

Honey Bear, I'm Grateful for You

Honey Bear, you are special,
you are truly adored.
You are everything
I ever hoped for.

You fill my heart
by just being you.
When I look in your eyes
I feel Gratitude.

Gratitude is something
you feel in your heart.
You can practice noticing
and let others take part.

Sometimes you feel it
with someone you love,
sometimes you notice
by something someone does.

A feeling in your heart
that fills it up,
and you notice that you
have more than enough.

I have all I need,
there are gifts all around.
I'm grateful in my heart
for the love I have found.

The important things
in life are all around,
Kindness & Love
are easy to be found.

It could be a smile from a stranger,
a hug from a friend,
a gift you were given,
or time that you spend.

Think of your day,
tell me a time,
you noticed feeling grateful
in your heart and your mind.

The more you practice,
the less you will fret.
You will notice the gratitude
and love that you get.

Repeat after me
these words to invite
gratitude in your heart
and love in your life: