

i am gr  ful
for life



Our logo represents the fact that there is an INFINITE number of things, people, places, phenomena and events we can ALL be grateful for. We hope you'll agree.

We know that we continue to attract what we focus on... and therefore if we consciously think about all that we are grateful for on a continuing basis and we deliberately generate that beautiful feeling of gratitude, then we will all draw more of what we are grateful for into our daily experiences.

We sincerely hope this little book helps you to feel MORE loving, energetic, lighter, peaceful and gr8ful. We encourage you to share it with others.

Designed by Mel Boulton
www.diversedesign.net.au
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www.iamgr8ful.com

*Life is not measured by
the number of breaths
we take, but by the
number of moments that
take our breath away.*

(Anonymous)

for THOSE moments





kim serafini



mel boulton

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow”

.....Melody Beattie

Our deepest gratitude extends to our loved ones (too numerous to name) who have helped us in countless ways to create this wonderful little book.

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Preface by Kim Serafini

Something happened. In November 2004 I forced myself, whilst feeling despair, anger, betrayal, loneliness, bitterness, frustration, embarrassment and guilt to:

find the answer or REASON why EVERYTHING that happens, in life IS for a VERY GOOD reason!

I discovered... the way to mend a broken heart is... to fall in love again... with yourself!

I started to do this by focusing on the characteristics of myself that I am gr8ful for!

I am gr8ful
for my amazing senses

my eyesight my hearing
my tastebuds my feelings of touch
my sense of smell and intuition...

because it's through them I become aware and appreciate ALL else... **the environment, the relationships and the situations I find myself involved in, contributing to or observing!**

Most of all I am gr8ful for my MIND...

and my ability to observe and direct my thoughts and therefore my feelings!
This is so important to me, in that it helps me to continue to:

2 inspire - live - enrich - receive

Since that moment in 2004, I have been engaged in so many rich conversations about gratitude. Those conversations could be never ending; **they could go on for infinity...** and that's what inspires the logo for 'i am gr8ful'.

Through conversations of gratitude we become more aware and appreciative. We notice the abundance in our lives and we realise we have so many reasons to smile.

I would really love for this little book to inspire you to start your own conversations about what you are gr8ful for and I hope each page makes you smile!

I hope, as a result of focusing on what you are gr8ful for, you too will feel more ALIVE and at peace. **I encourage you to share your thoughts and feelings with not only your loved ones but with a complete stranger.**

Ultimately, I wish for all of us, that we continue to attract into our life more of what we are gr8ful for!

I would not have been able to create this book, and realise one of my dreams, if it were not for the support and help from my family, one of my closest friends, Sarah Hunter and Mel Boulton. I thank Mel for believing in this creation... I am so appreciative of her creativity and design in this book - but most of all I am gr8ful for her becoming engaged in the concept of helping others to focus on what they are gr8ful for and the reasons why.



i am grateful
for me

and the parts of me that are
always trying to be more:

committed, **determined**,
loving, **disciplined**, courageous,
organised, powerful, diligent,
playful, **adventurous**, dedicated,
passionate, innocent, **purposeful**,
kind, gentle, **generous**,
faithful, **honest**, healthy,
successful.

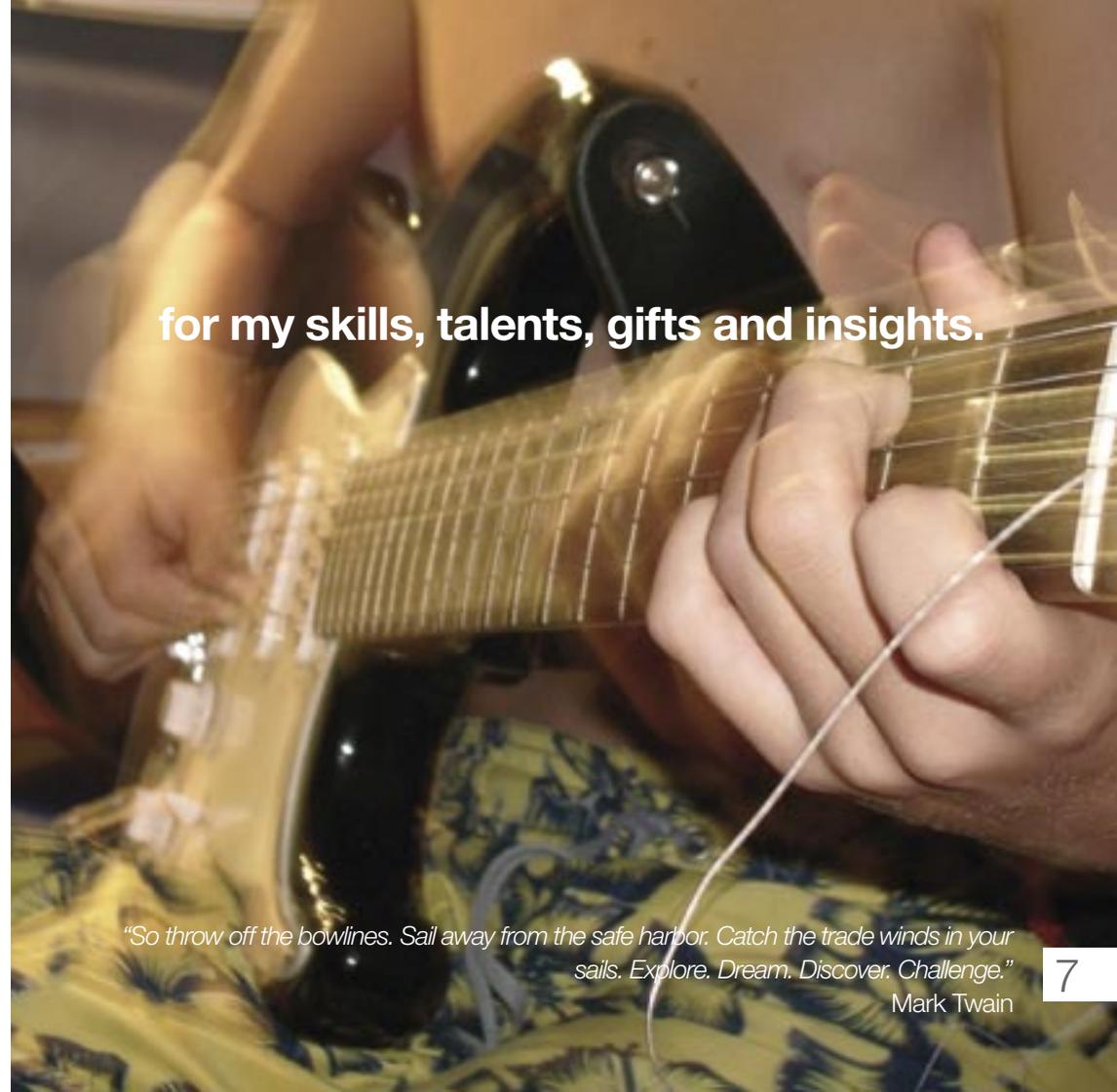


*“gratitude is
when memory
is stored in the
heart and not in
the mind”*

Lionel Hampton

i am grateful
for me

for continuing to learn, grow,
develop, improve,
expand, trust, dream, **give,**
nurture, be thankful and
maintain my **integrity.**



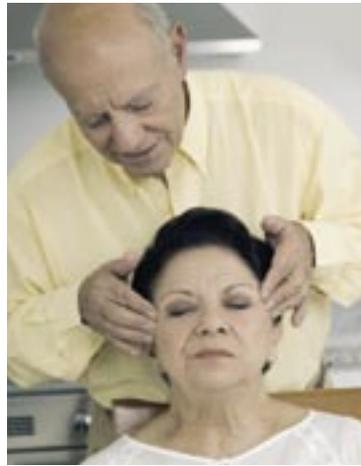
for my skills, talents, gifts and insights.

"So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. Challenge."
Mark Twain

i am grateful for you

thank YOU for

- ...accepting me EXACTLY the way I am right now!
- ...helping me to be the very best version of myself!
- ...inspiring, supporting, encouraging, loving and believing in me!



i am grateful
for you

for your individuality

passion

contribution

trust

intuition

unconditional love

"There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance"

Joseph Addison

and the way you teach me

compassion

forgiveness

diplomacy

openness

respect

patience



i am grateful for water

Energy is contained within water! Water's energy is real and delivered via drinking precious, clean, hydrating water; by luxuriously bathing in water; by swimming in it... When we absorb water energy it washes away our excess and we recharge. Water dissolves sorrow, embarrassment and shame. It removes the blocks of indifference, perfectionism and guilt.

Water restores love, humility and innocence.

"Gratitude is not only the greatest of virtues, but the parent of all others"
Marcus Tullius Cicero



for **life**, play, sport,
work, cooking,
hydration, **health**,
cleansing, heating,
cooling, drinking,
rejuvenating,
soaking, bathing,
growing, hygiene...

i am grateful
for air



Energy is contained in the air that surrounds us; that we breathe. Air energy is real. When we breathe deeply we exhale our excess and we recharge. Air removes fear, worry, panic, confusion, indecision and anxiety.

16 Air restores confidence, strength and courage.

for **life**,
drying, cooling,
sport, vitality,
refreshing, fun,
power, **music**,
flight, seduction,
play, **movement**,
direction...



i am grateful for earth

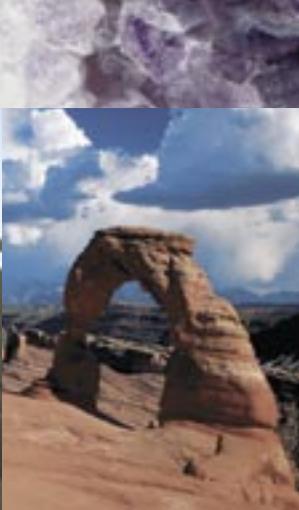
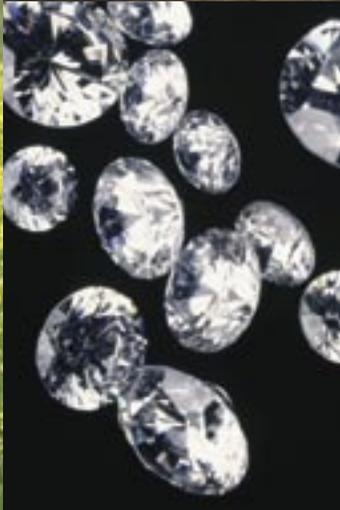
Energy is contained in the earth. It's delivered via the food we eat grown in RICH minerals, the gems we wear and by walking bare foot on the beach or through a meadow. When we are exposed to earth's energy, it absorbs our excess. It recharges us. The earth absorbs sadness, disappointment and hurt. It removes the blocks of depression, procrastination and self pity.

Earth restores joy, optimism and inspiration.

"Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give"
Edwin Arlington Robinson



for **life**, beauty,
nutrition, sport, art,
love, fun, fashion,
clothing, shelter,
warmth, **work**,
healing...



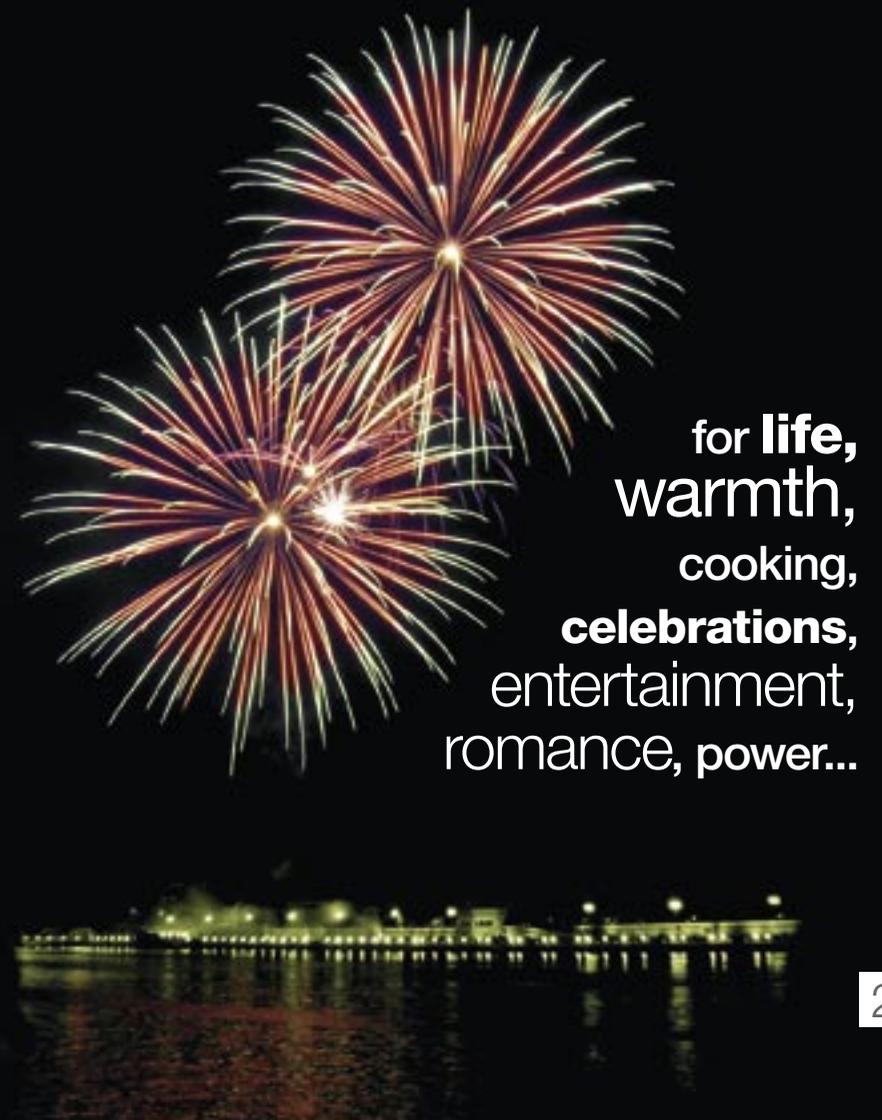
i am grateful for fire

Energy is contained within fire. It's delivered through the sun's rays, light from burning a candle or a roaring fire. When we allow it to burn our excess energy we recharge. Fire burns anger, frustration and rage. It removes the blocks of jealousy, resentment and judgement.

Fire restores patience, peace and a sense of fulfilment.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us"

Albert Schweitzer



for **life,**
warmth,
cooking,
celebrations,
entertainment,
romance, power...



i am grateful for my body

for **movement**, to take **positive** steps forward, to stand centred and **balanced**, to rise and overcome my challenges, to **jump** for joy, to **dance**, to **connect** with extraordinary people, to grasp fantastic opportunities and to **do great work**,

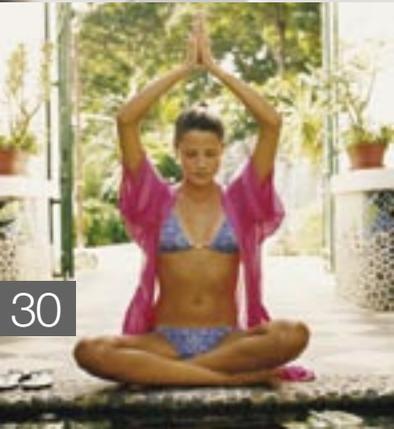
for the magnificent way
it **heals itself!**

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John Fitzgerald Kennedy



to not only hear - but to **listen**
to not only look - but to **see**
and not only touch - but to **feel**



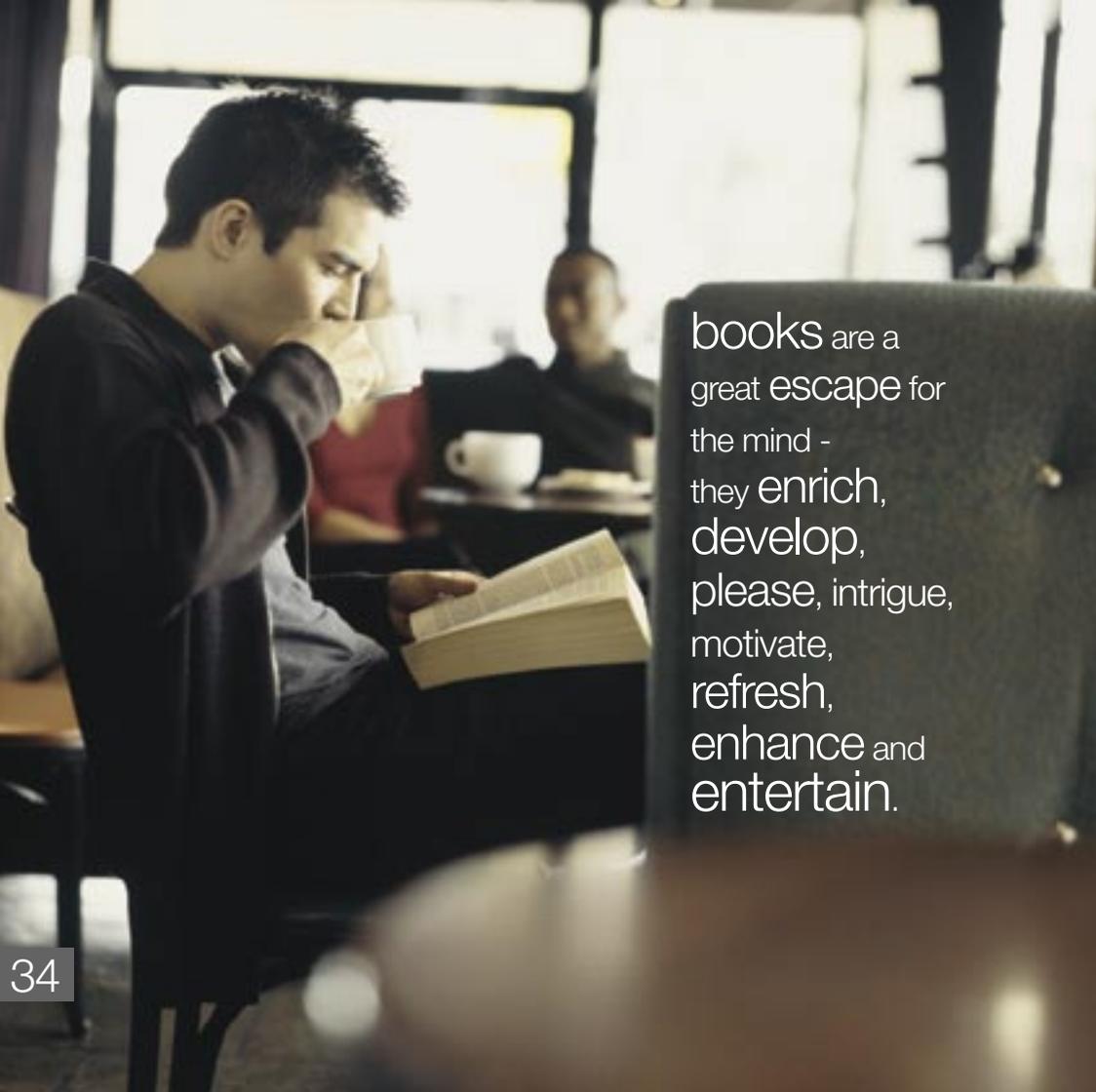
i am grateful
for my mind

for what it **conceives**, for
what I comprehend and the
way it helps me **communicate**.

In order to change what we feel,
we must first change what we think!

*"One single grateful thought raised to
heaven is the most perfect prayer"*
G. E. Lessing





books are a
great escape for
the mind -
they enrich,
develop,
please, intrigue,
motivate,
refresh,
enhance and
entertain.



i am grateful for my mind,
*I'm intelligent, inquisitive, curious,
creative, insightful, investigative,
imaginative, clever and knowledgeable,*
all for the benefit of myself and others.



i am grateful
for my spirit

for the elegance, **depth**
and **intensity** of my emotions.

inspiration
enthusiasm determination
elation anticipation **revelation**
effervescence

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven"
Johannes A Gaertner





i am grateful for family

for the way we enrich each other's life...

for their **love**, **honesty**, inspiration,
encouragement, **support**, guidance
and **commitment**.

for the fun moments, memories and
traditions.

for their contribution to who I am and for
showing me **discipline** and **respect**.

*"We make a living by what we get,
we make a life by what we give"*

Sir Winston Churchill





i am grateful for friends

for the beauty we see in each other.

for their **love**, **honesty**, inspiration,
encouragement, **support**, guidance
and **commitment**.

for the fun moments, memories and
traditions.

for their contribution to who I am and for
showing me **discipline** and **respect**.

*"A friend is one with whom you are comfortable, to whom you are loyal,
through whom you are blessed, and for whom you are grateful"*

William Arthur Ward

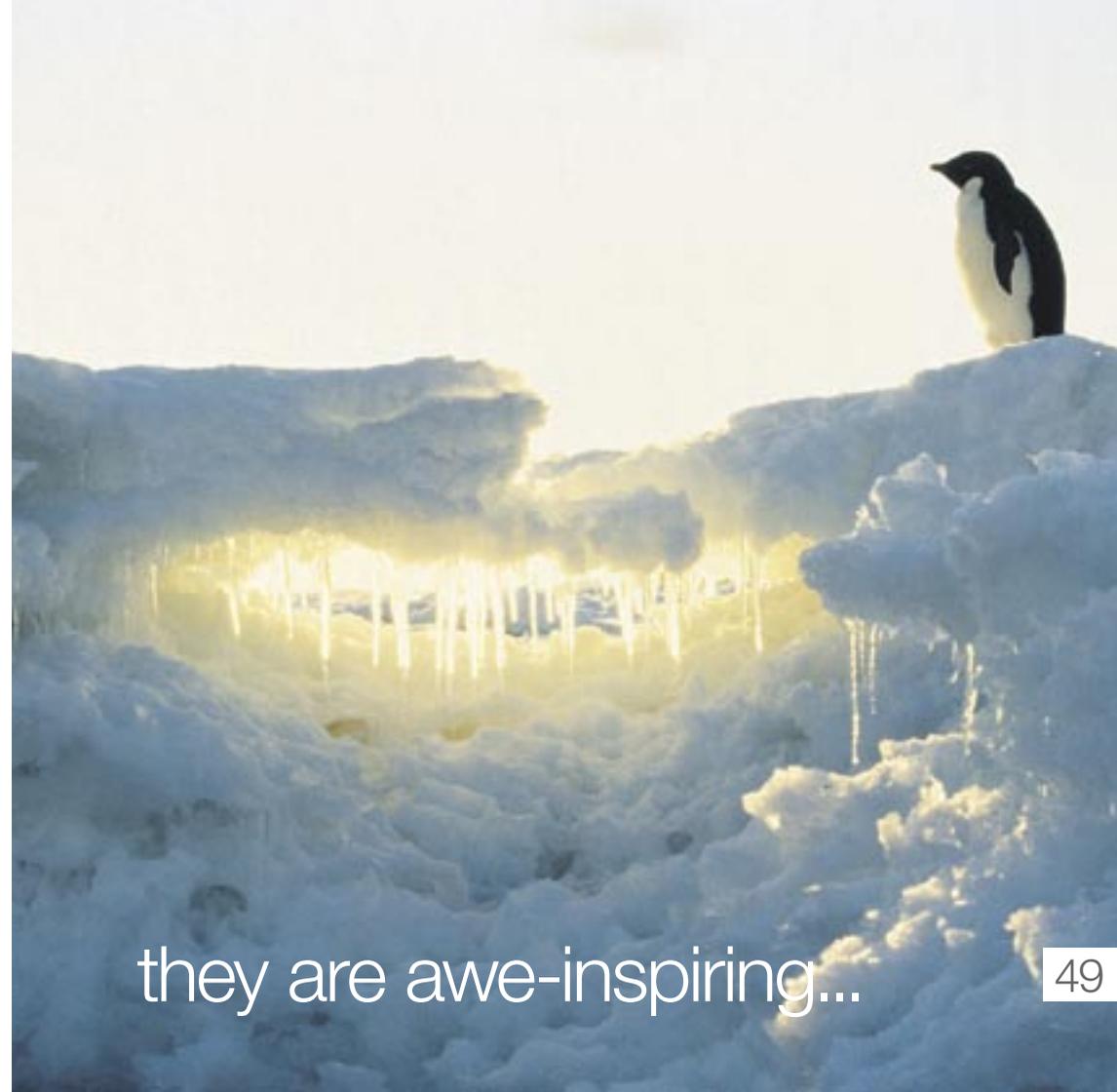




i am grateful
for animals

their **honesty**, playfulness,
trust, **instinct**, **companionship**,
unconditional love and the way
they **look**, **feel** and **sound**...
the way they make me **laugh** and for
what they **teach** me.

*"Let the man, who would be grateful, think of
repaying a kindness, even while receiving it"*
Lucius Annaeus Seneca



they are awe-inspiring...



i am grateful
for plants

for they provide: oxygen, food and
shelter for all living creatures, including us.

for their medicinal properties.

for their perfume, vibrant colours
and touch, for beautifying and
softening our manmade environment.

they help me express
emotion and creativity.



the joy of gardening



i am grateful **for sport**

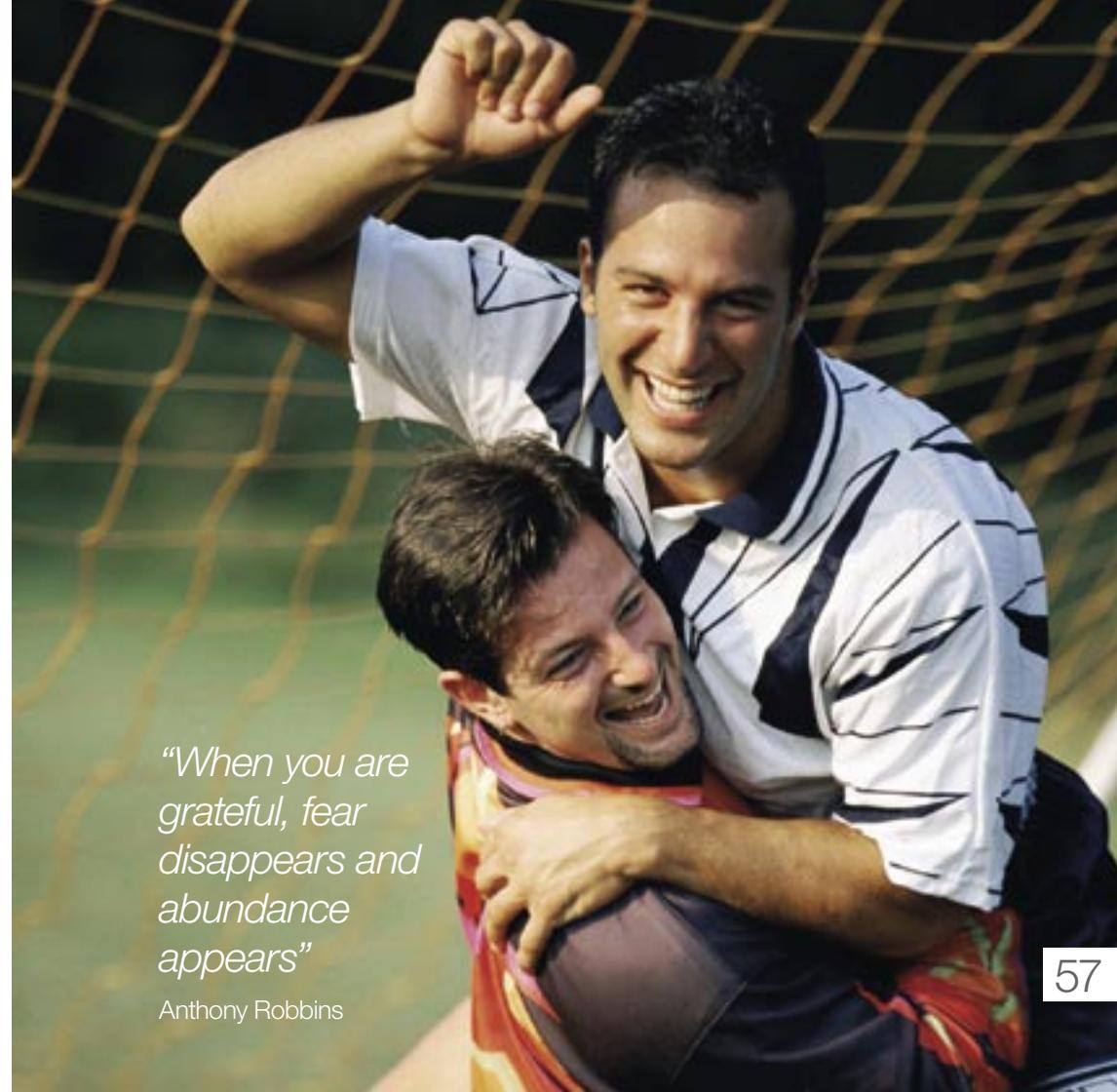
for showing me the CHAMPION WITHIN!

for teaching me

how to win **AND** how to lose; that going
the extra mile **DOES** pay off
in all areas of my life!

it teaches me **integrity**, playing with my heart,
being fair, that I'm part of a much
bigger team and that MY efforts
really do matter.

for giving me **strength.**



*“When you are
grateful, fear
disappears and
abundance
appears”*

Anthony Robbins



i am grateful
for music

in all its forms...

for the range of memories,
messages and **moods**
it evokes.





i am grateful for work

for the chance to keep an **open mind** and to explore new **ideas**..

for the opportunity to use my **creativity**.

to **connect** with extraordinary people who **inspire** me and who bring out the best in me...

for the opportunity to **serve** wonderful people!

for the chance to make new **friends** and to make a positive difference in others' lives.

for **learning, developing, improving** and feeling a sense of **achievement**.



“There is a wonderful mythical law of nature that the three things we crave most in life – happiness, freedom, and peace of mind – are always attained by giving them to someone else”

Peyton Conway March



i am grateful for travel

for the opportunity to experience firsthand, a foreign way of life, to share and learn new customs, skills and languages and to meet interesting people... to listen to their **stories**... and feature in their new ones... to fall in love with new lands and be involved with diverse communities...





i am grateful
for time

to hang around...

for **play**, relaxation,
contemplation, to **escape**,
meditate, **create** and to
enjoy the things, places and
people I love.





i am grateful for gifts

for the opportunity to
give and **receive**.
to **share** what's mine
with **others**. for the
chance to give the **gift**
of life...

*"Feeling gratitude and not expressing it is
like wrapping a present and not giving it"*
William Arthur Ward



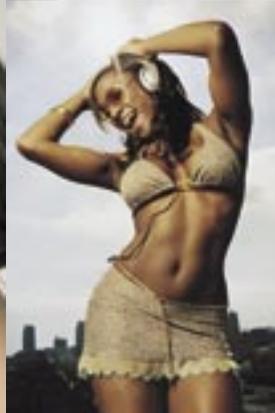


i am grateful
for money

from the smallest **purchases** to the
largest investments... for the
little things I can **buy** and the great
contributions I can make.

*"In ordinary life we hardly realise that we receive a great
deal more than we give, and that it is only with gratitude
that life becomes rich"*
Dietrich Bonhoeffer

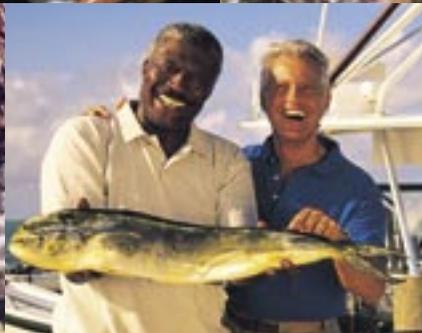




i am grateful for food

for **tastes** that take me to exotic places, for the **aromas** that remind me of special times, for **flavours** that make my mouth water, for the fun of **sharing** it and the excitement of **cooking** and experimenting with flavour, texture and colour, for the **life** and **nutrition** it provides in order to keep me **healthy**.



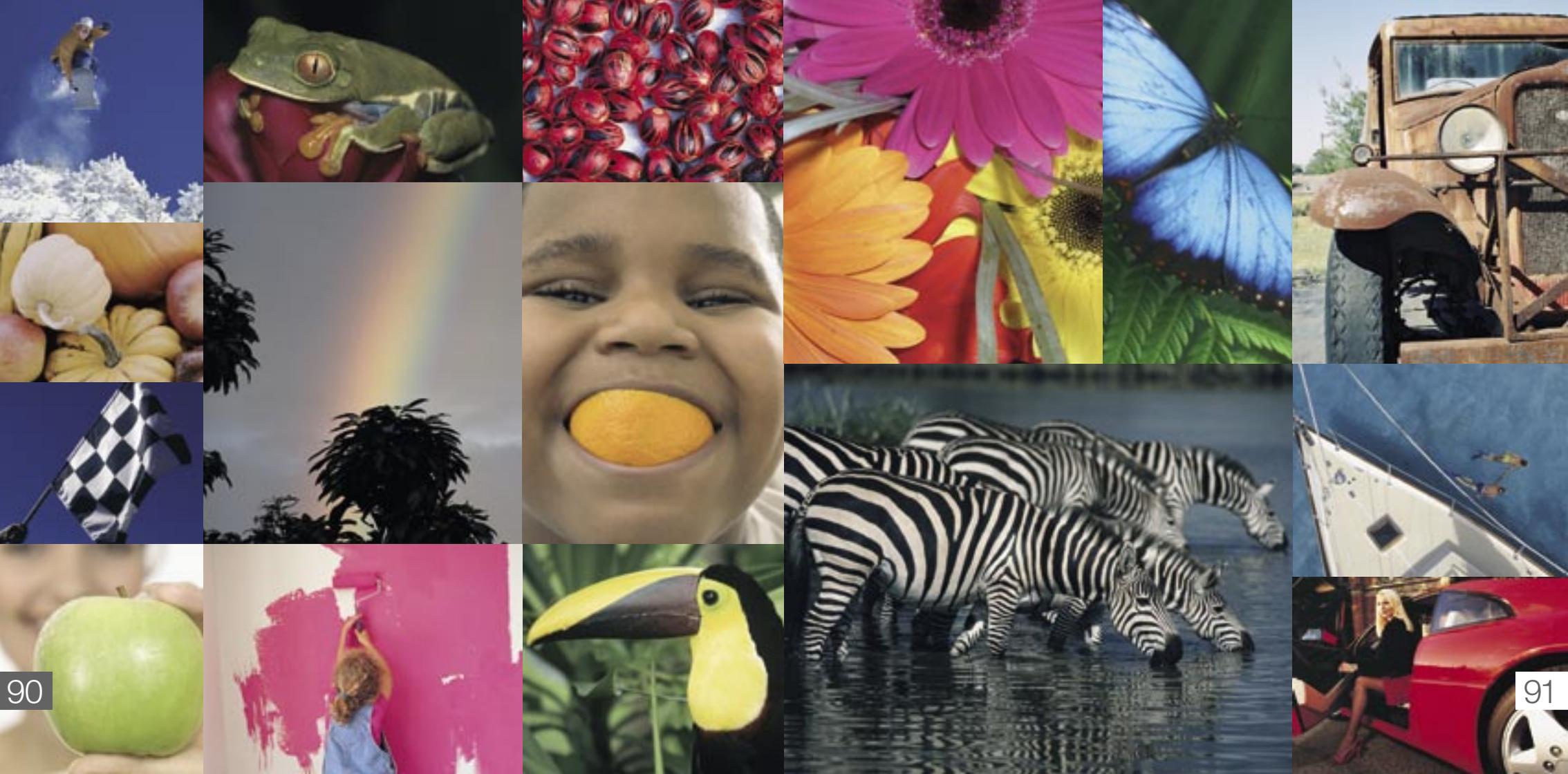


i am grateful
for colour

colour feeds my soul...
enhances my senses...
enriches my life...

colour permeates every facet of our lives both natural and manmade. the stunning **green** of new growth, the flickering **blue** flame of the winter fire, fluffy **yellow** spring chickens, bright **red** traffic lights, **orange** uniforms of the State Emergency Service volunteers, all the colours of the **rainbow**.





i am grateful philanthropic fund

There is a beautiful Chinese proverb that says:

“If you want happiness for an hour, take a nap

If you want happiness for a day, go fishing

If you want happiness for a year, inherit a fortune

If you want happiness for a lifetime, help somebody”

We believe that the Universe, in it's core and infinite existence, has given us the wonderful opportunity to be part of a team reflecting our own gratitude by helping others in need and helping those who are helping others in need.

We provide assistance by financially helping voluntary organisations so that they may be able to carry on the wonderful work they are already doing.

We commend and respect these voluntary organisations and all their volunteers who use their personal time, effort, energy and money to assist those in need.

As Calvin Coolidge has so eloquently expressed:

“No person was ever honored for what he received. Honor has been the reward for what he gave”

Having these honourable volunteers and their organisations in mind and for the wonderful things they are doing, we donate 10 percent of all our sales to various voluntary organisations, with the hope that we could make even a small difference to someone's life.

Our most significant contribution to date was as a sponsor of the 2006 REELMAD 24 hour film competition - a charity event, with proceeds going towards the prevention of youth suicide.
www.reelmad.com





We would really appreciate you contacting us to let us know how this book has made an impact on your life and those around you. We'd love to know what you are gr8ful for and why!

If you would like to contribute photos, thoughts, poems or quotes that may be used in the future editions of this book please contact:
book@iamgr8ful.com

For enquiries regarding licensing the logo and possible product placement please contact: book@iamgr8ful.com

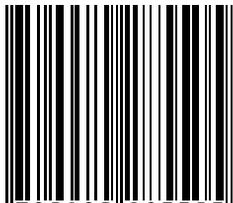
Future books being developed are: 'I am gr8ful for colour', 'I am gr8ful for coffee', 'I am gr8ful for Australia', 'I am gr8ful for sport', 'I am gr8ful for cooking', 'I am gr8ful for everyday life' and 'I am gr8ful for nightlife'.

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