



# Eva Grayzel

Motivational Storyteller

## Relish Life with Renewed Appreciation

You are holding a cup of tea when someone bumps your arm causing tea to splash everywhere. Why did you spill your tea? You might say, "Because he bumped into me!" You spilled tea because tea was in your cup.

When life shakes you, whatever is inside you will come spilling out. In the good times, it's easy to brush it off. When life is challenging and you are angry, disappointed or treated unjustly, what you've been filling your cup with comes spilling out.

What will spill from your cup today? Bitterness and jealousy or tolerance and love?

Be intentional about filling your cup with heaping portions of gratitude, forgiveness and kindness. When the hard days are suddenly upon us, we'll respond with more positivity, security and love.

Take inventory of your blessings. Gratitude allows you to relish your life with renewed appreciation.

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## INTRODUCTION TO THE STORY

There is something magical in a great story; imaginations are exercised, hearts are stirred, and new thinking emerges. This story is designed to be a quick, easy read with a valuable message, providing readers a motivational lift.

- Positively influence your day by treating yourself to an uplifting message.
- Share this story with co-workers. Discuss and bond with your team over core values.
- Read this story to children at bedtime or in a car to promote healthy communication.

## GENERATE NEW THINKING AND INITIATE DIALOGUE BY ASKING THESE QUESTIONS:

What's the lesson to be learned?

How do you see yourself in the story?

If you could change anything in the story, what would it be?

How will this narrative change what you do or think?

Who would you share the story with and why?

## AFTER READING THE STORY WITH CHILDREN, TRY THESE FUN ACTIVITIES:

Role-play/act out the story. Include simple props (hats, scarves).

Reword the core message of the story in rhyme.

Pick a holiday or a birthday and make a tradition of sharing a story.

Ask an older relative for personal story related to the message. Start a collection of family stories.

Record any personal stories that arise from these family activities.

## EVERYONE HAS A STORY TO TELL: WHAT'S YOURS? SHARE AND CREATE CONNECTIONS

Who influenced your life and how?

What is your love story?

What is your greatest fear?

Who would you like to forgive or receive forgiveness from?

What would you do differently with a second chance?

## ABOUT EVA GRAYZEL: SPEAKER, SURVIVOR, STORYTELLER

I call myself a Motivational Storyteller because every story I share, whether on a big stage or in a small group, is thoughtfully crafted to educate, entertain and inspire audiences.

This is just one of many stories available to you on [EvaGrayzel.com](http://EvaGrayzel.com). I would love to hear how you used the story and if it facilitated communication. If you are looking for a story on a particular subject, don't hesitate to ask.

Happy Storytelling!  
Eva

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