

# Seraphina

Does EVERYTHING!



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My name is Seraphina,  
and I do *EVERYTHING*.

I paint, I act, do this and that,  
I score, I lead, I sing.

See, *EVERYTHING*'s exciting.  
I don't want to miss a chance  
to speak a different language,  
or learn a graceful dance.



My name is Seraphina. I do *EVERYTHING*.

Except...

I don't go to birthday parties.

I don't play basketball in the driveway.

I don't throw the tennis ball for Rufus.

I don't eat lunch with my friends.



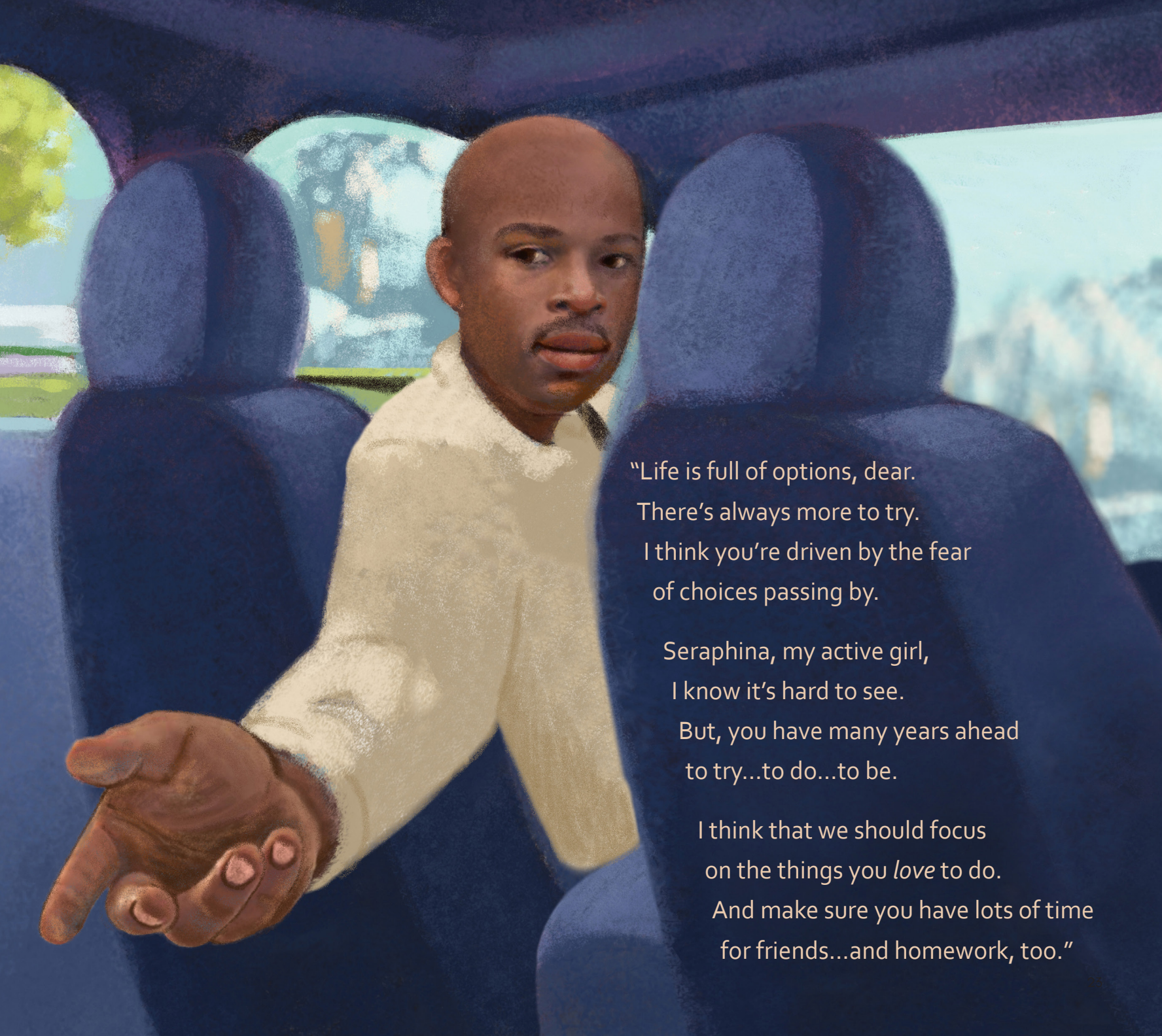


My name is Seraphina.

Do I stink at *EVERYTHING*?







"Life is full of options, dear.  
There's always more to try.  
I think you're driven by the fear  
of choices passing by.

Seraphina, my active girl,  
I know it's hard to see.  
But, you have many years ahead  
to try...to do...to be.

I think that we should focus  
on the things you *love* to do.  
And make sure you have lots of time  
for friends...and homework, too."



My life is different now. Friends and family can tell.  
I have more fun with fewer things, 'cause I can do them well.



I throw the ball with Rufus.  
I'm the best at hide-and-seek.  
I'm still a ballerina, and  
I practice twice a week.





My name is Seraphina,  
and I HAVE everything.




I have time to get  
my homework  
done before dinner.

My family eats together now.  
Sometimes, I sneak Rufus a  
green bean under the table.  
He loves green beans.



On Fridays, we  
play basketball  
until it's too dark  
to see the net.





I'm not scared of missing out any more.  
I thought doing lots and lots of things  
would be fun, but I was wrong.

I believed that everything  
was something outside me.  
An activity that I should do,  
not something I could be.



*If I don't open every door to see what lies within,  
I'll miss an opportunity that might not come again.*

*I stay busy day and night, through winter, fall, and spring.  
I crush my fear of missing out by doing EVERYTHING.*

## Seraphina wants to do it all.

And she does! From soccer to ballet to French club, her schedule is jam-packed. There are so many options and doors to walk through in life, and Seraphina doesn't want to miss a thing!

So, if Seraphina is doing all the things she wants to do, why does she feel so blue? With help from her dad, Seraphina discovers that in trying to do everything, she is missing out on her favorite things.



**Melissa Gratias, Ph.D.**, is an international speaker, coach, blogger, and author. For more than 20 years, Melissa's coaching and consulting work has improved productivity for multinational, billion-dollar companies as well as individual solopreneurs. She creates workable systems so people can accomplish their professional goals in less time and with less stress. As a result, thousands of business owners, CEOs, and other overwhelmed professionals have become more focused, effective, and balanced in their lives and work. Melissa's expertise helps people thrive, and according to her clients, she is knowledgeable, approachable, and "ridiculously fun to work with." Learn what Melissa has to offer and connect with her online at [MelissaGratias.com](http://MelissaGratias.com).



**Sue Cornelison** graduated with a BFA from Drake University in Art Education before heading to Florence, Italy to continue her studies at the International School of Studio Arts. Sue has worked as a full time illustrator for over a decade, exploring different techniques and styles. Sue has won many book awards, including Moonbeam, Mom's Choice, Teacher's Choice, and CCBC.



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