

# CONTENT



Appreciate what we have through contentment.

**What it's about; what it does for us...**

...Feeling secure and satisfied; it lets us value what we have and feel fulfilled. It turns what we have into enough.

**We feel this when...**

...we are at ease with ourselves, our situation and relationships. All is well. We appreciate what we have, count our blessings and are happy with simple pleasures.

**It makes us...**

...feel what we have and who we are with is enough, and so we make the most of what we have. It stops us taking people or things for granted. It also stops us bothering about how we compare to.



CONNECTING  
ME QUADRANT



GRACIOUS ZONE