

I am so Grateful for...

Messages from the heart



Written by
The Global Secrets International Community
www.the-secret-dvd.net

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"God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?"

William A. Ward

In one of our weekly newsletters "The Secret Spotlight – Gratitude", we asked our readers to send in their accounts of what they are grateful for in their lives.

We asked them to reply to our email with the heading "I am so grateful for..." and fill in the rest.

Well...the response was overwhelming with hundreds of people writing back to let others know what they are grateful for in their lives.

Gratitude for what we have in our life is a matter of such fundamental and crucial importance because it brings us into alignment with what the Universe wants for us, as expressed in this famous quote by Wallace Wattles:-

"The more gratefully we fix our minds on the Supreme when good things come to us, the more good things we will receive, and the more rapidly they will come; and the reason simply is that the mental attitude of gratitude draws the mind into closer touch with the source from which the blessings come"

Wallace D Wattles

Have a look at what our readers are grateful for, it will warm your heart.

Think about all of the things that YOU are grateful for. Maybe even create your own [Gratitude Journal](#)

You will be amazed at how your life will change from focusing on the things that you don't have, to focusing on the things that you do have and that you are truly grateful for.

For more information about Gratitude, go to [Gratitude and the Law of Attraction](#). If you would like to join our free newsletter, go to [The Secret Spotlight](#).

We are forever grateful to you for sharing...

We would like to take this opportunity to thank all of our readers who contributed to our "I am so grateful for..." newsletter.

We are grateful for your contribution, it will inspire many others to stop and think about the things that they are grateful for in life.



Richie Coutts and Anneli Asplund

Founders of Global Secrets International

www.the-secret-dvd.net

www.4lifesehbelp.com

www.4lifehappykids.com

www.all-famous-quotes.com



“When eating bamboo sprouts, remember the man who planted them” ~Chinese Proverb



Gwendoline is Grateful for:

I'm grateful for so many things – I thank my parents everyday (they have both passed on) for giving me life, I spent the best part of the 90's with a degenerative muscle disease on my right side, got right to the point of not being able to walk, had no nerve supply to the muscles whatsoever and then one day I was given a treatment at a main Melbourne hospital as a trial, over 2 consecutive weeks & 2 treatments, I got out of bed in 8 days & I had signs of strength returning to my leg, at this time in my life, I had a very successful business with a beach front home, fancy prestige cars in the driveway, expensive diamond rings, but at that moment, materials were no longer important, all the money couldn't find the answer or cure this strange thing happening in my body, I experienced that morning what true, raw happiness was & I have been so grateful ever since, I still have weakness in the leg, but I receive the treatment that binds the anti body every month & although I can't run or dance anymore, I can walk, I am so incredibly grateful for something we all take for granted every day. 2 years after finding this treatment for my leg, my life dramatically changed from prestige to destitution, just by making the wrong decision in business, I remember standing in an auction room with all my marble & crystal around me & watching people bid a % of what it was worth, then they came & got my cars, then my home. For a couple of years after this, I ran around in circles trying to find myself again, not ever knowing if I would – but I always knew my worth, I had a purpose on this planet & I was so determined to live the life I truly knew I deserved. I commenced a new business one year ago & it has grown so fast, I don't reflect back too often, but I think sometimes it is good to remind yourself where you were then & where you are now. I am no where near being at my destination but at least I am on the way with a map that is working (the Secret played a big part in my success last year) I am so incredibly humble & so grateful for digging down deep & being able to find what strength I had left to get back on the road. I have shared the above, but in no way am I playing the sympathy fiddle, I am actually grateful for the major losses, they taught me a very strong lesson in – 'what not to do in life' – if someone had of tried to warn me, I wouldn't have listened.

And finally, I am so, so, so grateful for the 'Secret' – it changed my life & will continue to do so. I am so addicted now to feeling that good, vibrant energy running through my body, that it just can't be any other way for me. Thank you



Stewart is Grateful for:

Thanks for yet another great motivational email.

What am I grateful for:

... I am grateful that I know each waking day that it is another opportunity to continue the exciting journey of life and make a difference in the world by helping others.

I am grateful for your support

"God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" ~William A. Ward



Deborah is Grateful for:

My two beautiful daughters, who have come through some hectic things in life, and still continue to light up my day.....



Lundie is Grateful for:

I am so grateful for this moment. Everything is exactly as it should be. I am healthy, happy and lack nothing. I am loving this experience called life and pleased to share with others who are grateful too. Thank you.



Katrina is Grateful for:

I am so grateful for the joy I get for the opportunity communicate with people daily :)

I am so grateful for my family!

I am so grateful for the air we are able to breath daily



Sherina is Grateful for:

I am so grateful for being alive. I am so grateful for having my husband and children in my life . I am so grateful for having good health for me and my family. I am so grateful for being given the opportunity to start my own company and for my husband starting his company. I am so grateful that I am going to have the opportunity to travel the world. I am so grateful that my company is going to be a great success. I am so grateful that I am going to loose 50 kilos weight. I am so grateful that I am going to have financial independence. I am grateful for all my friends and family in my life. I am so grateful for peace and safety in my life.

“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu, translated from French



Nahid is Grateful for:

*I am grateful for every breath ,For all the gifts
from god one of them is you and your helping matterial
more than this i am grateful to have a family and my
best and the greatest one Iam grateful for my journey*



Samantha is Grateful for:

*I am grateful for my three beautiful children, even though I had a miscarriage this year and lost a baby 20 years ago I
am so grateful for the opportunity to have become a mother and that despite loosing children I have been blessed with two
wonderful daughters and a fantastic son.*

*I am grateful to have a car, albeit old, it keeps me warm and dry and travels great distances to allow me to conduct my
life, thank you car.*

*I am grateful that I am fit and healthy and at the age of 39 I am slim and have the body of a teenager. I am grateful
that I can compete in running races and triathlons.*

*I am grateful for the academic ability to complete my masters which I need to finish and grateful that by doing the
masters it gained me successful employment.*

*I am grateful to live in a warm and comfortable home and that I always have enough food to eat and clothes to keep me
warm.*



Juliet is Grateful for:

Everyday I woke up in good health.

For my family who loves me.

For my job which is stable.

For my church which feeds me spiritually.

For the people around who are with me.

"Silent gratitude isn't much use to anyone." ~ G.B. Stern



Marieta is Grateful for:

- *That I am alive and have somebody to take care for as well as somebody to take care for me*
- *Have great family - wonderful, faithful, trusting and loving husband, beautiful and nice and sensitive children, caring mother and cute pets*
- *We are healthy and young and love and support each other*
- *Have job that I love and colleagues which I respect and they respect me*
- *Have strong body to support me in my daily activities*
- *Have warm and clean home*
- *Have big dreams and so many hobbies and interests*
- *Have so many inspiring people I found in the net - Bob Proctor, Cathe Friedrich, Tom Venuto, Brian Tracy*
- *Beautiful sea and mountain here in Bulgaria*
- *Beautiful winter*
- *Air*
- *Warm water*
- *Electricity*



Rebecca is Grateful for:

God for making me whom I am today



Paula is Grateful for:

Life, family, friends, house, car, job, most of all I am grateful for God and his wisdom, his creation, things I see everyday, health, hearing, sight. To see the trees move when the wind blows. The snow, the rain, the sleet. All that man can not control that God does. Doctors, nurses, dentist that God gave the people who do that the knowledge to do because I could not do it. God put everyone and things were they are to be. The animal the ant, bees, birds. I could go on and on, Just very very grateful for life and it does.

"God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?"" ~William A. Ward



Nathan is Grateful for:

*The gift of life
To awake and begin a new day
For the time I have on this earth to invest in my future
Those who inspire and educate me
For the power of unconditional love. And to love and be loved.
For the great power that is within me to be, have, do anything I dream..
For the people around me who I love and care for.
Great relationships and friendships.
The knowledge that is open to me, to learn from the great teachers.
A life of health and well being.
For my emotions that help guide me on my journey.
For my inspiring ideas,
For this body I live in.
For my past that helps me learn in the future.
For all the mistakes and failures that only lead me to success.
The unlimited energy that flows through my magnificent body.
All my heroes.
For all my talents that I can use to live a life that I dream.
For my power to take action to get immediate results.
The things I own which that I have worked for and received out of love.
This magnificent world that provides everyday.
For the world's great features and nature as it is.
For mankind's power to create.
For the people I meet along the way on the path of success.
My natural beauty that attracts others towards me.
The music that I create.
The music that inspires.*



Mike is Grateful for:

I am grateful for the gift of life, love, and that I am on a pilgrimage of learning, discovering and in every moment creating myself.

“If you want to turn your life around, try thankfulness. It will change your life mightily” ~Gerald Good



Sareh is Grateful for:

I am so grateful for having such a great, nice, and supportive parents

I am so grateful for the health and wealth of my parents

I am so grateful for having a very smart, kind, caring and generous brother

I am so grateful for being alive on this planet and experiencing life in this healthy, smart and beautiful physical body

I am so grateful for the senses I have so I can see the pretty birds, listen to the wind, touch and hug my lovely family, relatives and friends, taste delicious Iranian dishes, and smell the LANCOME perfume that I got as a gift

I am so grateful for studying what I worked hard for

I am so grateful for the most helpful and understanding people whom I see every day of my life

I am so grateful for the best life that all my cousins and relatives are having right now

I am so grateful for the fact that I am applying for the next school to go study and learn more about what I am the most interested in

I am so grateful for the greatest mind that I and we all have to think and create nice and positive changes for ourselves and others as well

I am so grateful for all the dreams and vision I have in mind and I am willing to make them happen in a very close future which I hope is the best interest for all the people around me for many generations

I am so grateful for this moment and this silence at the dorm

I am so grateful for finding so many great things on the Internet one of which is the Secret

I am so grateful for the time I was born so I am living in this period that the greatest shift in consciousness is happening

I am so grateful for all the past experiences in my life

I am so grateful for having all the wealth, health and happiness for everyone of us

I am so grateful for the nice friends that I, my brother, my mom and dad have

I am so grateful for the peace inside all of us

I am so grateful for having whom I call my God who has been created the most gorgeous things for us to enjoy and take care of

I am so grateful for this chance I have given by Global Secrets to me to appreciate and remember what I have

Thanks with all the best wishes to YOU all



John is Grateful for:

I am grateful to be alive and to be able to experience all (good) that there is.

“Gratitude is the fairest blossom which springs from the soul” ~Henry Ward Beecher



Azza is Grateful for:

- 1- Learning the secret.*
- 2- Exposed daily motivational messages.*
- 3- Have a decent life.*
- 4- Have a job for now till mid January.*
- 5- Learning to love and accept what is.*
- 6- Having a warm house.*
- 7- Getting back my health.*
- 8- Having friends that care.*
- 9- Helping others grow.*
- 10- Be a peaceful corner for others.*
- 11- Motivate people.*
- 12- Being loved.*
- 13- Vast opportunities of growth are available.*
- 14- Having a good family.*
- 15- this email.*



Normande is Grateful for:

My house sale, I am grateful for my husband and my 5 daughters and my grandkids, for my granddaughter who is recovering from leukemia.

I am grateful for my job as a daycare provider. I am grateful for my van and all the things I have. Most of all I am grateful for my life.



Mary Ann is Grateful for:

My good health. Just one year ago I was hospitalized. I am out and healthy and exercise six days a week now!

“Gratitude is the heart's memory” ~Jean Baptiste Massieu



Marg is Grateful for:

I am grateful for the people God has sent into my life.

- *People to help me*
- *People to hurt me*
- *People to leave me*
- *People to love me.*

All these people had a lesson to teach me and make me into the person I am today.



Helen is Grateful for:

All the surrounding abundance.

The information received every day from so many loving sources.

The Secret and for the way in which to do things.

The positivity the Secret has brought to my life: order !!! clutter busting, joy !!!! a new way to looking at everything !!!!!!!!!!!!!!! More important, a new way of approaching everything !!!!!!!!!!!!!!!

The release of fear !!!!!!!!!!!!!!! (This was the first to manifest. Living in Johannesburg, everyone has to be vigilant, at home, in the street, shopping ; 24 hours a day.)

All the wonderful electrical appliances, my computer, telephones etc.

All the wonderful food in the house.

My childrens safety, successes, and health.

Timmy (dog) and Beyonces (cat) complete health.

All the money which I have.

My wonderful house and reliable car.

(This is taken from My Journal, in which I add little things which have happened, or turned up during the day. My gratitude rock is within reach.)



Jonathan is Grateful for:

Life

"Silent gratitude isn't much use to anyone" ~G.B. Stern



Carolina is Grateful for:

My handsome, healthy and smart sons



Brett is Grateful for:

I am so grateful for the wonderful (ENERGY THAT I AM).



Drabomira is Grateful for:

I am so grateful for having wonderful husband, 5 healthy children, and 8 sweet and smart grandkids, very good friends, for having nice house, cars and wonderful life on this Planet. I am so grateful for all information about Law of Attraction and understanding more myself!!!!

*Thank you and I am so grateful for all your emails, books, CD's and DVD's!!!
With Love my Spirit and Soul and myself!!*



Denise is Grateful for:

I am so grateful right now for being in the warmth of my home, it is 50oC in Canada today. I appreciate the sun coming in from the windows, the electricity for keeping me warm and for having a roof over my head. Thank you universe for being so kind to me.

“If you count all your assets, you always show a profit” ~Robert Quillen



Sylvia is Grateful for:

I am so very grateful for the email I received from The Secret regarding “3ways to stay motivated” this morning... ☒ I was struggling yesterday with how am I going to motivate myself to get through another term of classes...and wham... as always the secret is working for us...with these wonderful gentle reminders!! I am working a fulltime and part-time job – single mother – two teenagers – and attending university to achieve my MBA – which means going to night classes twice a week...It was a very busy Christmas season and I am tired...HOWEVER...despite all the external issues that seem as barriers.....finances....time....I am extremely thankful to have these opportunities...to always be given the strength, courage and determination to make it through ANY life situation. I am thankful for the guidance and motivation that is always shown to me, I am thankful for my daily 11:11am reminders to write in my journal for all the wonderful events and life experiences I am thankful to have in my and others lives.

Life is abundant; what amazes me and brings such an overwhelming emotion to me that I will forever be grateful...was a day two years ago...I was waiting for someone to pick me up – she was late – and I spent the time waiting...watching Oprah...It was Rhonda Byrne and friends...talking about this amazing new book...I was mesmerized watching and listening.....and inspired to purchase the CD’s...that was the day my LIFE changed forever...for that special day – I am forever grateful...see I have goosebumps on my arms just talking about this right now...LOL!!! How wonderful life is...two years ago...I would have been the first person to discard that emotion....to say “life sucks”....I was in a very dysfunctional and abusive relationship and despite life situations at that time...now I know differently...the Secret and other very wonderfully inspiring authors have opened my heart, opened my mind and opened my awareness to this amazing universe.....I am thankful for my freedom to choose a better life!!

Simply put...but such a strong word....Thank you,



Sandra is Grateful for:

The gift of deliberate creation.



John is Grateful for:

My wonderful little nephew, which is such an easy exchange of love.

"Praise the bridge that carried you over" ~George Colman



Betty is Grateful for:

Health, Family, House, Blessings, Live, Job...



Doris is Grateful for:

I am grateful for my children they are from a way for me but we have good communication, I am so grateful for watching the secret dvd, read the secret book and for receive these messages from you, I am grateful for my life and my parents. Even a this time i am unemployed, sick, but i hope this year will be the better. Thank you.



Sherrie is Grateful for:

- ...my self. I know more of who I really am every day. How I can and do achieve every little and large thing I could ever want.
- ...my continued growing health. Doctors have said with Fibromyalgia there isn't a cure. Because I know I have complete health, vitality and beauty from my cell level to the outside, I will have this and do have it now.
- ...the love in my life. I have the most wonderful husband how loves and supports me unconditionally. Our love continues to grow every day as we grow in ourselves everyday. I continually visualize money, checks, gift cards bulging from my mailbox. This has started to happen.
- ...my income. I have a wonderful job that pays me what I want. These wants continue to grow with my knowing what I want in my life.
- ...the people I work with. Over the past 2 months I have changed the atmosphere in my office from being a victim of 99% of the employees to being friendly and happy with all of the employees at my company.
- ...the movie, book, CD, calendar, and daily emails from "The Secret".
- ...being able to share this information with others who want to know more of who they are.

“Gratitude is the best attitude” ~Author Unknown



B is Grateful for:

I am grateful for the opportunity to share with others, to be blessed by others, and to have joy.



Lorri is Grateful for:

I'm not sure where to start because I'm grateful for everything!

I'm FOREVER grateful that I found the Secret in 2007!!!

I'm GRATEFUL for my new job ... it is my dream job and it really truly just fell into my lap! I love it!

I'm grateful for my boyfriend! He is so good to me, and it is so amazing being in a relationship with him!

I'm grateful for my kids ... they are such good girls!

I'm grateful for the drive and passion I have for life ... it keeps me smiling!

I'm grateful for my home and my landlords ... they are SO good to me!

I'm grateful for little ruthie (my car!) ... she is old but we take care of each other! She gets me where I need to go each and EVERY time!

I'm grateful for my ability to earn money! Without that I'd be broke and financial I've come MILES from even a year ago! I'm SO grateful that money problems are slowly disappearing!

I'm grateful for my family! Things are different since both of my parents have passed on, but no matter what we are there for each other and love each other!



Gulsum is Grateful for:

I am grateful that I am still alive. My three sons need me. Its an important period in their lives. Were to die, they would be stranded and bereft.

My friends died in Mumbai, my relatives died in a car accident and my neighbour died of cancer and my husband died of heart attack.

Just goes to show that our life hangs by a slim thread and God knows when the link will snap.

I am GLAD I lived to see the dawn of 2009. I hope I could say the same the next year and the next and

"Who does not thank for little will not thank for much" ~Estonian Proverb



Tony is Grateful for:

*I am grateful for the ability to change in the face of adversity.
I am grateful for good health.
I am grateful to be able to pursue happiness.
I am grateful for my children.
I am grateful for financial obligation and the ability to meet every need with adequate supply.
I am grateful for the ability to manifest.
I am grateful that the limitless, unified field of consciousness, loves me!
I am grateful for my positive future.
I am grateful that all good things and people come to me now.
I am grateful that I am pleasing my creator by being an expression of it.
I am grateful for the opportunity to be of maximum service to the people about me.
I am grateful that I have the life of my dreams and the ability to enjoy it.
I am grateful to be grateful.....*



Lyn is Grateful for:

I am alive and so GRATEFUL and HAPPY! I have been very grateful and happy for almost a year now after seeing the movie "The Secret". I laid around on the couch weak and depressed after a long battle with cancer treatment and a couple years of reconstruction surgeries dating back to Christmas 2004. Funny thing about cancer is the Doctors will never say when you are cured and screening test can become a mood determination and a way of life. I learned that depression after cancer survival seems to be the next step of recovery and each member of this new cancer club has to decide for themselves if and when they can believe in living again. I know there are worse things in life to endure than cancer treatment but this was my huge stumbling block and how to believe I can live and why I get another chance when so many others lost their lives. Why have I been frozen in fear for four years and suddenly after watching a movie called "The Secret" a light came on and I got the courage to believe. I have no answers and no longer a desire to ponder the questions because I just keep taking little steps into life with a new perspective of happiness everyday. Love Peace and Harmony for all. I strive everyday to let go of judgements and I find so many things to smile about and be grateful in each moment. I woke this morning to the phone ringing and the sound of a new friends voice. Its a beautiful new day and I am here to live and hopefully cause some others to smile today.

"We often take for granted the very things that most deserve our gratitude" ~Cynthia Ozick



Joseph is Grateful for:

My name is Joseph and six years ago at the age of 45 I had a stroke and brain aneurysm and was pronounced dead on the operating table.

Today, six years later I am grateful for...

... the last six years of life!

... the ability to be training NOW for the Ironman in Hawaii

... being able to still have the chance to touch the lives of others with inspiration

... to have all of my faculties still working i.e. to be able to breathe, walk, talk, see, hear, feel, smell, touch...

... to be able to inspire others through my writing

... to have the gift of being a chef, so I can feed others

... to have all of my immediate family still alive and that we are close to one another

... to have discovered a great business opportunity that allows me to help and inspire others, so that their lives can change for the better, too!

... for the chance to wake up again and do more, learn more and love more.

... and most of all... to be able to help, love and encourage everyone I meet to... LIVE THE LIFE YOU LOVE!

... and last but not least, to be able to share this right now with YOU! Thanks for all you do!



Brandy is Grateful for:

I am grateful for my life! I am grateful for my awesome children and partner. We have a wonderful life and beautiful house. It's warm and full of love. I am soooo grateful that I no longer have bad days. I may begin to have a bad moment but that is all. My life has changed dramatically since viewing the secret and it has opened up my world to wonderful things, for this I am truly grateful. I am grateful for my relationships and the love I feel inside. I know that even in what may seem like hard times is a time of growth. I am grateful for EVERYTHING and EVERYONE and Every experience. Have a wonderful day.



Lloyd is Grateful for:

I am grateful for the ever-flowing prosperity and my spirituality in my life right now.

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



Marvin is Grateful for:

I'm so grateful for all the things that God is served in my life, my breath of life, my hope, my spirit, and all the opportunities he give me.



Saludos is Grateful for:

*I have a beautiful family and even we don't stay together we feel a lot of love between us.
I have a employment and I can give to my family something... and I know that very soon I can give them more.
I have health and I can reach all the goals because I'm feeling good and strong.
I have faith... In God, in the Universe and very important in ME... I can do all that I want.
I have you, because you show me that I have the chance to know the secrets and I can to put order in all my life because now, I KNOW that I CAN.
I know a little about English language and I can write this mail... I'm from Venezuela and it's my pleasure to meet you through this way.*



John is Grateful for:

a money miracle happening every time it's most needed.



Roman is Grateful for:

Being healthy and alive so as to reach my goals

“Grow flowers of gratitude in the soil of prayer“ ~Verbena Woods



Suzanne is Grateful for:

I am so grateful for the my Spirit, which is unlimited and boundless.

I am so grateful for my physical form, which is filled with Spirit and therefore, boundless as well.

I am so grateful for my companions on this journey. I see them as Spirit and therefore, one with me and all others.

I am so grateful for my creativity, which is the same as the Universal Intelligence in the Universe and therefore, boundless and unlimited

I am so grateful for the abundance which is in my life. It comes from the Universe and is also limitless.

I am so grateful for my Work. I am called to this Work, it is my purpose for being here. I have all the help I need to do it here and now.

I am grateful to be Earth, becoming conscious of herself.

Thank You



Mohammadi is Grateful for:

*I am grateful for having good family, friends and a healthy body
to walk around and see the world and its beauties*

I am also thankful from my GOD helping me make a spiritual relationship with him day by day and inspiring me to be motivated to get my goals and smooth the way for getting it more easily

And I am so grateful to have someone (so lovely) to love more than myself and I thank GOD for bestowing me such a beauty

OH LORD; STAY WITH ME FOR EVER



Nimmi is Grateful for:

...every breath I take ...reminding me of the profound magnificence of being alive!

"Saying thank you is more than good manners. It is good spirituality." ~Alfred Painter



Trish is Grateful for:

Being able to watch the sun rise over the beach and watching the whole world wake up thanks you



Karen is Grateful for:

I am so grateful for making it through the rough part of divorce, now a single parent who has the greatest kids ever (3 grand kids) who are my world and "why" I am grateful for my home base business that give me the freedom and flexibility to be with my them a lot. All the coaches and leaders who help me be all that I can be. Grateful for the personal relationship and faith in God, who gives me the strength, that I can do all things who strengthens me.



Evlyn is Grateful for:

The sunshine on drenched northern canefields.

Queensland areas to fill their dams and water tables.

I am grateful for healthy children and grand-children

I am grateful for this beautiful computer that enables me to communicate with relatives and friends...thank you Angels...thank you Universe.

I am grateful for...soaking rain to the Western

I am grateful for a healthy body.

I am grateful for contineing good income..



Yorlene is Grateful for:

... every single event of my life that has led me to this blessing moment, when, regardless of the external chaotic appearance of things and events, there is a certain and peaceful conviction within me allowing me to see how everything is perfectly working for the fulfilment of the highest plan designed by the Highest Being.

"If you want to turn your life around, try thankfulness. It will change your life mightily" ~Gerald Good



Michelle is Grateful for:

My job, my health, my kid's health, my family, my friends, my house, my car, my pets



Maria is Grateful for:

*I am grateful to wake up in the morning and being able to walk on my own
to breath on my own ,
to see a new day through the window,
that no matter the circumstances that I am presently facing,
I am looking for a day filled with blessings,
to remember to give thanks each day for our family, our food on the table , and our shelter ,
to give thanks to our Lord for the good and the bad times that we may confront every day*



Eneida is Grateful for:

The life I have now.



Michele is Grateful for:

*I am so grateful for the love in my life
I am so grateful for being an expectant mother*

“There is no greater difference between men than between grateful and ungrateful people” ~R.H. Blyth



Zee is Grateful for:

I am grateful to be alive..



Anon is Grateful for:

I AM SO GRATEFUL FOR A DIVINE MIND. A DIVINE MIND MAKES ME A MASTER. MY DREAMS ARE THE ABC OF LIFE.

ACHIEVABLE

BELIEVABLE

CONCEIVABLE



Jessica is Grateful for:

At this moment I am getting ready to go hang out with a group of women that I am SO SUPER thankful for! Our group has all sizes and shapes, religious and political affiliations, hobbies and dreams, pasts and futures... but we come together every Wednesday night to chat, craft, cry, consol, and create better lives for ourselves, each other and family. These women second to none! Thanks to Martha, Robyn, Terry-Lynn, Kacey, Patrice, Carol, Emily, Marta, Louise and Vanessa for making every Wednesday night so enjoyable, and the rest of the week more bearable!



Isobel is Grateful for:

*I am so grateful for my health, my 40 years of life on this earth, my dog Meg, my country, my friends, a greater power who some call god, my family, my work, this great weather, emails like this that remind me that gratitude is so important, the list is endless.
smiles and thanks*

“The hardest arithmetic to master is that which enables us to count our blessings” ~Eric Hoffer



Carla is Grateful for:

Life, health, spiritual connection with the Universe

My daughter Naomi, her life and health

My husband Paul, his life and health

My mother and father, their life and health

My job and career

My home and car

My family and friends

My education

My meal I eat every day and water I drink

My finance

My employers

My co-worker

My clothes I wear

My shoes

The air I breath every day



Esther is Grateful for:

Thank you God for all the blessings I had, have and are on the way

Thank you God for always being on my side

Thank you for trusting myself and loving myself

I love you with all my heart



Heindrich is Grateful for:

I'm so grateful for having a Fantastic job, where I get to help mould, motivate and shape people. I love my job as a Personal Trainer! :-)

"When our perils are past, shall our gratitude sleep?" ~George Canning



Michelle is Grateful for:

I am grateful for all the wonderful things in my life; both big and small. Mostly, I am grateful for 3 things: my desire to learn more about LOA, NLP, self improvement etc, my wonderful 3 year old son and my best friend: my mother. These three things are the most important constant in my life and give me the most happiness therefore I am the MOST grateful for them. I am grateful for my beautiful friend, Glenda Stirling, whom I met while selling a set of bathroom taps on Ebay. She introduced me to The Secret, then Down the Rabbit Hole, to Eckhart Tolle, to Christopher Howard companies and she is just the most amazingly blessed person I know. I am 100% grateful that she is in my life (2500 kms away). I bless her every single day, and give my eternal gratitude e³ love. I also tell everyone I know just how much she means to me and the wonderful path she has helped guide me towards.

Thank you for this opportunity to express my gratitude for all I am grateful for. I know I have waffled on a bit but I mean every single word a million times over!

Thank you!



Iulian is Grateful for:

Being granted to the huge, immense, infinite opportunity to be able to find out about the Secret. I am so grateful to those who opened my eyes, my heart and my mind... And now, I can see...



Donna is Grateful for:

I am so grateful to all of you who are sharing this wonderful gift of the law of attraction with others. Thank-you for teaching me how to live a magnificent life by following my bliss and being hilariously happy each day. My life is constantly falling into place just the way I intend it and has brought only great health, wisdom and wealth (including a win of \$50,000.00).

Wishing you Gods continuous blessings for the new year.

"We often take for granted the very things that most deserve our gratitude" ~Cynthia Ozick



Cindy is Grateful for:

The solid restful sleep I had last night and waking up this morning to enjoy this glorious day and my wonderful life.

For waking up next to my loving husband and my gorgeous dog.

For waking up in my warm, cosy comfortable bed, in my beautiful safe & secure home, living in this safe & quiet neighbourhood, living in this free & peaceful country and living in this time or era of such opportunities, abundances, peace, freedom and medical advancement.

For waking up having full use of my hands & feet, arms and legs, my sight, hearing and all my senses. For having normal skin & normal hair.

For all of my gifts and abilities, my good health & fitness. For having energy, for feeling good and for all the things I have and possess that make it so easy

for me to get out of bed every day and do the things I want & need to do.

For this beautiful day. For the clear blue sky, the clouds that offer protection from the hot sun and produce rain for the survival of our planet. For the colours and beauty of nature.

For the clean, fresh, oxygenating, healing, energizing air, and for the radiant heat and light of the sun and for how wonderful it makes me feel.

For all the freedoms I have in my life. Freedom as a woman, a wife, & a citizen. Freedom of choice, freedom of speech, freedom to think for myself. For my financial freedom, wealth and abundance and for the wonderful life, as well as the safety & security, that it affords me to live.

For finding my life's purpose and combining that with my love of health & fitness to help others live happy, healthy, long, fulfilling, independent lives.

Just being alive.



Sandra is Grateful for:

Learning new ways of being has blessed my life in ways that I never dreamed.

I am so grateful I learned how to feel proud of myself.

I am so grateful I learned how to feel joy even when I am scared.

I am so grateful I learned how to imagine how I would feel if I accomplished a goal.

I am so grateful I learned how to feel great things happening even before I see them.

I am so grateful I am able to learn new ways to be!

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



Karen is Grateful for:

I am grateful for a great many things.

Here are the ones that come to me right now:

Holding my nieces

Seeing my niece laugh and come to me for the first time

Looking into my niece's big blue baby eyes

Money

Spending money

Having a money

Having friends

Good conversations

Love

Magic

Friendship

Good Karma

Things magically working out

Family

My Mom

My siblings

Laughter

Power

Good food

Soul Food

Peace

Meditative calm

Color

Music

God

Good books

Grandma

Molly (dog)

Good job

Painting

Being creative

Joshua

when realizing all in life is a miracle vision , what I make of my life is all up to me to be the person I ever wanted to be, peace, love and caring for the world around me, my vision, me.....all is possible, because I believe in me and my vision, my dreams.....all is possible because of this miracle vision ...me and the life in me....

"Hem your blessings with thankfulness so they don't unravel" ~Author Unknown



Terri is Grateful for:

*My new life in Australia
Having the quality of live I have always dreamed of
Having my sister here with me
Having my family visit at Christmas
My new apartment which I had on my vision board
Meeting great friends
Having good health
Being able to travel and experience different countries
Being Happy*



Alexandra is Grateful for:

You know I could, and probably will, go for the bigger things in the long term.....but for right now.....I am surrounded by my beautiful daughter, my friends and my pets (4 dogs and 1 cat) and.....I feel happy and fulfilled! This is the best basis to start my work on getting everything even better for me and all the loved ones around me.....!!!!!!

Loving life and going for even better and higher thanks to the support of the secret, the law of attraction and the whole team supporting us in our endeavours to understand all this.



Ryan is Grateful for:

I am grateful all the love in my life, my children, friends, family - but most of all the love I have for my self and who i have become and am changing into.



Erika is Grateful for:

Being alive.

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder" ~G.K. Chesterton



Someone is Grateful for:

*my life...as God has made it...perfect
my girls and their health
my health
my home
family
friends
true love all around us
positive changes in this country and Universe
money...to afford the comforts of life
peace within
peace all around
happiness all around
laughter
fun
travels
success
creativity
romance
passion
enthusiasm
presence
nature
my breath...and always coming back to it*



Claudia is Grateful for:

*I am so grateful for helping people through
my writings and teaching them to*

"Listen with their hearts to be able to talk with their souls"

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving"

~W.T. Purkiser



Sally is Grateful for:

Thank you for the opportunity to express my gratitude in this way. My sons totally inspire me - they are both awesome at and dedicated to their sports.

Gareth plays rugby 12 months of the year. 15-a-side in winter and "Sevens" in the summer. Hamish competes in "Drifting" - a new Motorsport in New Zealand - he has a "daily driver" car that probably can't go over 100kph and does all his high adrenaline antics on the track.

As parents we were a generation that encouraged our children onto skateboards at an early age - great adrenaline rush! Then we built skateboard parks - great! Then we wonder why they want to go fast in "lowered" cars - obvious really. I am truly grateful that I can follow Hamish with his sport (I video all his track time and show it to him in between his rounds) and let him live his dream even though it is a dangerous sport. It is so great to see them both living out their passions in their lives. I am very grateful for seeing their lives from this perspective.

I was able to take them both to Anthony Robbins' "Unleash the Power Within" in Sydney in 2004. I am sure this has a huge impact on them both - opportunities continually seized! Gratitude plus!



Beth is Grateful for:

- *my health*
- *my grandchildren*
- *my daughters*
- *my partner*
- *the beautiful place where I live*
- *my job*
- *the abundance in my life*
- *my friends*
- *my co-workers*
- *to be Canadian*
- *to be a 2x cancer survivor*
- *to have survived heart attack*

"We can only be said to be alive in those moments when our hearts are conscious of our treasures"
~Thornton Wilder



Sachin is Grateful for:

I am great full for this entire universe by i am alive today



Mukesh is Grateful for:

Having such a wonderful life.



Someone is Grateful for:

I AM GRATEFUL FOR

A LOVING AND GRATEFUL ATTITUDE

A FANTASTIC FAMILY

A NEW APARTMENT FOR MY FAMILY AND ALL THE FURNISHING PROVIDED WITH IT,

WONDERFUL NEIGHBOURS IN THE SAME APARTMENT BLOCK

COOPERATION FROM FAMILY AND FRIENDS FOR MOVING INTO THE NEW APARTMENT AND

SUPPORT FROM EVERYONE TO MK THE TRANSITION SO PLEASANT

MY MOTHER AND SISTER WHO DID SO MUCH HARD WORK IN FURNISHING THE APARTMENT

BEFORE I COULD GET THERE

THE FINANCIAL, EMOTIONAL, MORAL SUPPORT FROM MY UNCLE AND ALL THE OTHER FAMILY

AND FRIENDS

MY NEW ASSIGNMENTS AND THE MULTIMILLIONFOLD ABUNDANCE IN ALL AREAS OF MY LIFE

GOOD HEALTH OF MY SISTERS, BROTHER AND MOTHER

A WONDERFUL NEW NIECE

A POSITIVE, VIBRANT, CHARMING LOVABLE, GODFATHER

AN ADORING, ADORABLE, LOVABLE, LOVING, CHARMING, IRRESISTIBLE, SPIRITUAL, DASHING,

ABUNDANT LIFE AND LIFE COMPANION AND HUSBAND

A WONDERFUL HOUSE FOR THE WHOLE FAMILY!

--

Om shanti :)

“Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all” ~William Faulkner



Anon is Grateful for:

I'm so happy and grateful for God. I'm so happy and grateful for my incredible family, for my husband who is faithful and loves me and for my daughter's who are healthy, respectful, kind, smart, prosperous and happy. I'm so grateful for my parents, grandma and siblings. I'm so grateful for my job that I love and a career I am good at. I'm so grateful for my beautiful house, my cars, truck, bike, pets and all that God has blessed me with. I'm so grateful to Alexander & Baldwin, Inc. and to Commercial Plumbing for being a good employer and having jobs for us to go to every day. I'm so grateful now that my mother Lillian Cabansag is healed from cancer. I'm so grateful that my dad Benjamin Cabansag has a strong heart, healthy kidneys, strong lungs and a sane mind. I'm so grateful now that I receive \$5,000 check every week. I'm so grateful for all of my family and friends. I'm so grateful now that I have more than enough so I can afford anything I want for me my family and friends and also enough to support the poor, homeless and elderly. I'm so grateful for having access to infinite knowledge. I'm so grateful now that I have my own Feng Shui business. I'm so grateful for my current finances, the food I have to feed my family and for having enough to give to our church. I'm so grateful for our strong leaders who are in charge of the United States of America. I'm so grateful for all the highly skilled doctors, nurses, police firemen and all the military that protect our home land. I'm so grateful for my health, my education and my faith in God. I'm so grateful now that my daughter Sharice graduated from Chaminade University. I'm so grateful now that my daughter Shannel has a boyfriend who respects her and takes good care of her. I'm so grateful for gaining knowledge of the Secret.



Someone is Grateful for:

Having the ability to be grateful! Since learning about the secret, my whole vision on life has changed. I focus on the important stuff! It's as if a huge filter has been installed..Thankx



Praveen is Grateful for:

*I am grateful to God for making me SEE ,HEAR, TALK ,SMELL ,TOUCH, FEEL and WALK on his creation.
Thank You*

“Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart” ~Henry Clay



Matthew is Grateful for:

I am grateful for LIFE! Being alive leads me to enjoy another day of Love with my wife and beautiful kids. Being alive also leads me to witness the goodness of LIFE with everything that I am surrounded by. Being alive leads me to the untouch potential of the day that's exciting and points me back to being grateful for LIFE!

Thank you.



Raewyn is Grateful for:

Having such beautiful children



Wubengeda is Grateful for:

**Not worrying for breathing without cost thanks to god*

**being healthy*

**learn the secret even if its little*

**have the one i loved*

**being lucky so many times*

**have good family*

**for going to college*

**for good relation with people*

**for thank god every time i remember*

**have good friends*

**for things go with their period correctly*

**for loving myself*



Bobbette is Grateful for:

Everything and everyone in my life and my pets.

“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



Matty is Grateful for:

I am grateful for having been given a great son, I waited many years to have one and then it has been a Miracle from the day I found out I was pregnant...he has exceeded all my expectation and continues to do so for the last 21years...

I am grateful for all the opportunities life has dealt as it has given me the chance to grow into a better person.

But now I am grateful for being able to enter this information toward the chance of being a winner of the Jack Canfield's Dream Big Collection ...

I am looking forward to getting this big win....

Thanks.



Carla is Grateful for:

I am so grateful for the air I breath, I am grateful for my own home, I am so grateful for having a loving, loyal, honest husband, a beautiful, bless, brilliant daughter in my life. I so grateful for being financially secure in life. I am so grateful that all my needs and family need are achievable. I am so grateful for that promotion in my job. I am so grateful for the life of my husband, daughter, father, mother, sister and my extended family. I am so grateful for my friends, co-workers and neighbours. I am so grateful for two home base business Avon beauty products and Herbalife. I am grateful for my eye sight, my pairs of legs, hands. I am grateful for my education level

Thanks



Valencia is Grateful for:

God's love and to God for giving me life, health and happiness. I am so grateful for the love and support of my family and friends. I am so grateful for this beautiful world that God has given us to live in. I am so grateful for the opportunity to meet new and wonderful people everyday for this allows me to learn new and wonderful things every day.

"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



Lorraine is Grateful for:

*My eyes so that I may see the beauty around me
My hearing so that I may hear the song of the wind in the trees, the
call of nature and the love of my family and friends as they greet each
other
My hands so that I may do many good things
My health which allows me to do so much
The love I share
The Internet and the email which allows me to communicate with people
across the world
The people who create such wonderful things that make my life so easy
And one must not forget those who have passed before us, because their
lives have impacted on ours and have helped make us what we are.
The love of the supreme being
With love and thanks to all*



Penny is Grateful for:

*The universe sending me a wealth of knowledge that it knows I need for my health and wealth and for it always
constantly inspiring me when I need it, I in turn can provide this for others and for that I am truly grateful!*



Hemamalani is Grateful for:

*I am so grateful for the person who's stood by me through the most difficult times in my life. I'm so grateful for his love
and support. I'm grateful that he's chosen me to spend the rest of his life with.
I had gone through a lot of miseries in my life and that tragedy make me value my life and appreciate of what i still have.
After all that happened in my life, i still breathing, i have someone who loves me, supports me and wants to spend the rest
of his life with me. With him and God I am truly blessed.*

"God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" ~William A. Ward



Angela is Grateful for:

I am so grateful for the love I receive every single day. Life is amazing, each day is a new and wondrous adventure. Just when I think I can't love someone or appreciate someone even more, I amaze myself. I am grateful to be alive! I have found that the key to world peace is simply this-A SMILE. Why? Have you ever noticed that when you smile at someone, even if they look sad or appear to be having a bad day, they smile back? My son and I put this to the test and smiled at 55 people in a row on a walk early in the morning in the park and every single person smiled back. Years later, this still works. I am thankful for every one of those smiles back. WOW! My dog recently died and in my grief, I couldn't think of anything to be thankful for and was feeling sorry for myself and lost. After a whole day and night of tears, I finally realized what I was thankful for and that was that my dog was in a better place even though that better place wasn't with me anymore. You see, my dog needed a new body because his body just didn't work anymore. To this day it is still a mystery as to why his legs stopped working. My dog was brave and Valiant even in his mysterious illness. He taught me patience, courage, deeper love than I have ever experienced, and so much more. I am thankful for every day I had with that amazing soul. Be thankful for each day with a loved one, tell that loved one that you love them every single day, and SHOW THEM. Love is an extraordinary thing and a magical thing, and it is important to be thankful for the ability to receive and give love-not everyone can receive and give love. I have so much to be thankful for, my heart overflows with joy just thinking about all I am thankful for!



Craig is Grateful for:

My name is Craig and I am so grateful for my beautiful wife Michelle and our 5 great children, our house that we live in, the car we drive, our health, the great friendships we have made over the years, our businesses we own and run, for getting this email, for being able to do our mission work in Vanuatu. for our families who support us and love us with no strings attached.



Barbara is Grateful for:

I am so grateful that I want to get out of my bed in the mornings, for too many year's all I wanted was to have a reason to get out of bed. I now have a thousand reasons and I am so grateful that I am alive and bring love to myself & others.

“Gratitude is the memory of the heart.” ~ Jean Baptiste Massieu, translated from French



Valerie is Grateful for:

I am so grateful for my Mother. She studied at the Concept Therapy Institute in the 70's and taught us children to be grateful for everything you have, no matter how small.

She taught us the Laws of the Universe despite criticism from well-meaning friends and family.

She emphasized how important it was to count your blessings, even when it can be a challenge because there is always something to be thankful for. Days when you are feeling lack, be grateful that you have a roof over your head, many don't. Appreciate the sun shining on your face, the seasons, flowers, water, etc.

Be grateful for something as simple as a relaxing, warm shower, many don't have that luxury.

She explained to us that if you are coming from a place of Gratitude, you will attract more of that.

She taught us to look for the silver lining in every cloud, assuring us that it was always there. That everything happens for our highest good, which made us patient.

I lost my Mother back in 2004, she was taken away at the age of 66 years, but she lived every day like there was no tomorrow with hope, love, spirituality, enthusiasm and gratitude.

I am so very grateful to have been the daughter of this truly inspiring human being, often I cannot believe my luck to have been raised by such a beautiful soul.

She also had a huge impact on the lives of my two daughters who rely on me to pass along the lessons that Granny never got to finish teaching them.

I am grateful for my 5 brothers, such beautiful people who truly understand when I dig deep to find the good in everything, they got all of her lessons too!

“If you want to turn your life around, try thankfulness. It will change your life mightily” ~Gerald Good



Manal is Grateful for:

I am so grateful for being alive. I am so grateful for having my husband and children in my life I am grateful to live in a warm and comfortable home and that I always have enough food to eat and clothes to keep me warm. I am grateful for the peace in my country. I am grateful for the opportunity I was given to learn from the great teachers.



Ellen is Grateful for:

... all the lovely people in my life and my new friends in Australia.



Mark is Grateful for:

I am so grateful to God and the Universe for the unconditional love, inspiration and guidance of mentors and real friends throughout my life to date, without this loving help I may have missed the signposts on my Path and not gained the experience that has formed me into the person I am today, loving and peaceful. Thank you.



Mo is Grateful for:

I am truly grateful for my son. Since watching the secret everyday we have a moment that makes us laugh our sides into pain . I'm grateful to be able to speak with him and understand on his level what he's trying to convey to me. I'm grateful to be able to not only change my mood in a blink of an eye but also his. Teenagers are not easy these days but with the power that I have discovered with-in I can beyond doubt say it's one the greatest blessing I have ever received.

Happily Moving Forward.

“Gratitude is the fairest blossom which springs from the soul” ~Henry Ward Beecher



Melissa is Grateful for:

I am so grateful for my beautiful and loving family. I have had some obstacles over the last few months and at many times I wanted to give up on life. My family was my rock, they showed me love and forgave me without me even asking for forgiveness.

I am grateful for my parents, grandma, uncle, aunt and sisters who have listened to me worry about upcoming events but always believed I would succeed.

I am so grateful for my current employment. I work for people who appreciate me and I am able to learn new skills everyday. with these skills I will be able to apply myself further in the future. I am grateful for my co-workers who respect me.

I am so grateful for my friends who have supported me through the hard times and have never looked down upon me but knew I would get back up on my feet.



Elaine is Grateful for:

I am so grateful for the inspired thoughts and feelings that enable me to see the wonder and joy all around and in me...those special miracles of each moment that inspire all the more gratitude.



Marisol is Grateful for:

I'm grateful for my wonderful son.

I'm grateful for my loving grandson.

I'm also grateful for my family health and mine.

I'm also grateful for our jobs.

I'm thankful that a great relationship is coming to my life.

Thanks for all the BLESSINGS!

“Gratitude is the heart's memory“ ~Jean Baptiste Massieu



Deacon is Grateful for:

I am so grateful for "The Secret" because I can show others how to unlock the mysteries of their spiritually and give hope to others as we play a valuable part in creating our destiny. The Secret for me have shed a brighter light on The Book Matthew 7:7-11

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: 8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. 9 Or what man is there of you, whom if his son ask bread, will he give him a stone? 10 Or if he ask a fish, will he give him a serpent? 11 If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" (KJV)

God has given to us all we need to show one to another the power of love, wisdom, freedom and all we need to do is learn how to use these gifts. I can go on and on with my daily discovery of the law of attraction but I think I will stop here.



Connie is Grateful for:

I am so grateful for being me. For being happy for all the things that have come my way to ensure that I am who God intended for me to be and I am happy being me. I am happy for my two beautiful daughters that bring more Joy than they will ever know. I am grateful that I am single and free to guide my life in the path it intended for me to go without taking another half thoughts on the journey. i am grateful for all that I have to give and all that I can share and do for others.



Sandra is Grateful for:

My good job. I'm very grateful for all the overtime I'm receiving right now. I am grateful for my beautiful grandchildren. I am grateful for my sons and my daughter-in-law.

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



Manny is Grateful for:

I am so grateful for reaching 58 years old.

For the parents i was blessed with.

My son and grand kids.

My health

my ability to go back to school and do well.

my friends and family.

my laptop so I could write this list.

A beautiful day

MLK day

The new president.



Sophie is Grateful for:

Every single new day that brings with it a fresh start, a new approach, another chance.



Daisy is Grateful for:

My Life



Elaine is Grateful for:

LOVES IVE HAD. THE LIFE I LIVE. MY FRIENDS, MY HEALTH, AND THE LOVE OF GOD.

"Praise the bridge that carried you over" ~George Colman



Maria is Grateful for:

My family, my children, my boyfriend, my house, my car, my business and my book



Julina is Grateful for:

Where do I start.... there is so much I am grateful for. Of course first and foremost is my beautiful family, they are my everything. I know we all are grateful for our families and to me mine is so special because I could not take for granted having babies. It was difficult for us to start a family but through the law attraction everything can happen. I am also grateful for my beautiful mother because through her teachings and strong faith I learned to live by the law of attraction. She just discovered The Secret about a year before she passed away, but ever since we were little kids she lived her life that way, what an amazing woman! So in turn must of what I have achieved in live has been by learning how to apply the secret as well as being close to god, what a wonderful combination it has been for me. I have a wonderful husband, adopted a gorgeous baby boy and then got pregnant and have a little princess. What else can I ask for? I am grateful for our health, home, jobs and people around us. I am also grateful for my siblings specially my wonderful sister who I have a special bond with. Thanks so much for all the mistakes I have made as well as the difficult times, for they have jus made me a stronger and better person. Thanks for the gift of life and my faith to God. Anyway, there is so much more I am grateful for but this is just the beginning to a wonderful life ahead.....



Alison is Grateful for:

*I am grateful for the wonderful opportunity I have been given to work alongside people who are terminally ill...
I am grateful for my wonderful son who has taught me more about being in the world and what's important and for that I will treasure him always...
I am grateful for the wonderful new black Labrador who decided to become a much loved member of our family...he has brought us so much joy...
I am grateful for the wonderful people who have come into my life and the lessons they have brought me...
I am grateful for the wonderful country in which I reside we are truly blessed with warm summer nights and cool winter breezes...
I am grateful my sight for without it I would not be able to embrace the beauty all around me...
And finally I am grateful to the Secret for without I would not realise just how much I have to be grateful for...*

“Who does not thank for little will not thank for much” ~Estonian Proverb



Shon is Grateful for:

My family and my health



Olia is Grateful for:

*I am grateful for: my cells functioning in harmony with each other to maintain good health;
My freedom to think and act; My friends and family; my ability to give and receive;
For clean air to breathe; ability to appreciate all life, and people from all walks of life;
I'm grateful for my being and the ability to create and enjoy others' creativity.
I'm grateful for being able to love and receive love. I'm grateful for my compassion;
I'm grateful for God's blessings.*



Lorraine is Grateful for:

*I am looking forward to the Gathering of the leaders of the Secret and
hopeful to win the draw. I send my wish out there in the
universe.....I am grateful for being in this life and with the
opportunity to learn new ways of life on a daily basis.*

I am grateful for my health and ability to communicate with each other

I am grateful to have found the Secret

*I am grateful that you are there teaching us of being in the grateful
mode in every way in every second of the day*

I am grateful to have my eyes and my ears and all of my senses

"We often take for granted the very things that most deserve our gratitude" ~Cynthia Ozick



Irina is Grateful for:

Being me



Ayles is Grateful for:

I am so grateful for being alive

I am so grateful for another warm beautiful day

I am so grateful for having flexible and wonderful working environment

I am so grateful for being in a wonderful family being my dad, my sister, brother and thier in laws

I am so grateful for being so successful in my life

I am so grateful for having more than enough money in my life and financial independence

I am so grateful for having such a beautiful home and a car to drive

I am so grateful for having such a good, loving and caring husband and a beautiful relationship

I am so grateful for being in a wonderful, happy and loving life

I am so grateful for having wonderful, loving and caring friends and family members

I am so grateful that wherever I go and wherever I turn to it fill with happiness and joy

I am so grateful in being so HAPPY HAPPY AND HAPPY!!!

I am so grateful in being in LOVE LOVE LOVE in everything that comes across my life



Tanya is Grateful for:

My life. Just when I thought things couldn't get any worse, things turned around. There is power in positive thinking!!!

Make it a great day!



Michelle is Grateful for:

Grateful for my life, health, wealth, friends, family, job, etc.

"The hardest arithmetic to master is that which enables us to count our blessings" ~Eric Hoffer



Carla is Grateful for:

the opportunity to have witnessed the ever growing Love, strength and courage that my children have shown for and toward each other since my eldest daughter was diagnosed with a chronic illness that has affected our lives dramatically. my son, 19 years now, my youngest daughter, 13 now, have shown such courage, love and support for my eldest daughter, now 15, as she battles through this time with unbelievable inner strength and courage. I am grateful that I have such beautiful, compassionate, loving and strong children. I am more than grateful... I am honoured.



Sonja is Grateful for:

Being Grateful for everything.....

Every morning, while I drive to work, I thank God for all the things I am grateful for. And here is my normal gratitude list.

I am grateful for everything in my life,

I am grateful for each nights sleep I get in my very comfortable bed,

I am grateful for waking each morning,

I am grateful for my beautiful home, and having the choice to live where and how my heart desires.

I am grateful for the beauty my eyes are privileged to see each day. The beauty of the sun, rain, moon, stars, night, day, trees, flowers, sea and basically everything I can set my eyes on.

I am grateful for my family, friends and all the people I meet each day,

I am grateful for having a job that I enjoy. Although many times overworked. I am grateful to have a job. I am grateful for the flexibility which allows me to get work-life balance, so that I can get time to exercise and giving me the time out I need for "me time".

I am grateful that I can drive to work, and even more grateful for having a carpark at work.

I am grateful for my health, even with all my aches and pains, I am grateful to be alive so that I can feel them.

I am grateful for God for this beautiful world we live in.

I am grateful for my Angels who protect me. They listen to my wishes, dreams and make them come true for me.

I am grateful for my guides who answer all my questions. All I have to do is listen to them.

I am grateful for the freedom of choice.

I am grateful to have found out the "Secret" as I truly believe we can have it all. All you need to do is believe and be....

Well, these are only some of the things I am grateful for. I could go on forever as there are so many things in my life that I am grateful for.

“Feeling gratitude and not expressing it is like wrapping a present and not giving it“ ~William Arthur Ward



Katrina is Grateful for:

I am grateful for my amazing family- my loving & devoted husband and my 5 beautiful and fantastic kids. I thank you and grateful for the Lord's faith in me and for giving me the will power and strength to pursue my dreams and goals. I am grateful for all my friends and family who surround me.

I am grateful for life - to be able to wake up everyday and be blessed with whatever I have in stall for myself each and everyday.

I am grateful for my awesome mentors. Thank you



Chiabai is Grateful for:

*I am so grateful for a good and healthy life with my family.
I am so grateful for a job that provides me the opportunity to continually learn.
I am so grateful for this day in history where we will welcome a new President.
I am so grateful for life in all of its' complexity.
I am so grateful for The Secret, it has changed the way I think and feel about Everything I say and do. Life is good and I am good. I am worthy and deserve To have the things I want and work hard for.*



Glenty is Grateful for:

I am grateful for life, the life that i have and it is in abundance.

Thank you



Anon is Grateful for:

being in this life right here, right now, no regrets or hopes for not being born at the wrong time!

*Feel free to share this e-book with
your family and friends.*

Boundless Blessings,



*Richie Coutts and Anneli Asplund
Founders of Global Secrets Internatioanl*

www.the-secret-dvd.net

www.Alifesehelp.com

www.Alifehappykids.com

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