

# I Wish You Enough

..... story by Bob Perks in Chicken Soup for the Grieving Soul

One evening, as a man was waiting in the airport terminal, he watched a heartwarming exchange between a father and a daughter.

The daughter was getting ready to board her plane and after the father gave her a hug, he looked her in the eyes and said, "I love you and I wish you enough."

With a smile on her face she answered, "I love you too dad and I also wish you enough."

As the daughter left and the father gathered his things, the man who was waiting in the terminal walked over and said, "I'm sorry to intrude, but I was touched by the exchange between you and your daughter. And," he added, "wanted to ask you what you meant when you said, 'I wish you enough.'"

"Ah," said the father, "that is a wish that has been said in my family for over 7 generations. And the message is simple: When we wish someone to have enough, we are wishing them to have a life filled with just enough good and bad situations so that they can experience and appreciate life as much as possible.

If life is all good, you don't understand the value of good. If life is only hard, it hardens you. Having both good and bad situations in life is important and it's what allows us to not take life for granted."

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## DISCUSSION QUESTIONS & PROMPTS

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### OPENING CLASS

The meaning of the word “enough” often carries a negative connotation or conveys lack.

But, what if enough was balance, a sense of equanimity, where we could experience all that life has to offer – what if we wished for just enough of everything, the good and the bad so that we can find a deeper appreciation for our lives?

### DURING CLASS

It’s virtually impossible to appreciate something fully if the opposite of it doesn’t exist.

How much more do you appreciate the rain after weeks of scorching sun? How much more do you really value your free time when you’re coming off weeks of non-stop work?

If life were only happiness, unicorns, butterflies and rainbows, we wouldn’t truly grasp the meaning or joy of those things.

### CLOSING CLASS

I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

### EXTRAS

If this story inspired you, Bob Perks has an entire collection of short, inspirational stories in his book, [I Wish You Enough: Embracing Life’s Most Valuable Moments One Wish at a Time](#).

*I Wish You Enough* encompasses 8 values needed for true contentment and happiness and transforms them into 8 wishes for the reader.

You can use this book as a stand-alone resource for theming or use it to further this individual lesson.