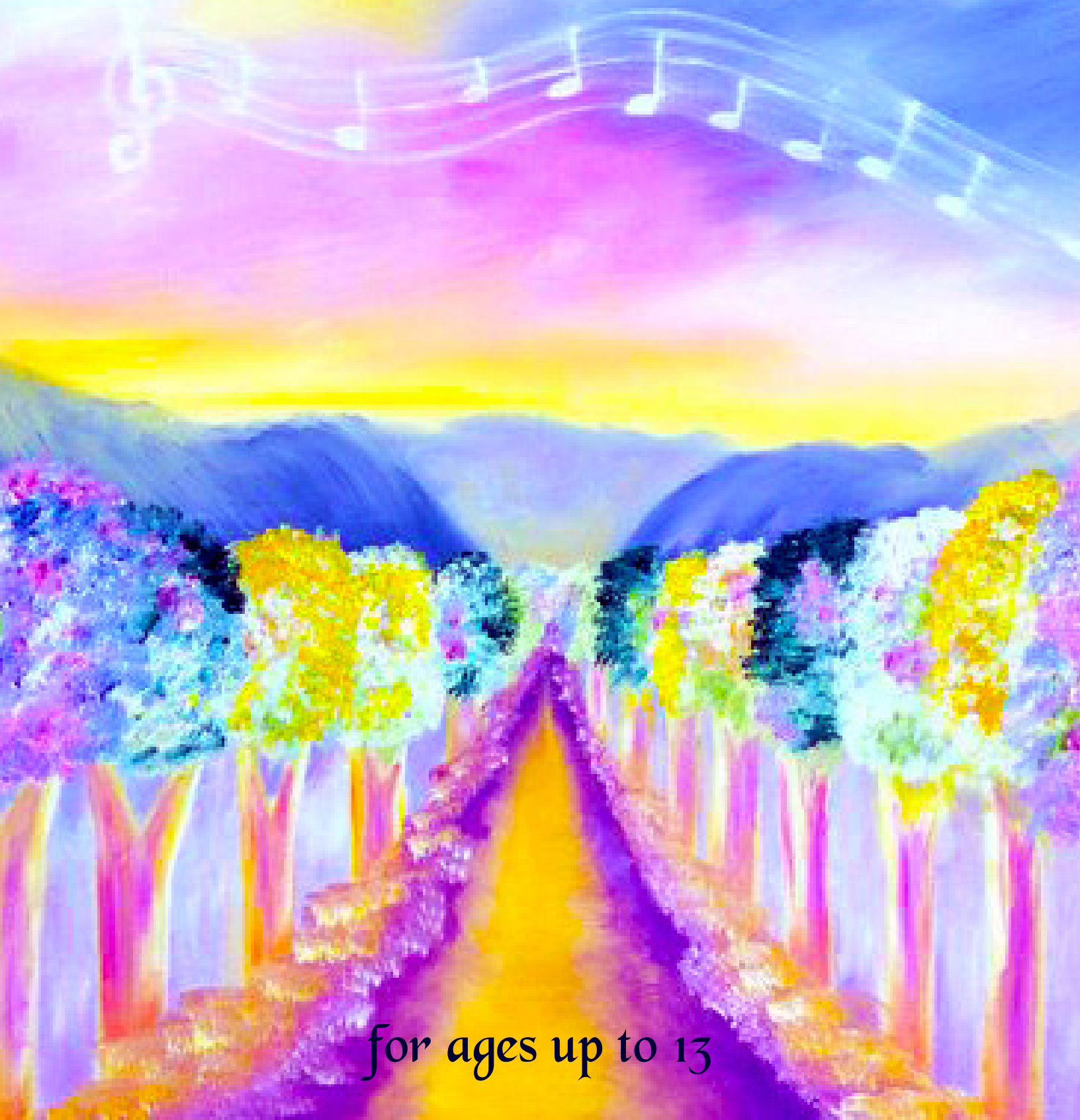


I Am Wonderful



for ages up to 13

Introduction



Wonderful – full of wonder! Wonder is what makes life worth living. Wonder is when we see things are magical and mystical. Wonder is a gift that comes from nature. Nature is what makes us feel connected and alive. The Trees, the plants, the flowers, the rivers, the lakes, the ocean and the mountains.

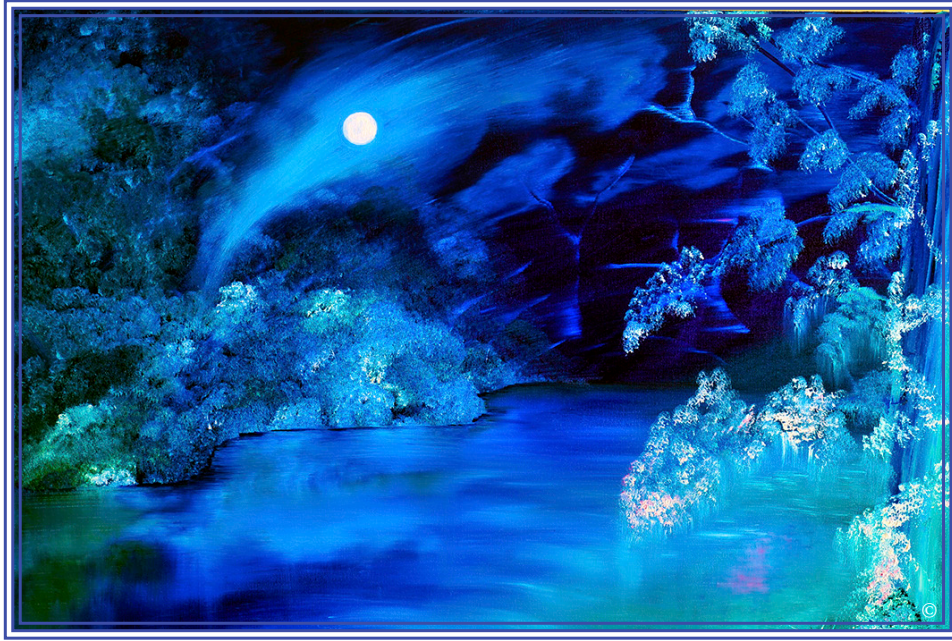
This book is dedicated to all the things that are wonderful, which includes you.

To feel wonderful is to feel truly great
It comes from incidents we leave to fate.
We know that things are not always what they seem
They are events that make us beam.
Sometimes we don't know how wonderful we are
That is why we need to be reminded to raise the bar.
Nature is here to show so we will remember what's good
About ourselves so we accomplish what we should.
We run, we laugh, we giggle, we have fun and we fly
When we feel wonderful, nothing passes us by.
Then the world becomes a much better place
And we are responsible for setting a new pace.

To feel wonderful be:

Wise - Open-minded - Nice - Determined - Empathetic - Respectful - Friendly - Understanding - Loving

W Wise



Do you feel wise? If not, why and how can you change that?

Who do you think is the wisest person you know and why?

Do you think there is something you can learn from that person?

O Open-minded



Do you feel open-minded? If not, why and how can you change that?

Who do you think is the most open-minded person you know and why?

Do you think there is something you can learn from that person?

Nice



Do you feel nice? If not, why and how can you change that?

Who do you think is the nicest person you know and why?

Do you think there is something you can learn from that person?

Determined



Do you feel determined? If not, why and how can you change that?

Who do you think is the most determined person you know and why?

Do you think there is something you can learn from that person?

Empathetic



Do you feel empathetic? If not, why and how can you change that?

Who do you think is the most empathetic person you know and why?

Do you think there is something you can learn from that person?

R Respectful

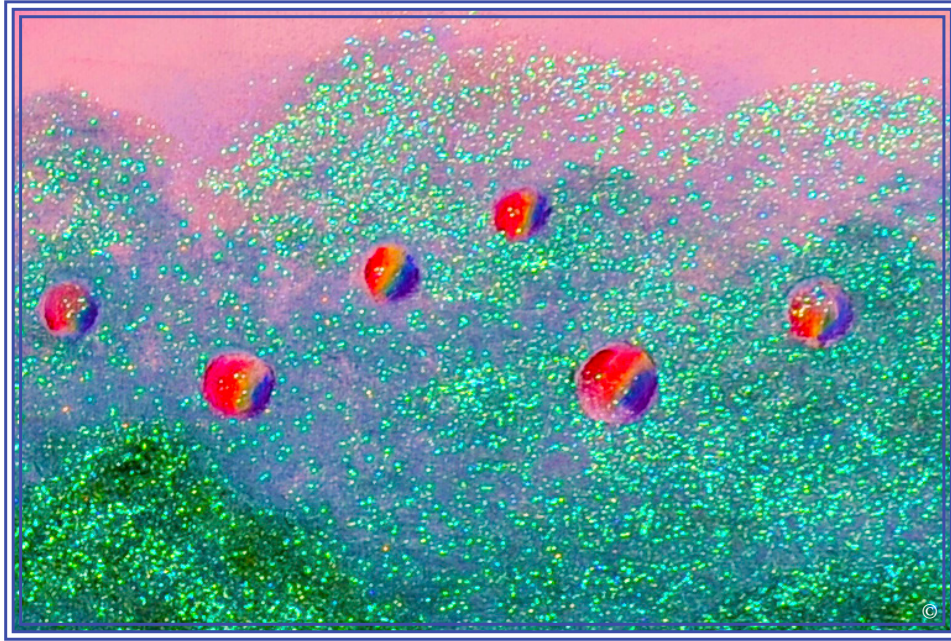


Do you feel respectful? If not, why and how can you change that?

Who do you think is the most respectful person you know and why?

Do you think there is something you can learn from that person?

Friendly

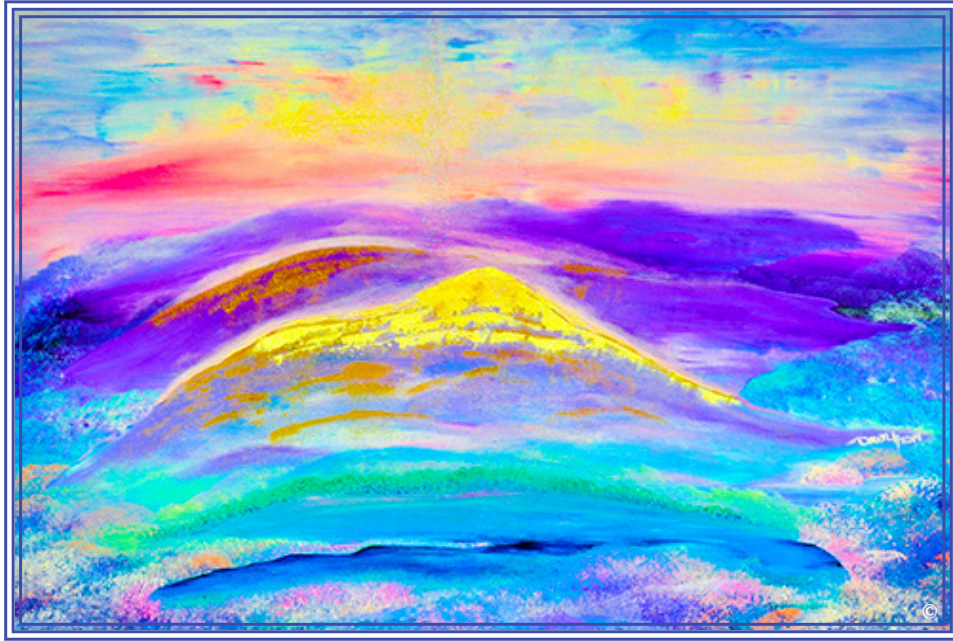


Do you feel friendly? If not, why and how can you change that?

Who do you think is the friendliest person you know and why?

Do you think there is something you can learn from that person?

U Understanding



Do you feel understanding? If not, why and how can you change that?

Who do you think is the most understanding person you know and why?

Do you think there is something you can learn from that person?

Loving



Do you feel loving? If not, why and how can you change that?

Who do you think is the most loving person you know and why?

Do you think there is something you can learn from that person?



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