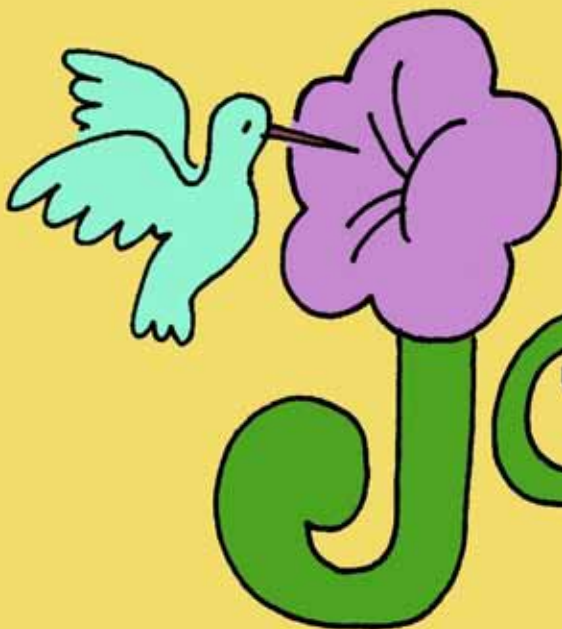


An Interactive Digital Diary



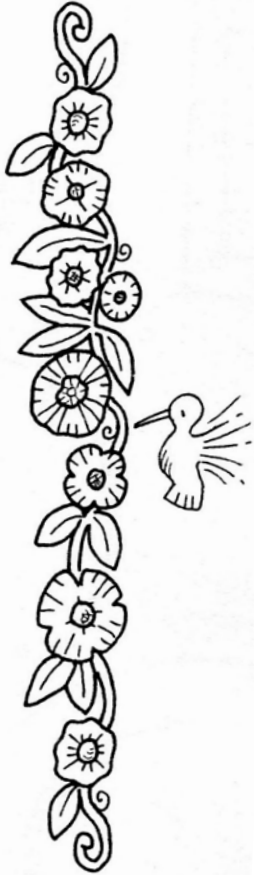
# HUMMINGBIRD



A BOOK OF  
ALL THE THINGS  
THAT MAKE YOU  
HAPPY

# Joy

BY BILL ZIMMERMAN & YOU  
PICTURES BY TOM BLOOM



*This book belongs to*

(WRITE HERE)

---



By Bill Zimmerman & You

Pictures by Tom Bloom

An Interactive Digital Diary  
from [MakeBeliefsComix.com](http://MakeBeliefsComix.com)

Copyright © 2013 by William Zimmerman  
Drawings Copyright © 2013 by Tom Bloom

All rights reserved under international  
and Pan-American Copyright Conventions.

No part of this book may be reproduced,  
stored in a retrieval system, or transmitted in any form  
or by any means, electronic, mechanical, photocopying,  
recording, or otherwise, without express written permission  
of the publisher, except for brief quotations or critical reviews.

Book design: Barbara Berasi

The author welcomes your comments and suggestions  
that you would like to see included in future editions.  
Please write: William Zimmerman, Guarionex Press Ltd.,  
201 West 77 Street, New York, NY 10024.  
Thank you.

For other books by Bill Zimmerman,  
visit <http://www.billztreasurechest.com>  
or <http://www.makebeliefscomix.com>



## ***Dedicated***

*To my wife, daughter and dog,  
who have provided me with  
the happiest times in my life.  
And, in memory of my Cousin Ruth,  
who always squeezed joy from life.*

—B. Z.





*Let me search deep within me to find my joy.*



*Dear reader,*

I wrote this book during the harsh days of winter when I thought that spring would never come. I wanted to think about all the things in life that give me joy, and chose the hummingbird as my symbol for this book because that creature is so exquisite and pleasurable to observe.

*Hummingbird Joy* is intended as a memory book for you to remember and write about all the things that have made you happy throughout your life and to savor these special thoughts. **It is to become your own treasure chest of personal wonders filled with your written recollections.**

As you turn the pages, you will be encouraged to remember and write about your happy memories. This book, which you have downloaded from your computer, is presented in the form of an interactive digital journal. When you open the book, go to the menu on top of your computer screen and click on View → Page Display → Two-Up Continuous. This allows you to see a two page spread at one time.

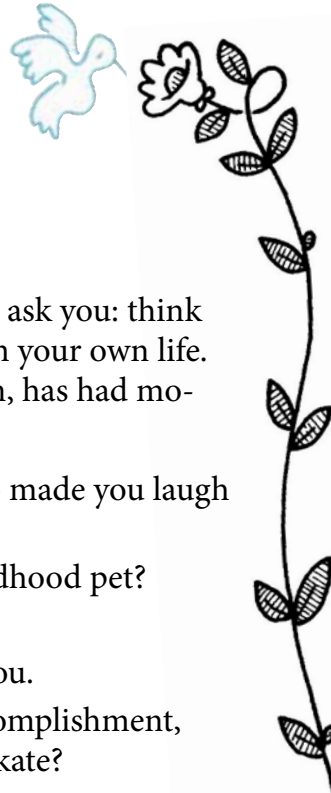
*Each of us, no matter how difficult our path has been,*

Then type directly on your screen into the areas with lines on each of the book's pages. When you are done typing, simply save the document until the next time you are inspired to make new entries. **All the pages are meant to help you tap into your innate creativity**—just the way you did as a child when you opened a fresh box of crayons and saw a world of unlimited possibilities awaiting you.

The book features a variety of writing prompts to spur you to writing. Some, for example, appear on the *Reflect in Tranquility* pages— these prompts will elicit memories of many of the things that have given you joy. Write as few or as many words as you need to describe that happy moment.

On facing pages I share with you some of the happy moments that I am grateful for in my own life and want to recall. Perhaps they will trigger your own memories. I call these *Grateful Am I* pages because with the passing of time, **I have learned to not take joy for granted and to be thankful for whatever happiness has come my way.** On the bottom of each of these pages is a prompt that asks you to express what you are grateful for in your life. Scattered throughout, too, are *Imagine* pages— they will provide safe spaces for you to write or think about.





*has had moments of joy and ecstasy.*

Before you begin this book, though, I have a favor to ask you: think about the joys you have experienced over the years in your own life. Each of us, no matter how difficult our path has been, has had moments of joy and ecstasy.

- Was it the time when you were with someone who made you laugh and giggle?
- Was it the joyous moments you shared with a childhood pet?
- Maybe it was a wonderful sight you once saw.
- Maybe it was tasting food specially prepared for you.
- How about when you experienced some great accomplishment, like learning to swim or ride a bike or roller skate?
- Maybe it was the time someone you loved read a favorite book to you or told you a story that amazed you or made you use your imagination in a way you had never done so before.
- Perhaps it was the joy of a new adventure or taking a trip where you explored a strange land or country.
- Perhaps it was the time you discovered a book that opened up a whole new world to you and introduced you to new “people” whom you had never before encountered.

—Maybe it was the joy of experiencing your first circus or encountering a new animal at the zoo.

—I know that for me my happiest moment was when my I saw my daughter born and held her in my arms.

In creating the question prompts for this book, I began to relive the joys of my life, as I hope you will when you write your responses. From this experience I began to realize that **joy is always there if only I take the time to look carefully and remember the good moments.** When you write in this book, try to do so at quiet times. If you can, light a scented candle, or surround yourself with some photographs or mementos you have gathered to help you remember happy experiences. Touch a sea shell or pebble you collected, play some soft music to relax, take some quiet, deep breaths. Then, begin writing to create your own inspirational book of joy that affirms all that is good in your life.

Yours sincerely,

*Bill Zimmerman*



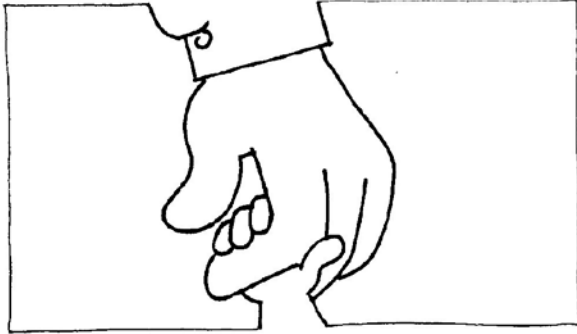
Bill Zimmerman

P.S. In filling in this digital book's pages you also have the option of printing out any pages that you want and also of sending the completed digital book as an email attachment to someone with whom you wish to share all your special memories.

A decorative border in the top right corner of the page. It features a series of stylized flowers of various shapes and sizes, some with leaves and stems. A hummingbird is depicted in flight, facing right, positioned between the top and right sides of the floral arrangement. The entire border is enclosed within a red dotted line.

# Be Grateful and Remember

## Grateful am I...



...To clasp a child's hand

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



# A happy memory:

(WRITE HERE)

---

---

---

---

---

---

---

---

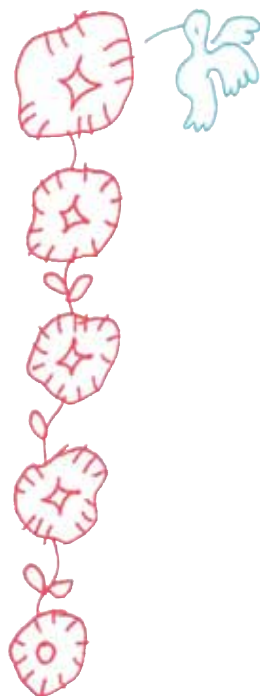
---

---

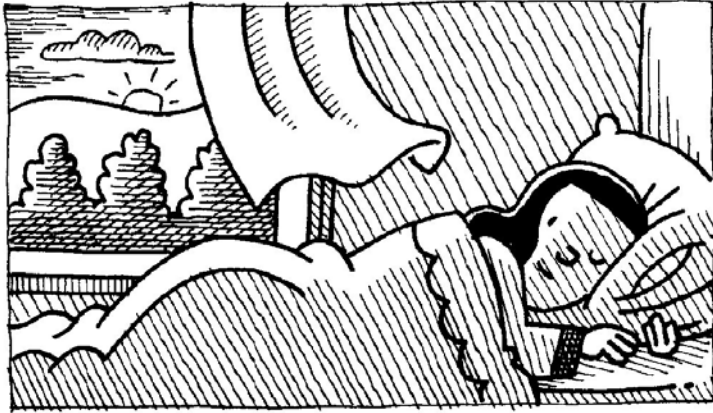
---

---

---



Grateful am I...



...for the peace  
of early morning.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## Someone I love dearly:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to have found love in my life.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---





# A beautiful sight:

(WRITE HERE)

---



---



---



---



---



---



---



---



---



---



---



---



---



---



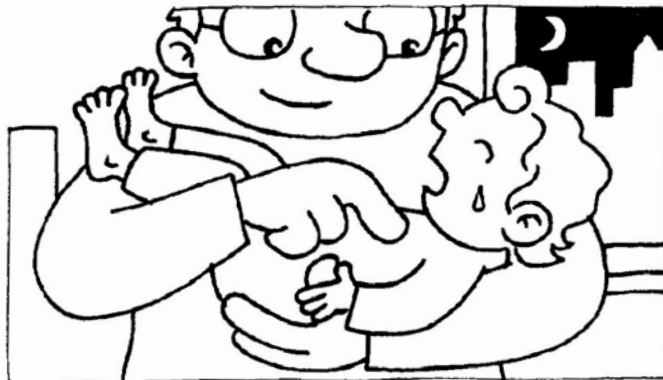
---



---



## Grateful am I...



...for my father  
who comforted me as a child  
when I woke up  
crying in the night.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## The most wonderful day of my life:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

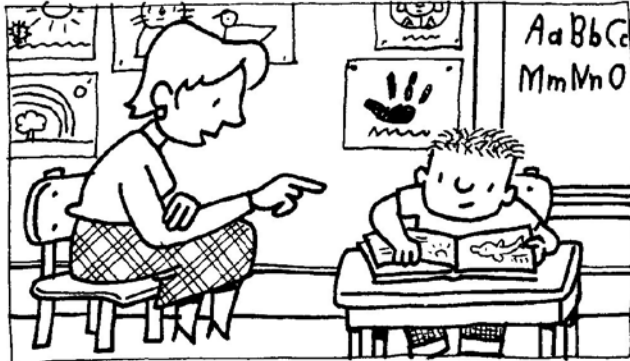
---

---

---



## Grateful am I...



...for my first teacher  
who patiently taught me  
how to read.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## Words that make me happy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

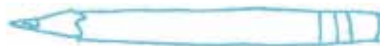
---

---

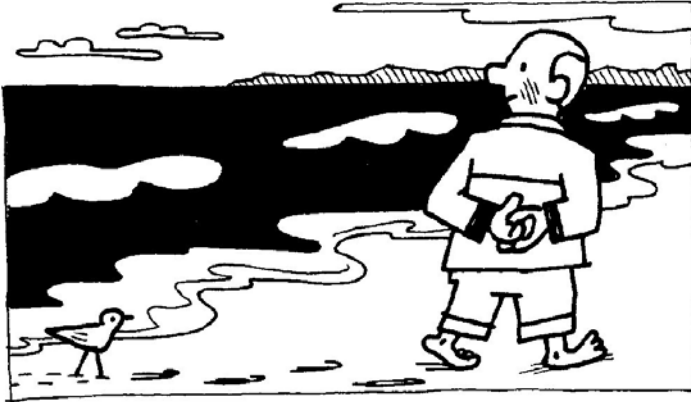
---

---

---



## Grateful am I...



...to see the ocean  
and walk along its shores.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



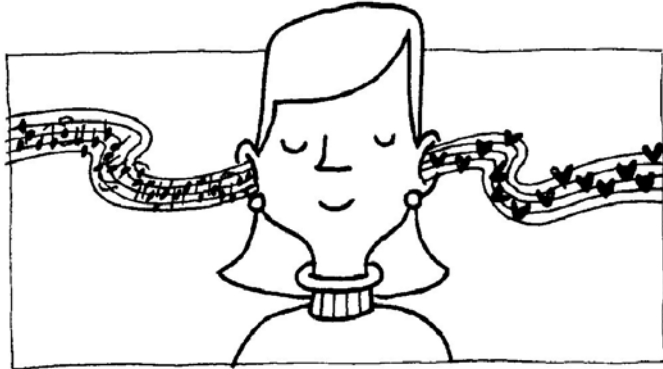
## Something that makes me smile:

(WRITE HERE)

A series of ten horizontal blue lines for writing.

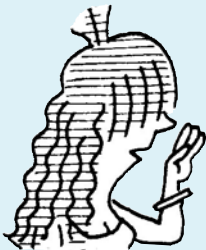


Grateful am I...



...to hear music I love.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---





## My soul soars when:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

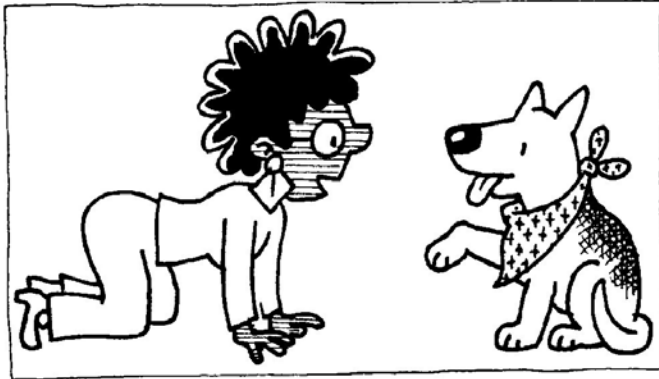
---

---

---



## Grateful am I...



...for the companionship  
of my pet and to see  
her tail wag.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## This made me rejoice:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

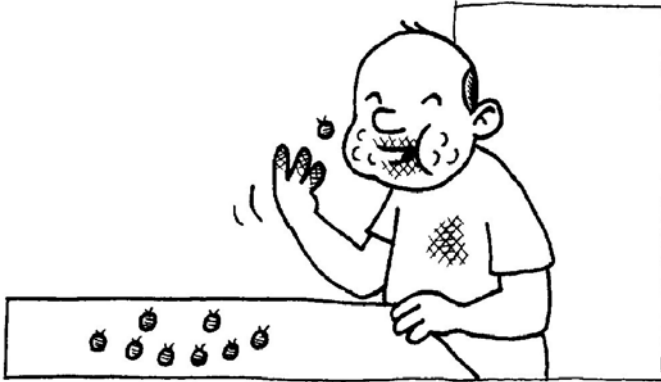
---

---

---



Grateful am I...



...to taste blueberries.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A special place:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

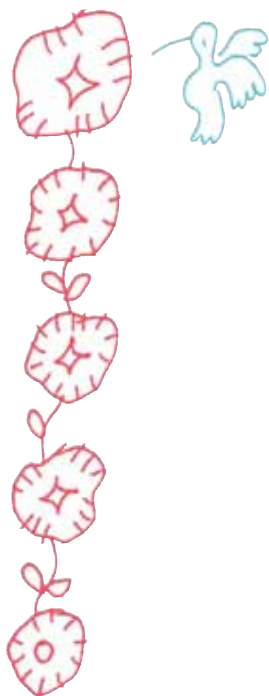
---

---

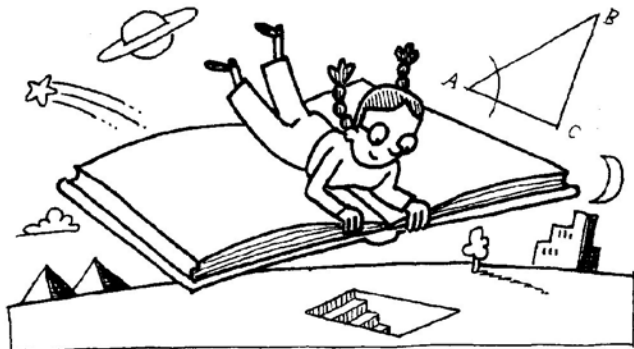
---

---

---



## Grateful am I...



...to read a book  
that opens new worlds to me.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A book I loved that opened up a whole new world to me:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

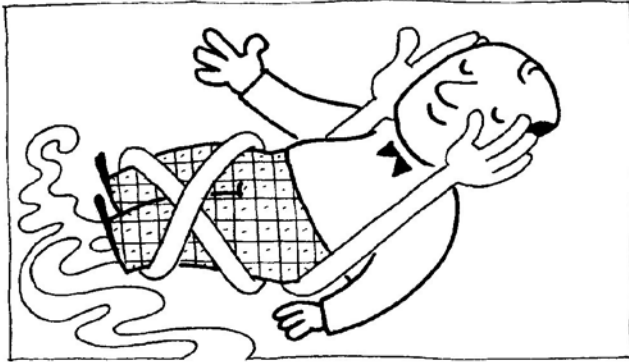
---

---

---



## Grateful am I...



...for a loving touch,  
a gentle caress.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## Someone who makes me happy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

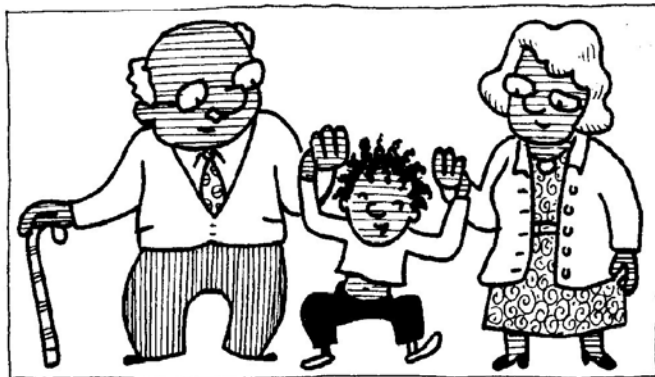
---

---

---



Grateful am I...



...to have known  
my grandparents.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A smell that makes me feel safe and content:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

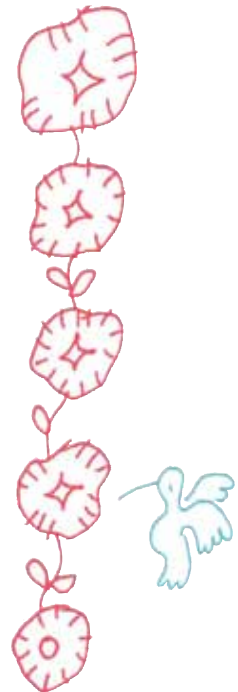
---

---

---

---

---

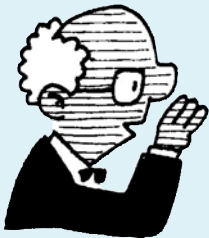


## Grateful am I...



...for coloring books  
and fresh crayons.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## Some things which give me joy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...to have found  
joy and fulfillment  
in my work.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## The laughter of someone I love:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...that I have been able  
to take care of my family  
and provide for them.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





# The touch and smell of someone dear to me:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to behold beautifully lit  
Christmas trees.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



## The taste of a food that always satisfies me:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

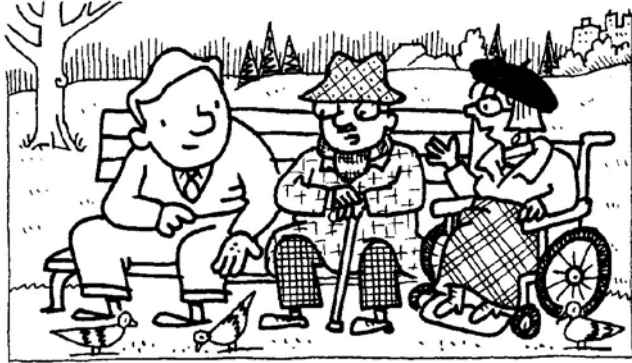
---

---

---



## Grateful am I...



...to have known elderly people who shared their lives with me and who listened to my cares.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A painting I love:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

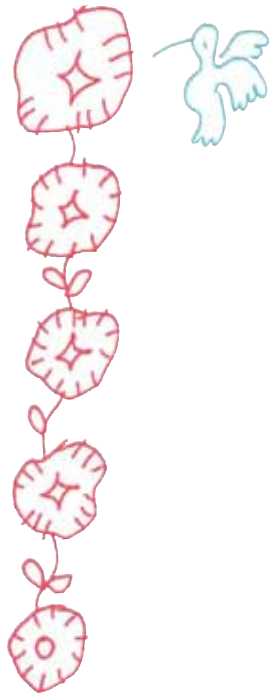
---

---

---

---

---



# Grateful am I...



...for holiday dinners  
with my family.

## YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A memory of being with someone special:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...to have walked down  
beautiful country roads.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





**A piece of music  
that takes me out of myself  
and makes me so happy:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...to have had a **Schwinn bike**  
as a boy with which  
I rode to a larger world.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**A creature of nature  
which always captures  
my attention:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

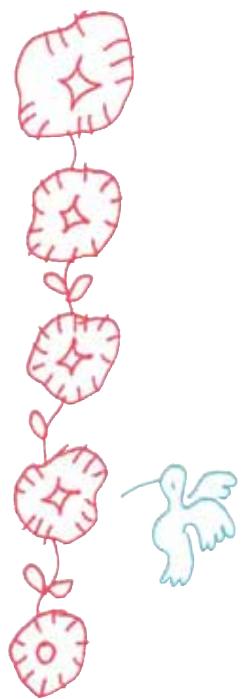
---

---

---

---

---

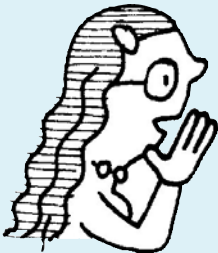


## Grateful am I...



...for the chance to help others  
who, in turn, always helped me.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A moment of transcendence in my life:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

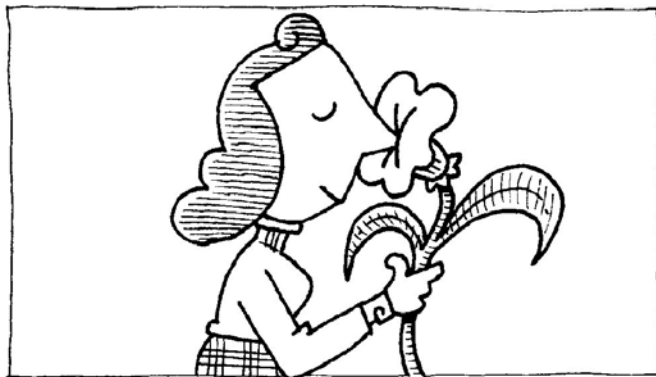
---

---

---



## Grateful am I...



...for narcissus bulbs in winter  
and daffodils in early spring.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

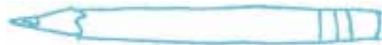
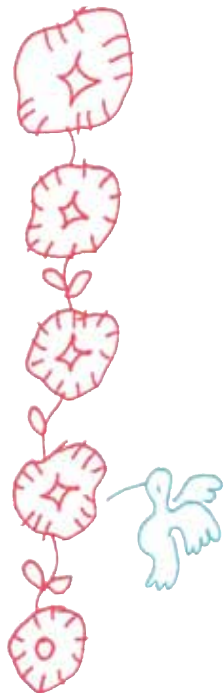
---



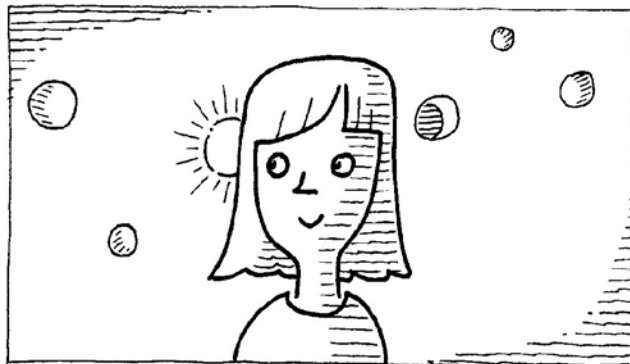
## The time a wish came true:

(WRITE HERE)

Twelve horizontal blue lines for writing.



## Grateful am I...



...for the early light  
and start of a new day.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## How I felt when I fell in love:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

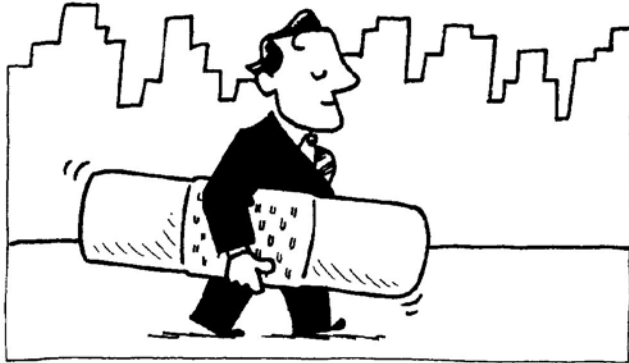
---

---

---



Grateful am I...



...to experience good health  
and healing.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## When I was so proud of my work:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...for joy and laughter.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## An act of kindness shown to me:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

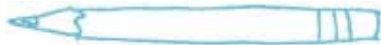
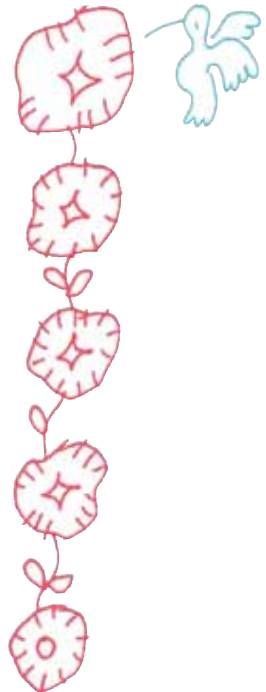
---

---

---

---

---



## Grateful am I...



...to those who help  
and inspire me in my life.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



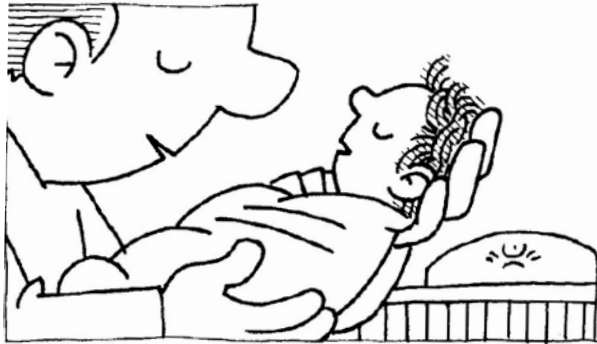
## A joyful sound:

(WRITE HERE)

Twelve horizontal blue lines for writing.



## Grateful am I...



...to have seen  
the birth of my child.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## A second chance:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to have realized  
some of my dreams.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## Someone I am thankful for:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

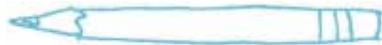
---

---

---

---

---



Grateful am I...



...to be able to swim  
and play in the water.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A moment of pure happiness:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...for beautiful sunsets.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

\_\_\_\_\_

\_\_\_\_\_



## A memory that always cheers me up:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

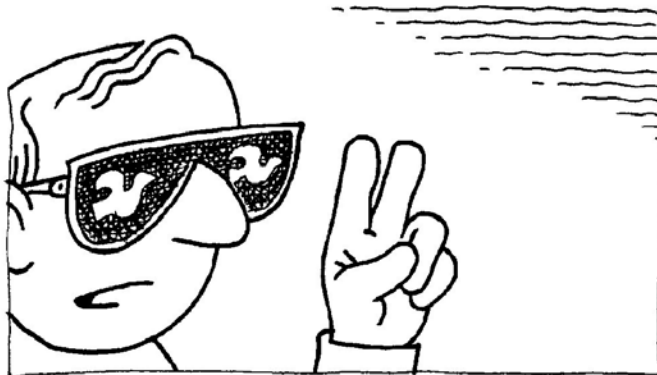
---

---

---



Grateful am I...



...for an end to war.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

Two horizontal lines for writing, enclosed within a dotted oval border.





## An act of forgiveness:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to have skated  
both on ice and city streets.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

.....

---

---



## Grateful am I...



...to have seen many  
of the world's wonders.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A transforming moment:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

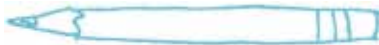
---

---

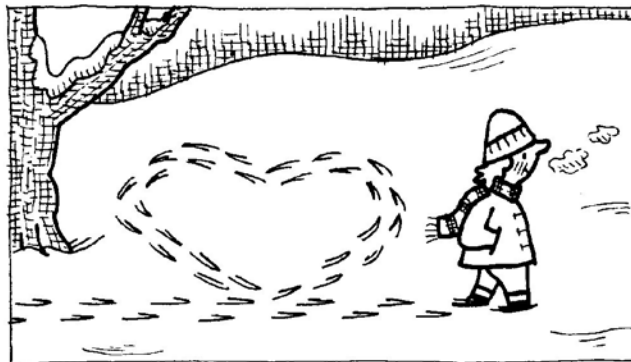
---

---

---



## Grateful am I...



...for the chance to walk  
in fresh snow.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A time when I wanted to whoop with joy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

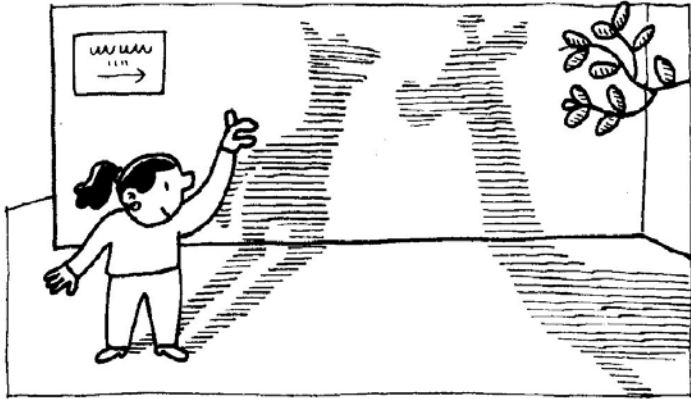
---

---

---



## Grateful am I...



...to have seen a giraffe.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## A loving deed:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to have been given  
second (and third) chances.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



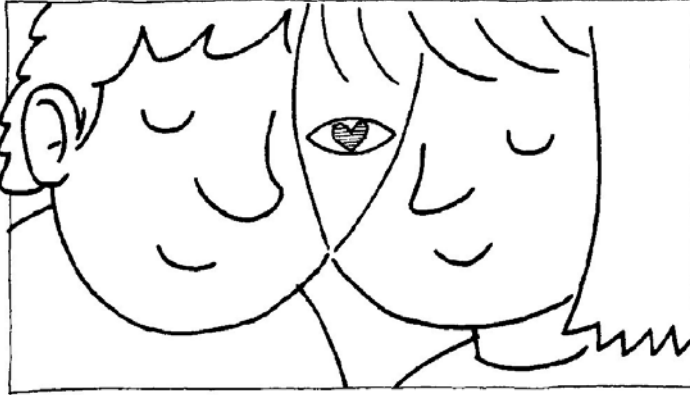
**I am filled with joy  
when I see:**

(WRITE HERE)

Hand-drawn blue horizontal lines for writing.



**Grateful am I...**



**to have loved others deeply.**

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



**When I look up at the sky  
I see clouds of joy.  
One particular cloud makes me beam.  
It looks like a:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

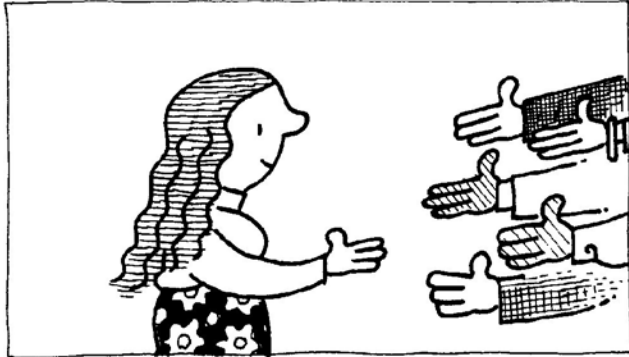
---

---

---



Grateful am I...



...for friendships.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



## When I have been most happy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

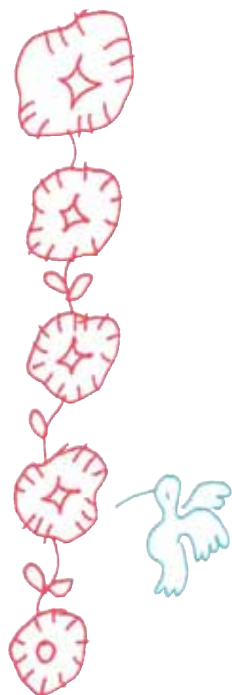
---

---

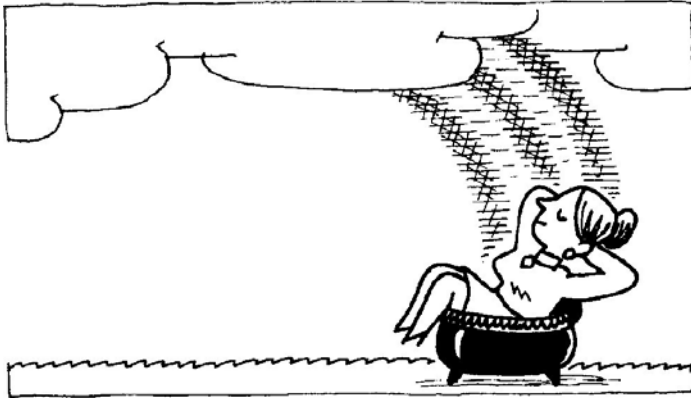
---

---

---



Grateful am I...



...to have seen rainbows.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---





# A moment of self-discovery:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...for the triumphs in my life.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A silly moment:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

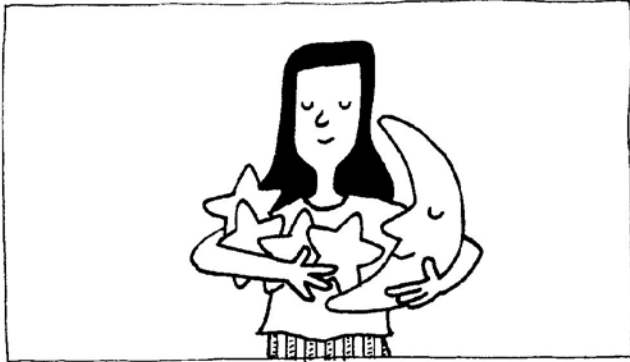
---

---

---



Grateful am I...



...for the stars and moon.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



**A childhood possession  
that gave me so much pleasure:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

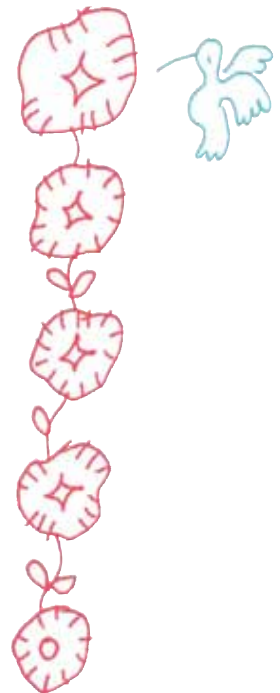
---

---

---

---

---



## Grateful am I...



...to be able to study  
and learn new things.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**A time in my life  
when I felt very fulfilled,  
when I knew that I had done  
my very best:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

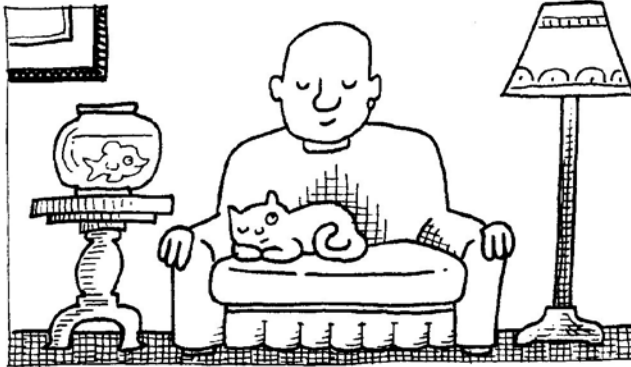
---

---

---



Grateful am I...



...for the solid comfort  
of my home.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---





REFLECT IN  
TRANQUILITY

**Something I achieved  
with hard work  
that gave me great joy:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to smell newly mowed grass.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

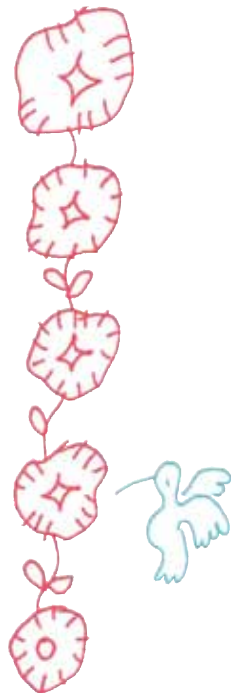
---



**A hope that gives me joy  
when I think of it:**

(WRITE HERE)

A series of 12 horizontal blue lines for writing, positioned to the left of the vertical floral and bird illustration.



Grateful am I...



...to be safe and warm.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

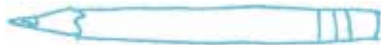
---



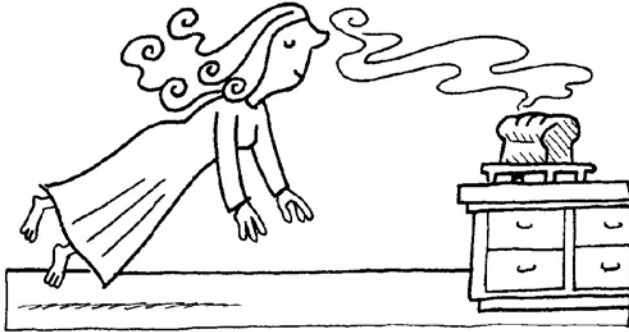
## An olden, golden time:

(WRITE HERE)

A series of horizontal blue lines for writing.



## Grateful am I...



...to have experienced  
fresh-baked bread.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A moment of laughter:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

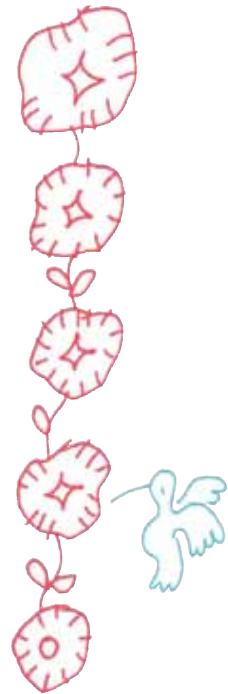
---

---

---

---

---



## Grateful am I...



...for sleeping soundly  
and dreaming sweetly.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## What keeps me from feeling sad:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...for the smile of a stranger  
in the street.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**The joy of creating  
something special.  
What was it?**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

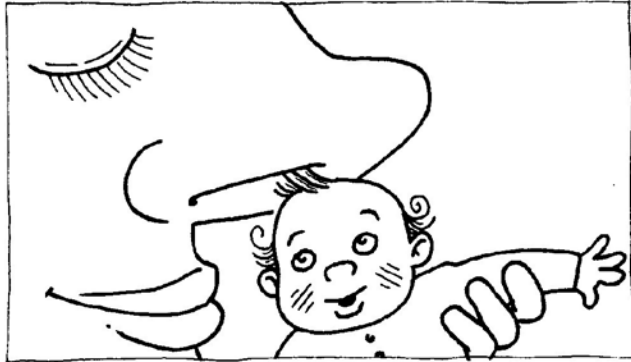
---

---

---



## Grateful am I...



...to smell a baby's  
sweet smell.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**The joy of having time off  
to do anything I want.  
Here's what I would do:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

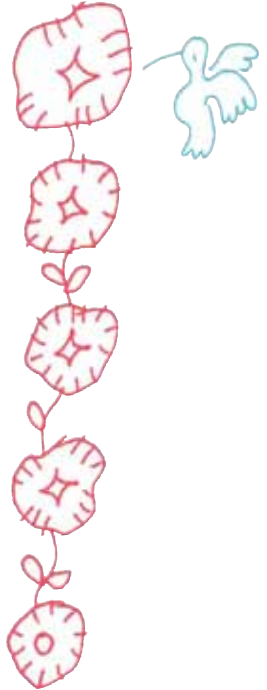
---

---

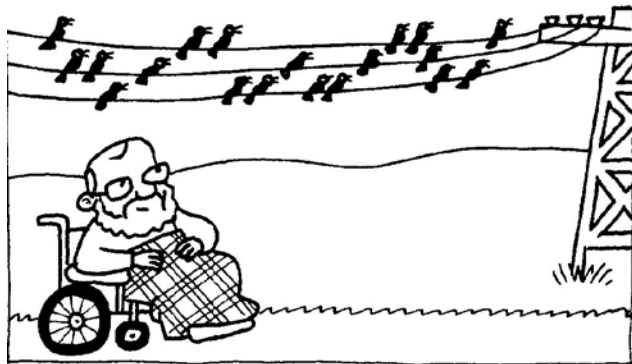
---

---

---



## Grateful am I...



...to hear the sounds  
as birds sing their song.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A place for a favorite photo or picture:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...to sit around the table  
with those I love.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## A memory from my childhood:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

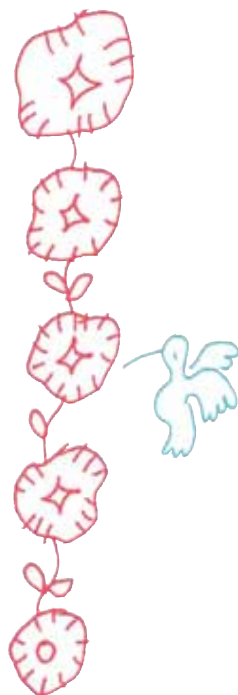
---

---

---

---

---



**Grateful am I...**



**...for color comics.**

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



## **A birth that made me so happy:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

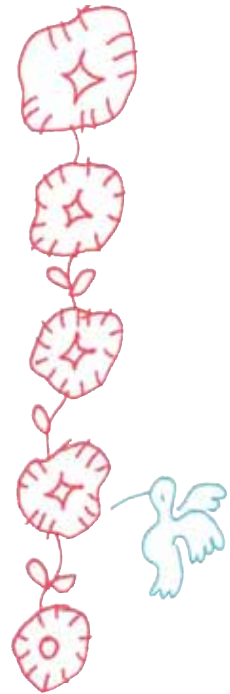
---

---

---

---

---



Grateful am I...



...for my early morning coffee.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---



**A beautiful lyric or poem  
or expression that I recall:**

(WRITE HERE)

Horizontal lines for writing.



## Grateful am I...



...for each and every kindness  
shown to me.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A discovery I made:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...for the tooth fairy.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





**A memory of a pet  
who gave me so much joy:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...for the artwork  
of Vincent Van Gogh.

YOUR TURN

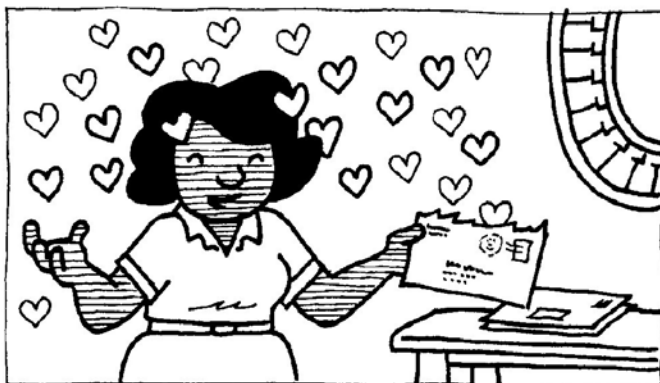


*I am grateful for...*

(WRITE HERE)

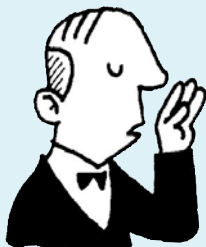


Grateful am I...



...to receive a  
loving letter in the mail.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**I create the most wonderful  
Easter basket in the world  
for someone I love.  
This is what I place in it:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

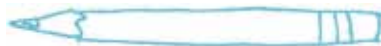
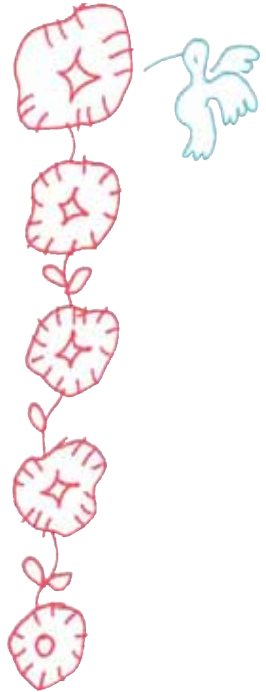
---

---

---

---

---



## Grateful am I...



...to have enough to eat  
and a roof over my head.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A scent I wish to recover:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to still have hope  
in my heart.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

---





## A dream I never want to forget:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to collect richly hued  
autumn leaves.

**YOUR TURN**



*I am grateful for...*

(WRITE HERE)

---

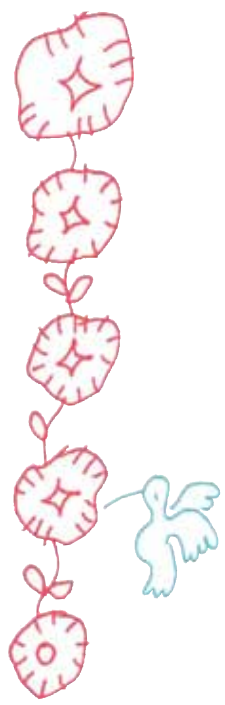
---



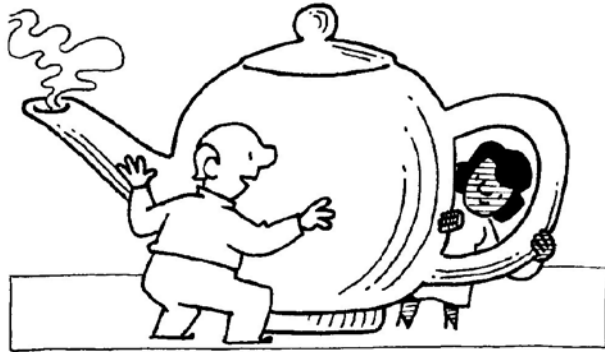
# The joy of a special time of year:

(WRITE HERE)

A series of ten horizontal blue lines for writing.



## Grateful am I...



...for my wife who prepares  
a soothing pot of piping hot tea  
and shares it with me.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## **A sight I will never forget:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

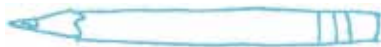
---

---

---

---

---



## Grateful am I...



...to unfurl the morning newspaper  
and read some amazing stories.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A dream or prayer that gives me joy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Grateful am I...



...to hear a funny story  
or a good joke.

### YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---





## A passion which always gives me joy:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

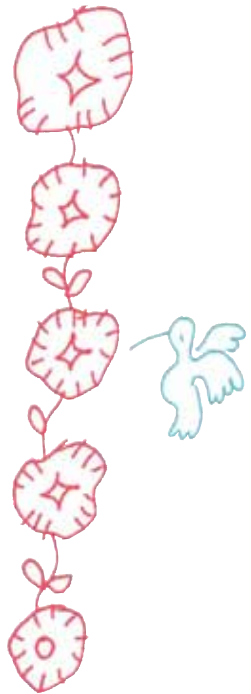
---

---

---

---

---



Grateful am I...



...to see my daughter's smile.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



## A tiny miracle:

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Grateful am I...



...to God for all  
that has been given me.

YOUR TURN



*I am grateful for...*

(WRITE HERE)

---

---



**Something I would like  
to see go on  
forever and ever:**

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

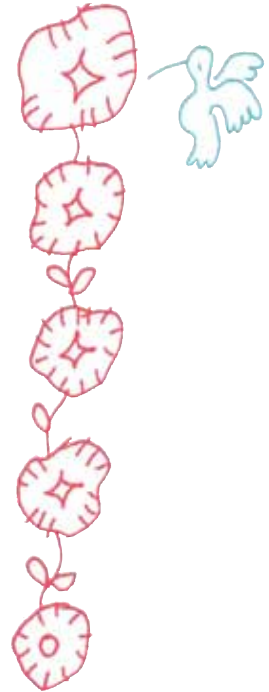
---

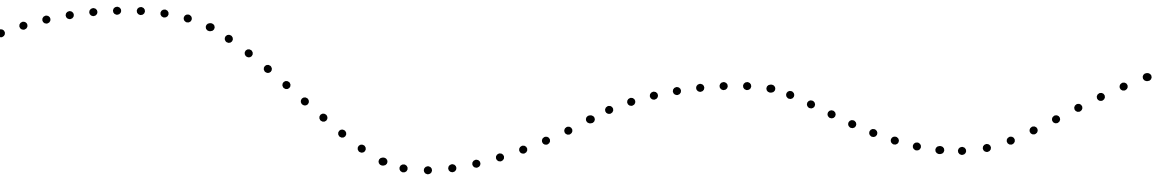
---

---

---

---



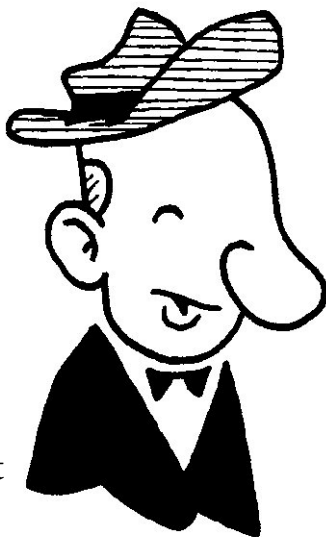




**Be Joyful**

## Be Like Jimmy Durante

There used to be a wonderful comedian named Jimmy Durante whom I'd watch on television when I was a boy. Just to see him made me smile and feel happy, he had so much love and fun in him. He often would start off his act by singing, "You've got to start off each day with a song." It's funny, but when I was little the words barely made an impression on me— it was just his spirit and energy I loved. He made me lose my cares. But now, years later, I understand what he meant. Yes, we've got to start off each day with a song if we want the day to be good for us. Otherwise, to mope or be grumpy will mean we lose the blessedness of the new day. Remember Jimmy's words, my friend.





***What words will you sing or hum  
to start your day?***

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

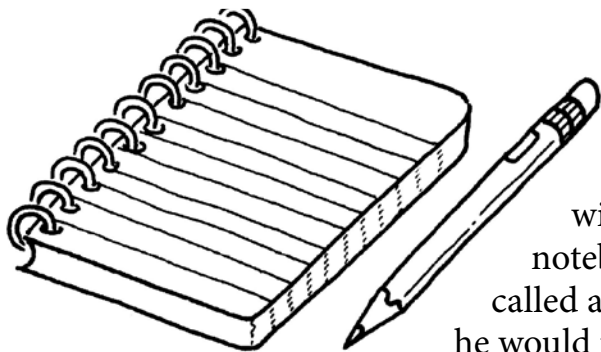
---

---

---

---

## Keeping a “Joy List”



Once read about a man who carried around with him a little notebook which he called a “Joy List.” In it he would jot down all the moments that made him

smile or laugh. It was his way of cultivating a sense of happiness about being alive and enjoying his life. He learned to do this from a 13 year-old boy who was dying of lymphoma and who handed him a list of more than 100 memories of the happy moments in his life, like camping or going to Disney World. The boy asked the man to give it to his parents when he died because he wanted his parents to remember that their son had fun moments, too, in his short life.

My own beloved cousin over the years kept a list of all the good things which she wanted to see go on forever

and ever. Think of these ideas, and consider keeping your own list of the things that give you joy in life and which you would like to see go on for all eternity. Write some words when something really good happens in your life— from seeing a hummingbird to remembering a funny joke a friend told you. Doing so makes you more aware of the wonderful things we experience daily but which we sometimes take for granted because too often we may sleepwalk through life. Doesn't it comfort you to think of having a "joy list" in your pocket which you can refer to when you're feeling stressed? Try it!

***What are at least two things that have given you joy in your life recently?***

(WRITE HERE)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

## Recognizing Beauty

*Dear friend,*

When you're out in the world today, in your car or riding on a bus, take a moment to look for something beautiful—whether it's a flower, a color that flashes by, or a sweet expression on the face of someone you see in the street. Always look for something beautiful, even on rainy days—it's there if you look carefully.



***What's the most beautiful thing  
you've ever seen?***

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

## Take Time to Rejoice

Some people believe that when we die, our spirit keeps living and takes the form of another being or creature, that our life is endless. I would hope so, but I am not sure about this. That is why I feel we must enjoy our present life as fully as possible and appreciate every moment that is given to us. Despite all its pains, life should be a time of rejoicing, of singing and dancing and filled with good food and love. We have been given a great gift to enjoy.



*When was the last time you rejoiced,  
truly rejoiced about something  
that made you very happy?*

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## A Wish For You

**M**ay you meet someone special today who makes you smile and feel good about life and about yourself. And may you also be that “someone special” to another. That’s my wish for you today.





***What good wish do you have  
for someone else?***

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

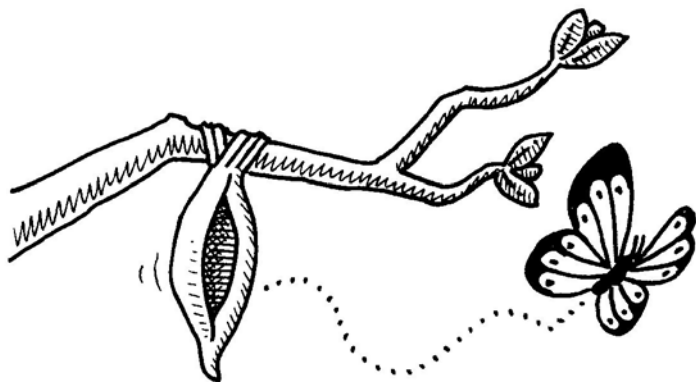
---

## A New Day of Life

There is a wonderful movie in which an old man wakes up in the morning and says, “Thank you for a new day of life, Lord.” You see, he felt blessed

to see another new day. He was old enough to have learned that nothing is forever and it is best to appreciate what one is given daily— the sun that rises, the

roosters which crow, the food to be eaten, the love each of us experiences from others. Every new day became sacred for this man and he would awake as if reborn.



***What things will you appreciate  
about your new day?***

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

---

---

---

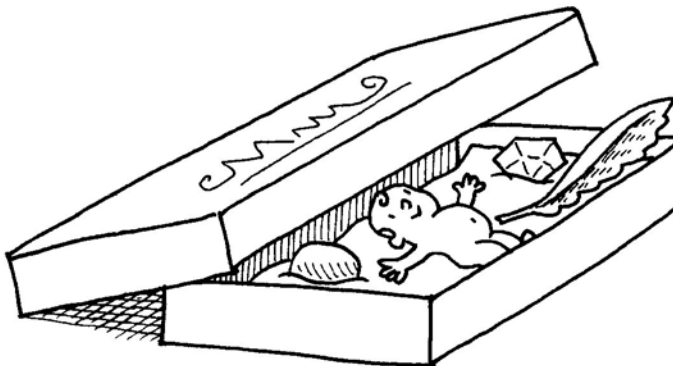
---

---

## A Box of Wonder

When I was a boy I had a box of wonder. It was a small, white cardboard box with a cotton layer on the bottom which had once held some costume jewelry given to my mother one Christmas. Into this box I would place little treasures I found— a bird's feather plucked from my father's fedora, a rhinestone that had fallen out of my mother's pin, a cufflink that belonged to my dad, a white pebble I had found at the beach, a very tiny baby doll that I had bought at the Five and Ten-Cent store. Time and again I would open this box to gaze at these and other wonderful finds. They made me feel happy and safe.

Why not consider putting together your own box of wonder to contain all the little objects that you discover in the world and which give you joy? This little box can become a welcoming place for you to turn to when you want to find some comfort.



***What objects would you place  
in your own box of wonder?***

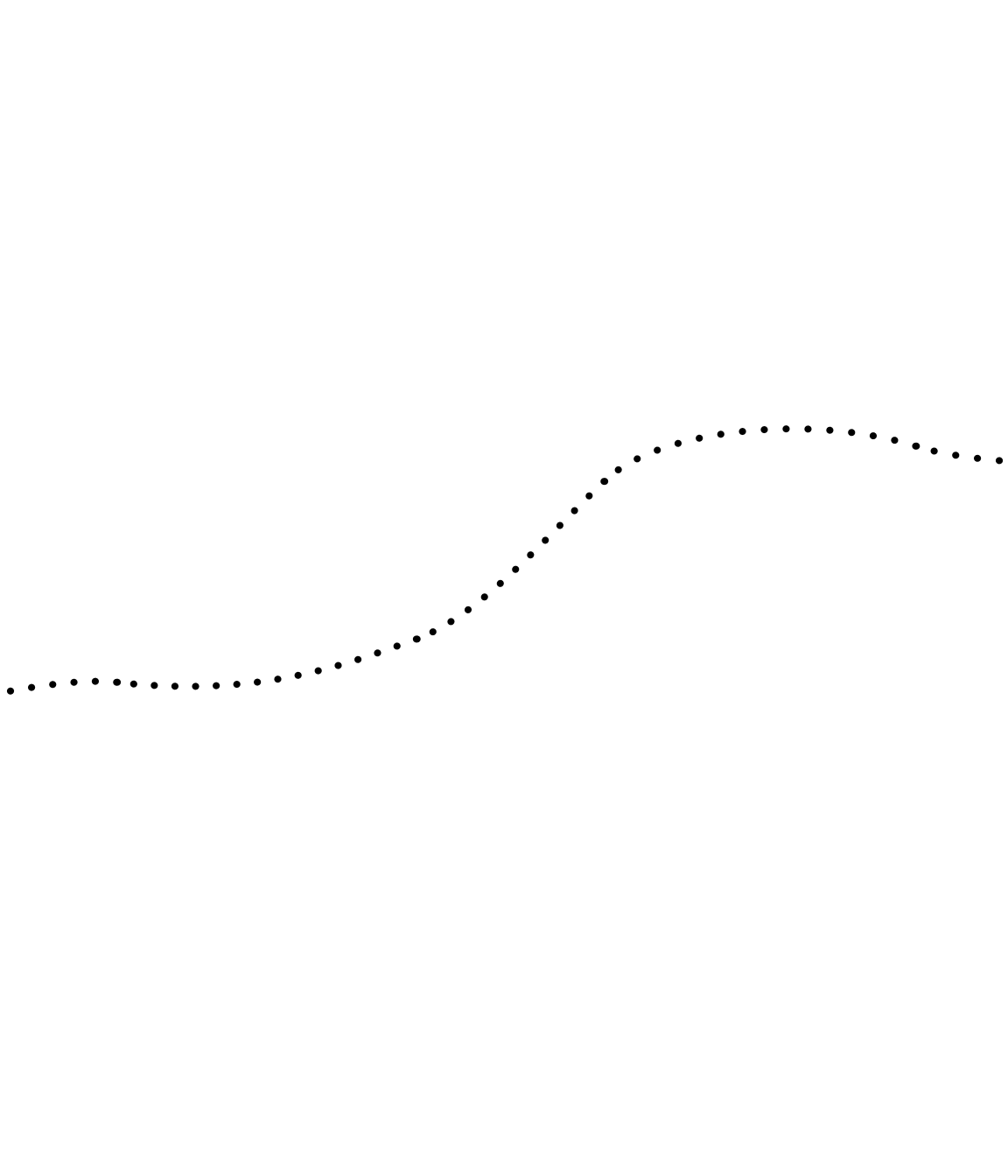
(WRITE HERE)

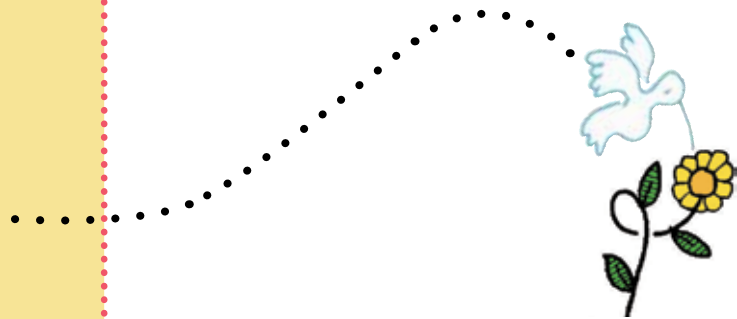
---

---

---

---





Imagine

# Imagine

(WRITE HERE)

---

---

---

---

---

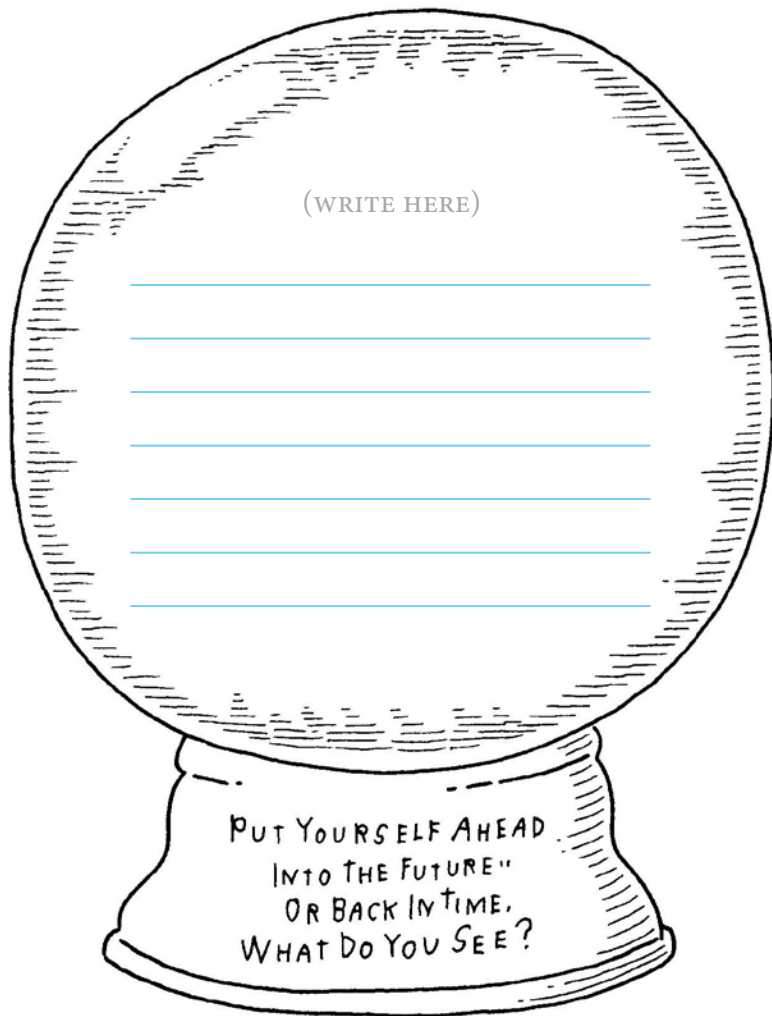
---

---

THINK ABOUT  
SOMETHING THAT  
BRINGS YOU  
HAPPINESS...



# Imagine



# Imagine

A NOTE FOR SOMEONE WHO MAKES YOU HAPPY

Dear \_\_\_\_\_,

---

---

---

---

---

---

---

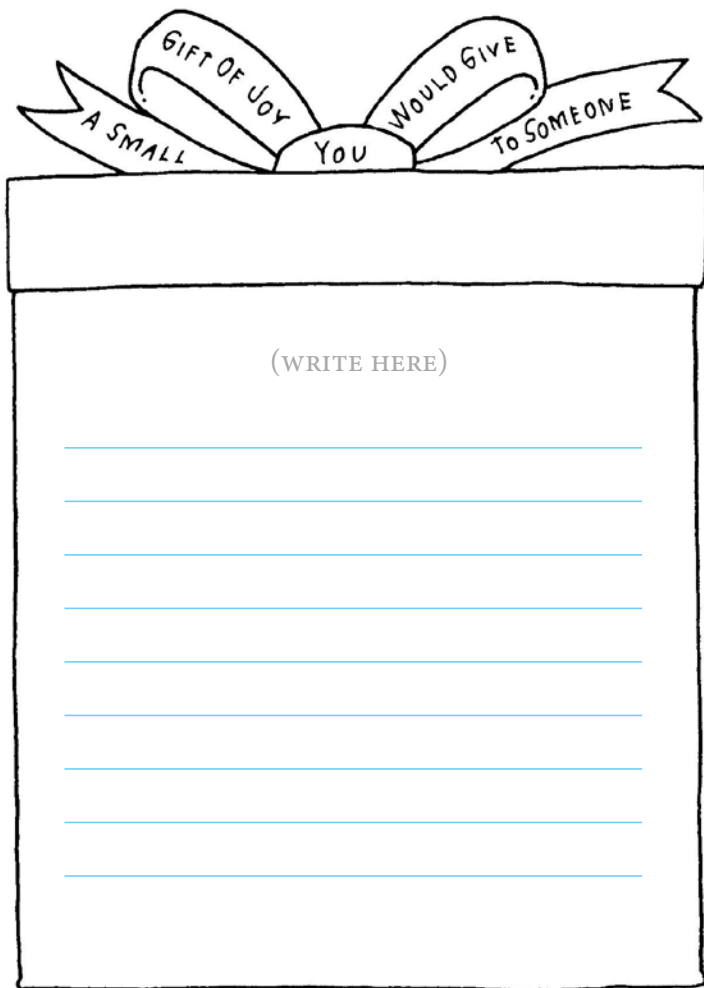
---

---

---

---

# Imagine



# Imagine

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---

A PRAYER FOR SOMEONE NEAR AND DEAR TO YOU

# Imagine



(WRITE HERE)

---

---

---

---

---

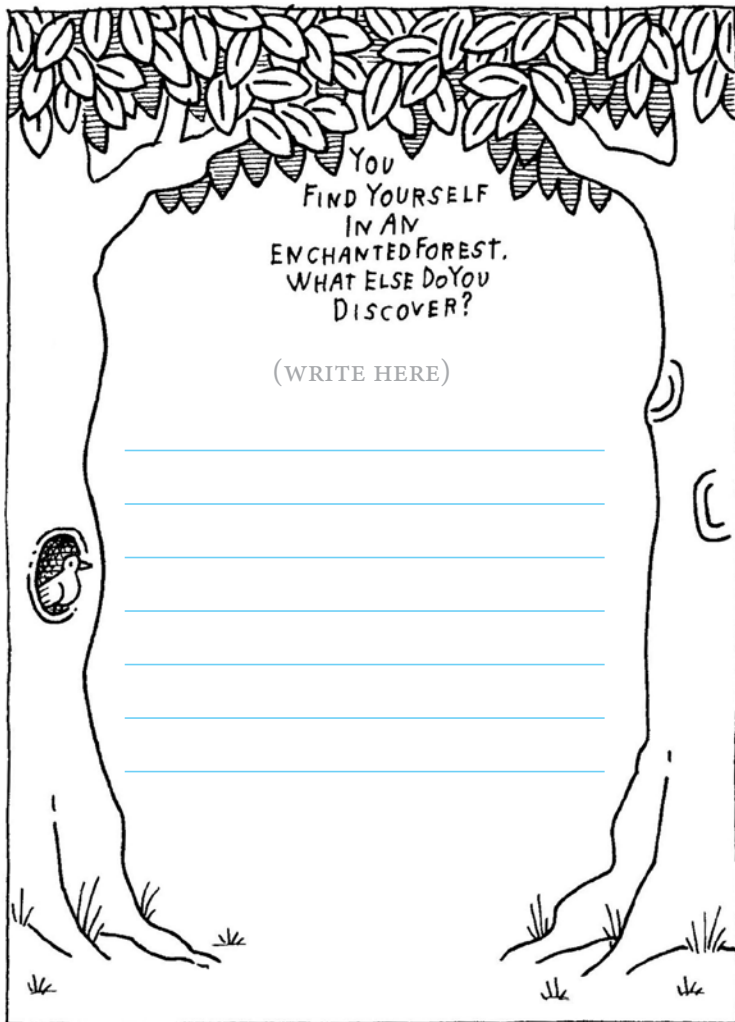
---

---

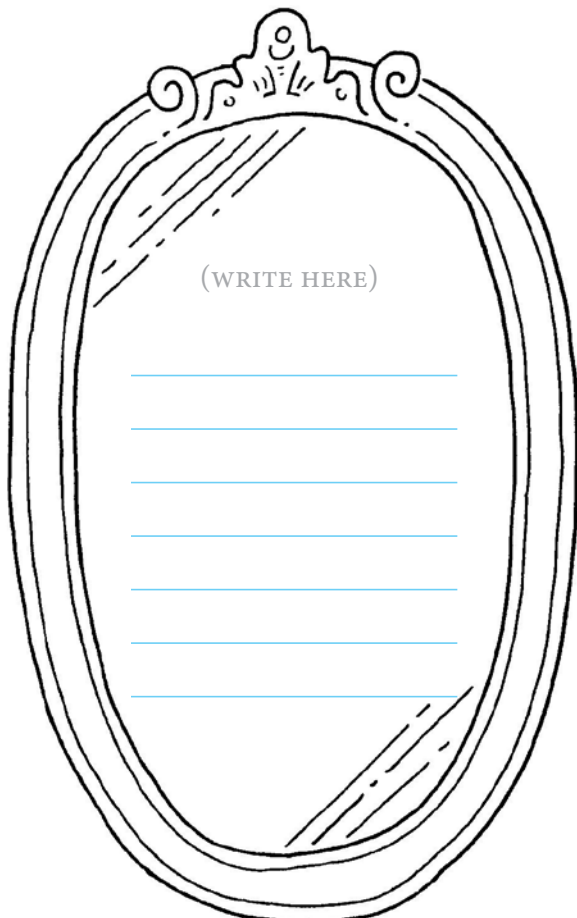
---

A MEDITATION ON WHAT HOLDS YOUR  
IMAGINATION

# Imagine



# Imagine



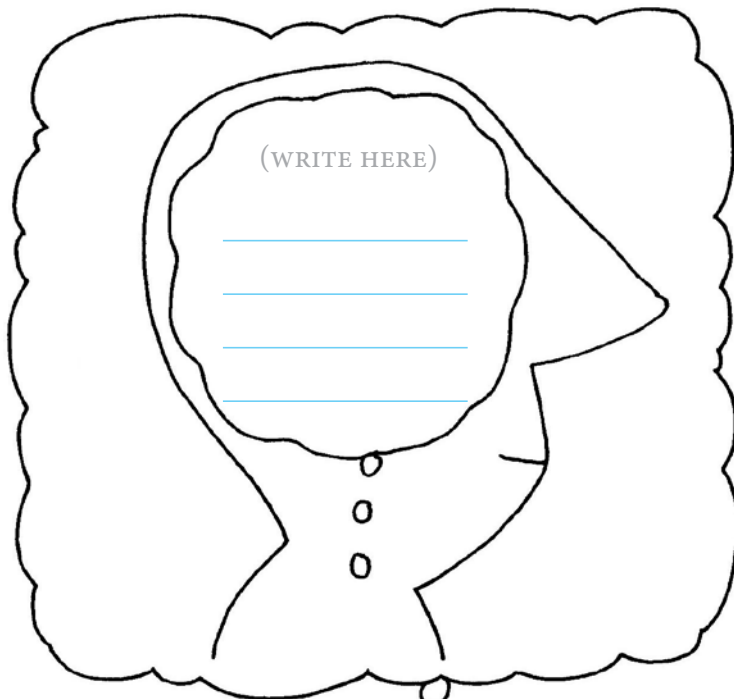
YOU GET TO LIVE  
HAPPILY EVER AFTER.  
WHAT IS YOUR LIFE LIKE?

# Imagine





# Imagine



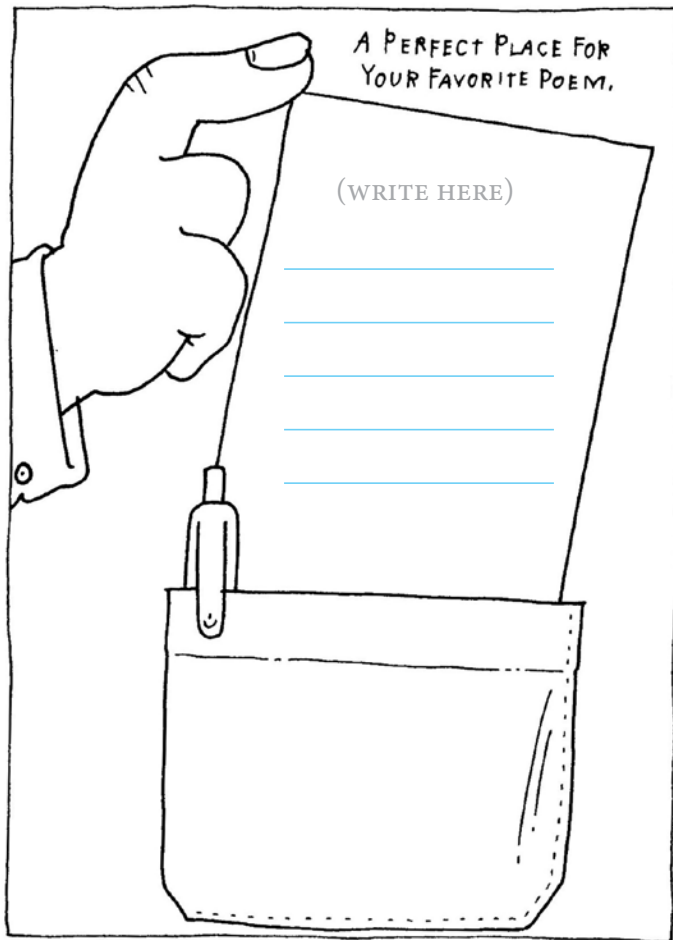
A  
WONDERFUL  
THOUGHT  
THAT

KEEPS

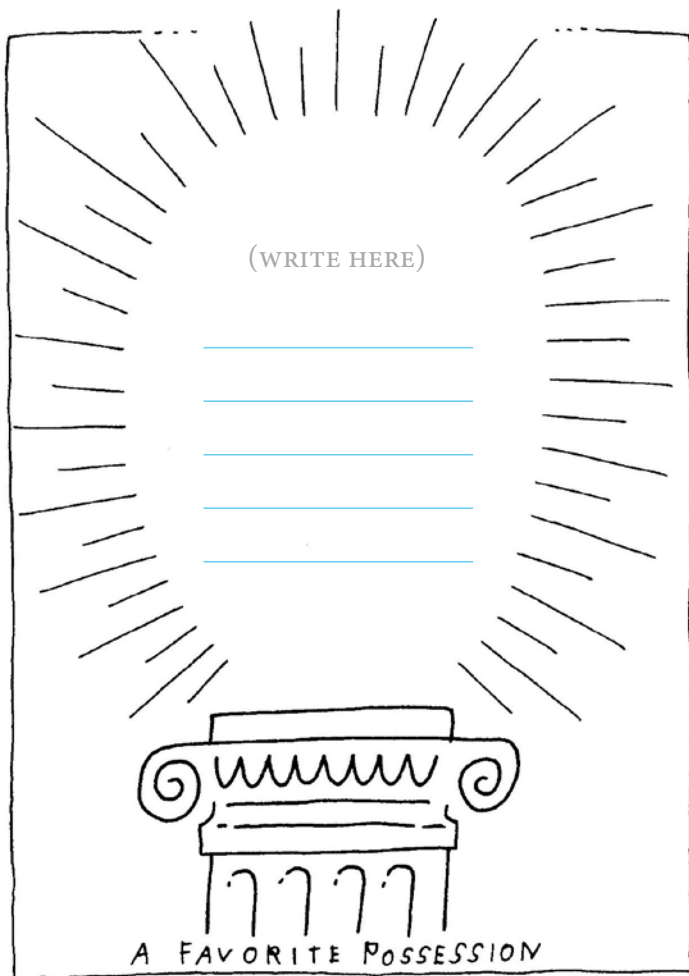


PLAYING  
IN  
YOUR  
HEAD

# Imagine



# Imagine



# Imagine

(WRITE HERE)

A TALE OF ROMANCE

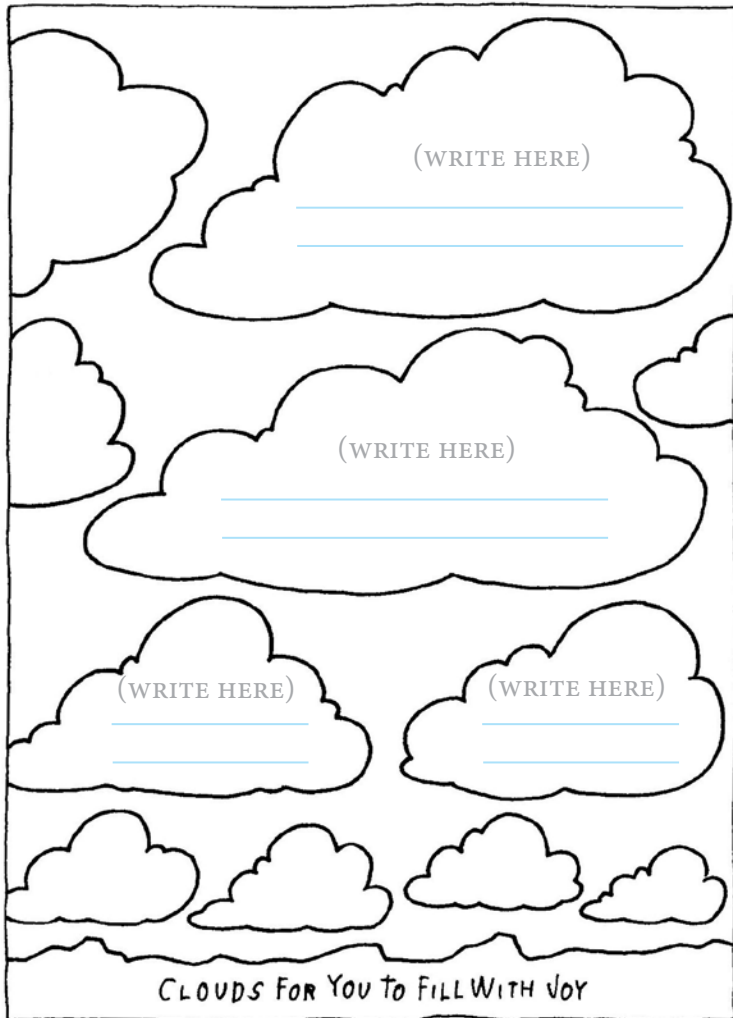
# Imagine



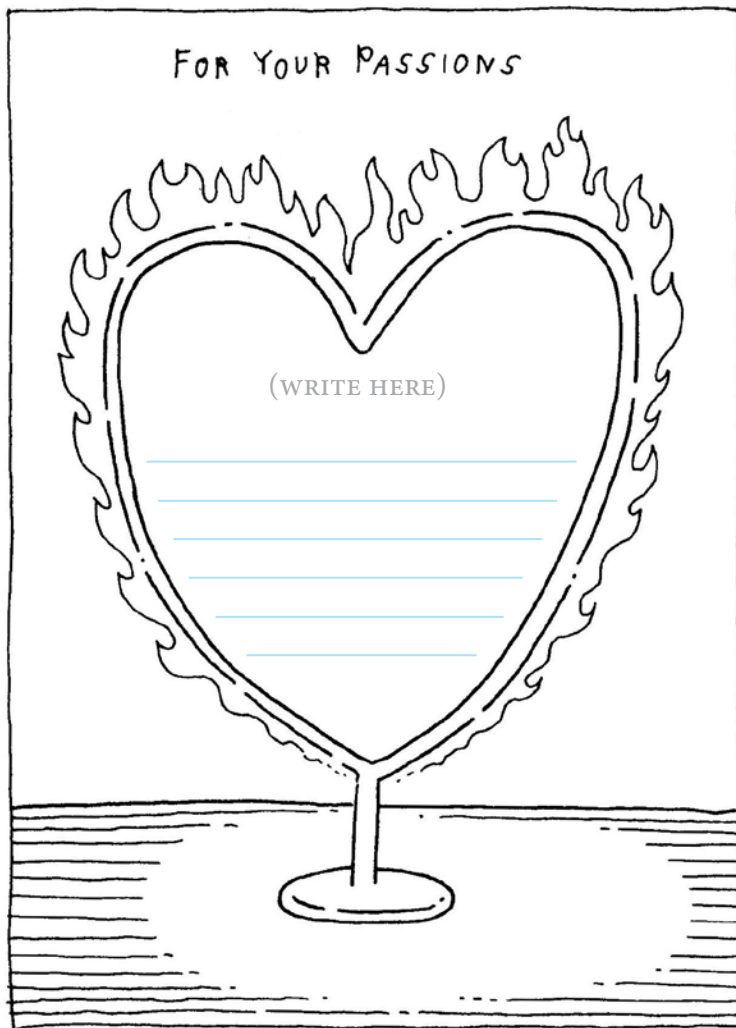
A SWEET SPOT FOR YOUR DEEPEST DREAMS

(WRITE HERE)

# Imagine



# Imagine



# Imagine



AFTERTHOUGHTS

(WRITE HERE)

---

---

---

---

---

---

& MUSINGS





# Imagine

MAKE A WISH

(WRITE HERE)

---

---

---

---

---

---

---

---

---

---



# Imagine



# Imagine

(WRITE HERE)

SOME

RANDOM

(WRITE HERE)

THOUGHTS

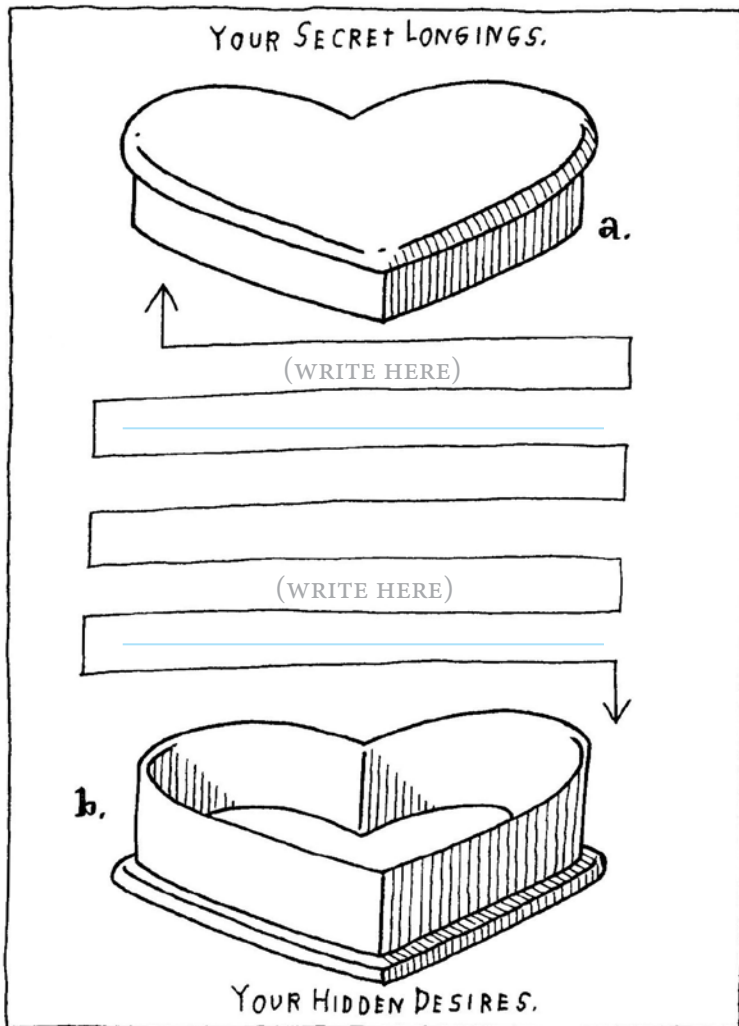
# Imagine

SAY SOMETHING BEAUTIFUL TO THE WORLD,  
(IT CAN BE IN YOUR OWN SECRET LANGUAGE OR CODE)

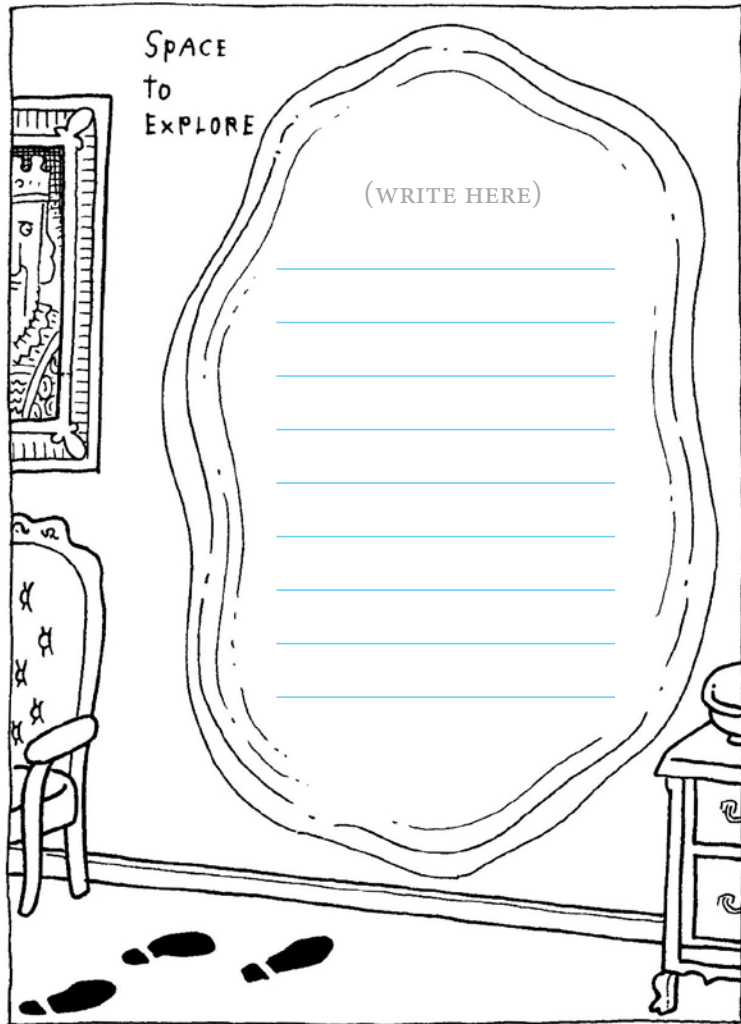
(WRITE HERE)



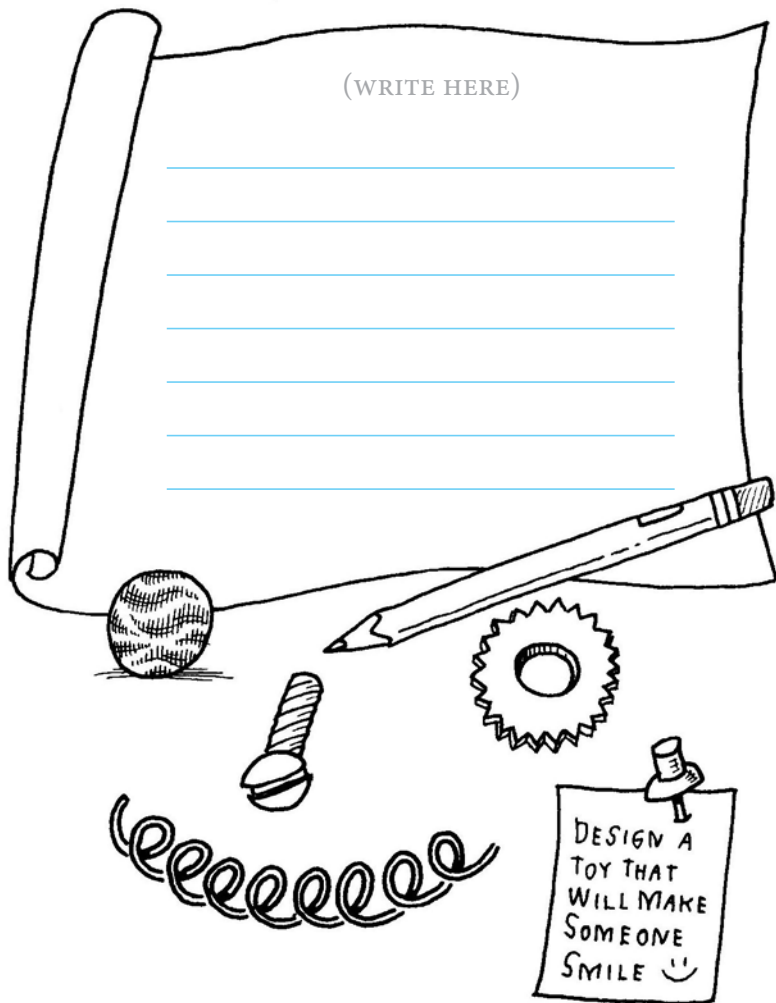
# Imagine



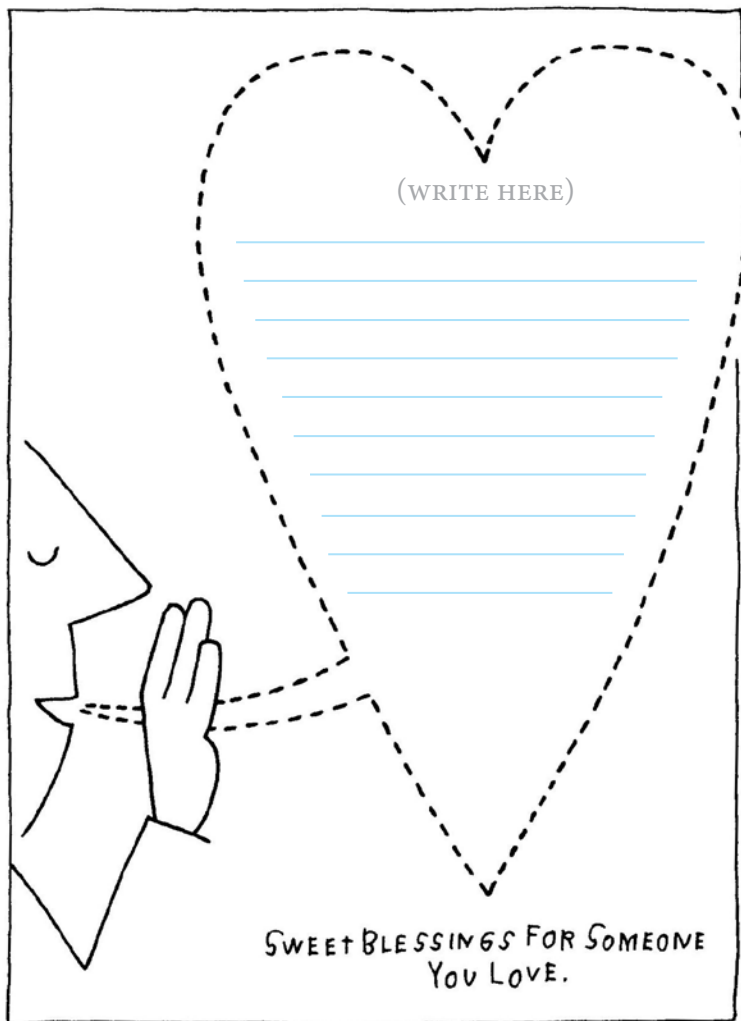
# Imagine



# Imagine

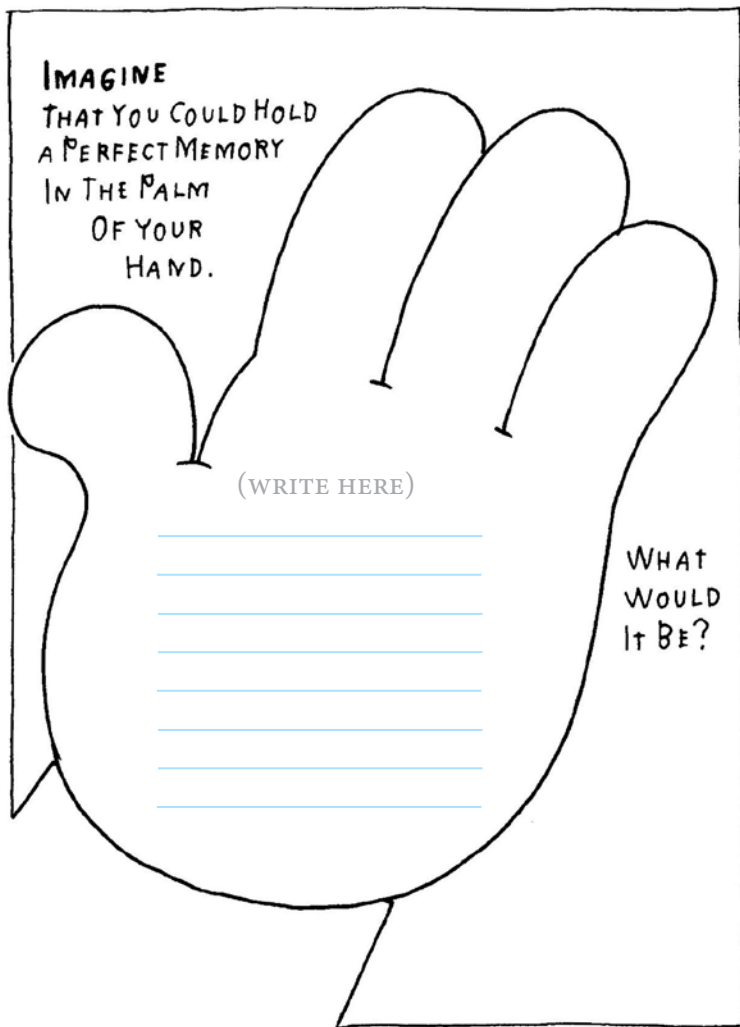


# Imagine

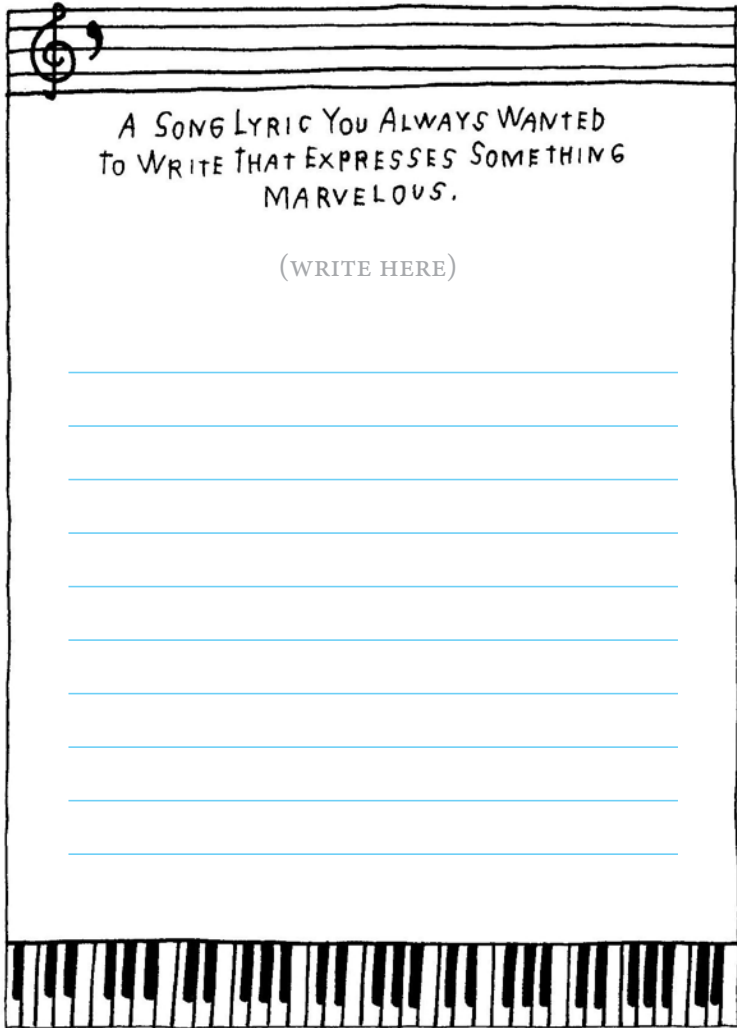




# Imagine



# Imagine



A SONG LYRIC YOU ALWAYS WANTED  
TO WRITE THAT EXPRESSES SOMETHING  
MARVELOUS.

(WRITE HERE)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

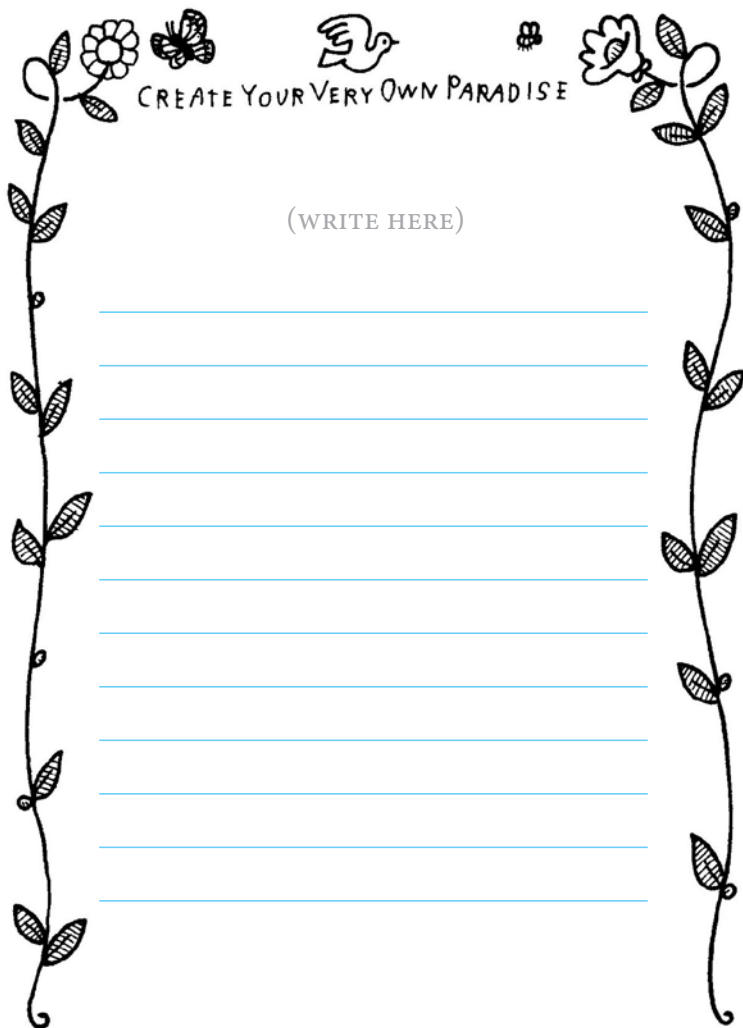
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Imagine



CREATE YOUR VERY OWN PARADISE

(WRITE HERE)

## About the Author

**Bill Zimmerman** is the author of many other books which include:



*Laptop Letters: Sending Wise & Loving Messages to Young People in Your Life; City Doodles New York; Pocket Doodles for Kids; Pocket Doodles for Young Artists; Doodles and Daydreams: Your Passport for Becoming An Escape Artist; 100 Things Guys Need to Know; Your Life in Comics: 100 Things For Guys to Write and Draw; My Paper Memory Quilt; My Life: An Open Book; Butterfly Wishes; Dogmas: Simple Truths from a Wise Pet; Cat-e-Chisms: Feline*

*Answers to Life's Big Questions; How to Tape Instant Oral Biographies; Make Beliefs: A Gift for Your Imagination; Make Beliefs for Kids of All Ages; A Book of Questions to Keep Thoughts and Feelings; A Book of Sunshine; LifeLines: A Book of Hope; Idea Catcher for Kids; The Little Book of Joy, and Lunch Box Letters: Writing Notes of Encouragement to Your Children.*

His web sites are: <http://www.billztreasurechest.com>, with features excerpts from all his books, and <http://www.makebeliefscomix.com>, which enables visitors to create their own online comic strips.





## About the Illustrator

**Tom Bloom** is an artist who has brought joy to the world with his cartoons and illustrations which have appeared in many publications, such as *The New York Times*, *The New Yorker*, *Fortune* and *Barron's*. He has collaborated with Bill on many other books.



## Share With Us

Your feedback on using *Hummingbird Joy* is very welcome. Please be encouraged to send your thoughts or suggestions on how we can improve this book, along with your permission to use your ideas. **For every idea used, a free copy of one of Bill Zimmerman's books will be sent to you.** What was your experience like in using this book? Please share with us.



### WRITE TO:

Bill Zimmerman  
Guarionex Press Ltd.  
201 West 77th Street  
New York, NY 10024  
E-mail: [wmz@aol.com](mailto:wmz@aol.com)



## *Another Free Interactive Digital Diary from **MakeBeliefsComix.com***

**H**ummingbird Joy is one of a series of free interactive digital journals for family literacy programs being published by [MakeBeliefsComix.com](http://www.makebeliefscomix.com). They are part of our mission to help people discover their writers' voices and express their deepest thoughts through writing.

The first book in this series was *Laptop Letters: Sending Wise & Encouraging Messages to Young People in Your Life*, also written by Bill Zimmerman, creator of MakeBeliefsComix. It can be found at: <http://www.makebeliefscomix.com/How-to-Play/Educators/Family-Literacy/Laptop-Letters-eBook/>.

In his work, Zimmerman has pioneered innovative writing techniques to help people express all the important things within them (see **his books at [www.billztreasurechest.com](http://www.billztreasurechest.com)**). His books and web site are used in literacy programs around the world.

If you find the work we are doing as useful to your life, please consider making a small financial contribution to us at PayPal.com at: <http://www.makebeliefscomix.com/Contribute/>. And please share our work with your friends, family members and colleagues. Thank you.

