



What a marvellous ability it is that we have to laugh. A small piece of humour can change my whole attitude for the rest of the day.

4. Gratitude - Love and Happiness



I am so grateful that I can smile to another person and spread the love.



I am so happy and grateful for my beautiful granddaughter who loves me and teaches me unconditional love, daily.



I am grateful for my sense of humour and that I can enjoy a good laugh, and see the funny side of things.



I am so happy and grateful for those moments of joy which surge up at unexpected moments. They seem to happen more and more often as life goes along and I am so happy.

Gratitude Lifestyle and Our Home



"The best way to pay for a lovely moment is to enjoy it".
--Richard Bach

5. Gratitude - Lifestyle and Our Home



I was grateful for the weather today. It was dark, rainy, cold and cosy. Winter has started, yeah! Fireplace was on all day.



I am so happy to hear the rain on the roof. It is perfect for the garden and for our water storage. I love it when it rains. Thank you rain!



A warm house is a true blessing!



I am happy and grateful for having a fireplace!



I was so happy and grateful for having a night on my own last night, it was so nice and peaceful.



I am so happy and grateful that my partner always remembers to put out the rubbish bins.

5. Gratitude - Lifestyle and Our Home



I am so happy and grateful that we do not own a dog or any other pets as that would bring limitations to our lifestyle.



I am so happy and grateful that we have a dog as it makes life more fulfilled and my family and I get out in the fresh air more often.



I am so happy and grateful to the person that invented fruit toast, I so enjoy having a piece for breakfast...or lunch... or dinner.... Or whenever really!



It is a wonderful thing that I live in a country where there is free speech and I am able to voice my opinion.



I am so grateful that my football team won the finals.



I am so grateful for my big fluffy doona to snuggle under and keep warm on a wintry night.

5. Gratitude - Lifestyle and Our Home



We have minds that have limitless possibilities, more than we will ever understand. For this I am so grateful, and will strive to use my mind to the best of my ability.



I am so grateful for everything that I will receive in the future. Even those things that I perceive to be 'bad', because they will teach me valuable lessons in life and make me who I am.



I am so happy and grateful for my fantastic new outdoor table and chairs. We will have lots of happy meals on the sundeck this summer.



I am so grateful my stove has been repaired. I can now cook nourishing and tasty food for my family and friends.



I am so happy and grateful that I am alive now with the great lifestyle this century provides; not 100's of years ago.

Gratitude Work and Success



"If you count all your assets, you always show a profit."
--Robert Quillen

6. Gratitude - Work and Success



I really love my job, every day I wake up and just want to do more...how good is that!



I am so grateful for all the work I have done today,
good on me.



I am so happy and grateful for feeling inspired; I am on track and am now reaching my goals with no effort.



I am so happy and grateful for the work I do and the freedom I possess.

6. Gratitude - Work and Success



I have a great talent of being able to touch type. Gee
I'm clever!



I am so grateful for the lessons learnt when I lost all my
money through foolish and greedy investing. I am so
much smarter now.



I am so grateful that I have the mind which allows me
to be creative in my work.

Gratitude
Just About Anything!



"I feel a very unusual sensation - if it is not indigestion,
I think it must be gratitude."
--Benjamin Disraeli

7. Gratitude - Just About Anything



I am so happy and grateful that I found havarti cheese
in our supermarket.



We have been given the most amazing imaginations. I
am so grateful that I have the ability to dream.



I am so happy and grateful for my eyes – to read, which
I love to do.



I am so thankful that I have warm clothes to put on.
Not only do they keep me warm, but they are
comfortable and stylish.



I am so grateful that I am uniquely me!



I am grateful for my car. As I washed the old friend
today I realised how fortunate I am to have it to take
me where I want to go.

7. Gratitude - Just About Anything



I am so happy and grateful for the cold weather
because I get to enjoy warm and hearty soups.



I am so happy and grateful for the hot weather
because it makes me realize I really love winter.



I am so happy and grateful for the hot weather
because the kids can play outside.



I am so happy and grateful for the cold weather
because it brings snow to the ski fields.



It is great that the cold weather has come because
there are no bugs.



I am so happy and grateful for the cold weather
because it makes me realise how good our insulation
will be on our new house.

7. Gratitude - Just About Anything



I am so happy and grateful for the hot weather because I get to enjoy healthy salads.



I am so happy and grateful it is summer because we can go swimming.



I am so happy and grateful for finding itunes. We will very soon have the best music collection ever.



Music really inspires me, I am so grateful that I have ears to hear beautiful music.

This book is dedicated to YOU!



Read it, use it, practise it and be inspired by it.
Strange as it may seem – an attitude of gratitude is one of the
fastest ways to bring you closer to your dreams and goals.
Go for it!

You can read about gratitude and what it could do for you here:
http://www.4lifesehelp.com/law_of_attraction_gratitude.html

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

–Melodie Beattie

Share this Book of Gratitude with your Family and Friends

We are delighted for you to share this Book of Gratitude with anyone so long as you keep it intact and you include this complete statement with it:

The creators of 4 Life Self Help, are each on a path of personal growth, seeking to expand happiness in their lives. As we learn more of the huge potential we have as human beings, we want to share this with others, and talking about gratitude is the best way we know how.

If you too are eager to move ahead in your life and find success and happiness, find heaps of information and get your FREE tips and tools now at www.4lifesehelp.com

Or to learn about The Secret DVD click here www.the-secret-dvd.net

The Book of Gratitude

Brought to you by www.4lifesehelp.com ©

All rights reserved