

## THANK YOU FOR THE GIFT OF...

The more you complain the more you will have to complain about. The more you give thanks the more you will have to be grateful for. The more that you walk a path of appreciation and gratitude, the richer your life will be. This is real wealth, the wealth of peace and contentment, a life that lacks nothing. So, our invitation to you is to play the game of saying thank you for the gift of... The more of these you can generate for yourself, the better. Below are some that we believe are universally applicable.

Thank you for the gift of my enemies and for the opportunities to develop forgiveness and kindness.

Thank you for the gift of this moment, as it allows me to fully blossom into 'me'.

Thank you for the gift of my friendships and for the love and the support that they bring.

Thank you for the gift of my challenges, for the insight, growth and wisdom that they offer.

Thank you for the gift of each day and the opportunity for greater peace, joy and happiness.

Thank you for the gift of my body and the countless wonders it performs each day.

Thank you for the gift of a life in which I can serve and benefit others with no desire for myself.

Thank you for the gift of sleep and for the renovation and repair that takes place each night.

Thank you for the gift of tomorrow which, when I allow, always adds value and meaning to my life.

Thank you for the gift of silent reflection that offers the unravelling of the mind's many mysteries.

Thank you for the gift of the inner wisdom that lives deep within my heart.

Thank you for the gift of nature in all her wonderful guises and magnificent forms, she's amazing!

Thank you for the gift of my life and the opportunity that each day brings for positive change.

Thank you for the gift of my family, who offer me the chance to develop patience and unconditional love.

A life of thank you is a rich and full life. It's kind to you and those around you. It's full of smiles and laughter where a gentle river of insight flows continuously through the mind, touching every cell and sinew. A life of gratitude soothes hurts and pain, evaporates anger, and reframes your perspective. Why drown in the 'cesspit of complaint'. Has it ever served you well? Try immersing your mind in the 'gift of thank you'. Its power is truly breathtaking. It will undoubtedly redefine your life. If you do anything today, say thank you with all your heart.