

Gratifying Being

I begin my day with an attitude of gratitude

I appreciate the abundance I possess

I was born with all limbs and faculties complete

I can see, hear, speak and move

I appreciate my parents for without them I will not be who I am today

I appreciate my loved ones for they make my life more complete

I appreciate my company for without it my family will have no food on their table

I appreciate my work for it gives me the opportunity to serve

I appreciate every individual, every problem, every opportunity; they have brought me to where I am today

I appreciate my country for without it I have no land to land

I appreciate the nature I live in for it provides me the necessary life sustenance

Great indeed are my blessings

Great indeed are my fortunes

I resolve to use them for my own good as well as the good of others always!

- Stanley Cham