

I am a Blessed Child

The Happiness Book
for Children's Hearts - Large and Small



Text & Illustrations
Christine Hörtnagl

I am a gift to this
world.

I am like a mine with
countless gems of inestimable
value inside.

**I am
valuable.**

It is my responsibility to
discover these gems, to
extract them and carry them
out into the world.

My gems are my talents, strengths,
and special abilities. I know that these
gems become even more brilliant, the
more I “polish” them, work on them,
and train them.



Imagine you are such a mine and feel deep down inside yourself! What are your “gems”? What makes you so special? What is it that you may be extraordinarily good at or that you enjoy doing? If you can’t think of anything right away, here’s a tip: Your talents and strengths are usually found where you feel a lot of joy. So, what do you particularly like to do? Perhaps you would like to make a note of all this in the illustration of the gems?

I know that gratitude
is the cornerstone of
all happiness.

I am
grateful.

I give thanks every day for all
that is beautiful and good
in my life.

I am thankful for all that I am,
all I can do, and all that I have.

I know that in every situation,
no matter how difficult, there
is reason to be thankful.

A tip: Make it a habit before you go to sleep at night, to look back over each day and say “thank you” for all the good and beautiful things that happened that day. You will find that you always fall asleep with a beautiful feeling, and wake up in the morning with a beautiful feeling full of gratitude.



For what and for whom are you grateful in your life? Write this down or draw it in the stars, if you like.

This book is a loving companion for the heart of children, both large and small, from age 3 to 99+ on their individual path to HAPPINESS and the foundation for successful, happy grown-ups. It contains all the affirmations, belief systems, and convictions that a child needs for a happy life. Its intent is to concisely convey the messages that are most important for a happy life in a manner easily understood at the heart level and enable these messages to be internalized, and thus obtain access to the infinite inner resources of happiness.

“In this pedagogically worthwhile book children learn specific paths to happiness through many practical exercises.”

Prof. Dr. Carina Gander
Educator and Child Psychologist