



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.4, Issue 12, December, 2007**  
***The Year of Celebration***

**Gratitude**

**This story has made it around the internet a few times, but it's worth sharing again.**

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Author Unknown

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## GROWTH ACTION PLAN FOR DECEMBER 2007 ©

Renée Canali, Life/Mindset Coach 866-337-2728

I can think of no better way than to start 2008 sharing appreciations and gratitudes for all that we have, opportunities that came our way and for people that have come into our lives-no matter how briefly.

We all have periods of time where things seems to be working against us or that seem to pile up around us with no where to go. Taking time to celebrate those things for which we are grateful allows us to see this past year from a new perspective. Adding gratitude into our lives by the pinch can help us feel better; by the pound we can rediscover our values.

I invite each and every one of you to take time to share gratitude. Here are several ways you can build the art of gratitude into your life:

-Visit [www.virtualgratitudeparty.blogspot.com](http://www.virtualgratitudeparty.blogspot.com) to read what others have shared or to share your own thoughts. Visit often.

-Buy yourself a journal to record the things you discover that you are grateful for each month. Work towards writing something every day.

-Discover the power of “thank you”. Womans Day magazine, Nov. 13, 2007 issue (p.44) suggests the following: make a list of people you have always wanted to thank. Choose someone from that list every month and write a sincere thank you note. Send it!

-Be on the lookout for a kindness someone around you has done; let them know how you felt observing their thoughtfulness.

-Tune out news stories full of anger, fear and hopelessness. Substitute stories that contain the spirit of the season.

-Look back to a time that seemed unfair or difficult. Ask yourself how that situation benefited you. Entertain the idea that “hard times” may fall upon us in order for us to get uncomfortable enough to explore what opportunities we may be missing.

***If only the people who worry about their abilities would think about the riches they do possess, they would stop worrying. Would you sell both your eyes for a million dollars..or your legs..or your hands..or your hearing? Add up what you do have, and you will find that you won't sell them for all the gold in the world. The best things in life our yours if you can appreciate yourself. Dale Carnegie***

For things to be different you have to cultivate change. Take action ! Contact Renée at [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call 866-337-2728. to experience a sample coaching consultation.  
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