



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.5, Issue 11, November, 2008**  
***The Year of Gratitude***

It is almost the end of 2008, which for me, is The Year of Gratitude. One year ago, I launched [www.virtualgratitudeparty.blogspot.com](http://www.virtualgratitudeparty.blogspot.com) to share my thoughts and gratitude and to encourage others to do so as well.

It has been so rewarding for me to put into words what I felt grateful for this past year that I will continue to celebrate through [www.virtualgratitudeparty.blogspot.com](http://www.virtualgratitudeparty.blogspot.com) into 2009 and beyond. I want to again extend an invitation to you to share your gratitude with others. Celebrating and sharing joy for what we appreciate in life is a powerful tool for attracting more things into your life for which to be grateful.

My purpose in life is to touch one million hearts a day, directly and indirectly. Each month, I reach out to my newsletter subscribers with information, thoughts and ideas about parts of their lives they may not take time to examine. I hope to shed light on how these parts affect the results they get in life. Every Tuesday morning, I am available to answer questions that are hanging around on the fringes of your mind. I am open to your ideas of how else I can connect with you and encourage you to connect with the greatness you hold inside.

I can do quite a bit on my own; however, I would love to involve you in my quest. Here's how: I have a poem to share with you. Once you have read it, if it touches you in any way, I'd love for you to forward this newsletter to someone else that would appreciate you reaching out to touch their heart. My wish is to have this poem reach around the world before the new year begins. Are you willing to help?

Let me take a moment to thank each and every one of my subscribers, readers, clients, family, friends, business connections and service providers for the contributions you have made to my life. I believe the synergy of like minded people changes the world- personally and globally. I am grateful for each one of you and the impact you are having out there.

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## **GROWTH ACTION PLAN FOR NOVEMBER 2008 ©**

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### **Appreciation**

Hustle bustle, faster pace.  
Who was that?  
I didn't see the face.  
Faster, faster we all spin.  
What a world we now live in.

I watched the news-  
What a horrible sight.  
Someone's without a home tonight.  
What was that? Vandals strike?  
I wonder what that would feel like.

Stepping out-  
Notice the crowd.  
These are neighbors, scared but proud.  
Pulled together, hand in hand  
Together, united, we all must stand.

Strength, it grows,  
Day by day;  
Person to person, in very small ways.  
A nod, a smile, a friendly face.  
Many people filled with grace.

Respecting differences,  
Reaching out.  
That is what a global community  
Is all about.

Renee Canali July,2005

In gratitude.

**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. All rights reserved. This may be reproduced with copyright statement and credits intact.**