Let it Be- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the quote below and reflect with curiosity on the questions that follow. You may journal your response to them, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

Be content with what you have;

rejoice in the way things are.

When you realize there is nothing lacking,

the whole world belongs to you.

~Lao-Tzu

1. What patterns of discontent do you fall into? What areas of your life feel like they are lacking, or you would like them to be different?

a. What can you learn from these patterns? What are they trying to teach you?

b. If a friend was sharing their sorrow around this same topic in their life, what advice would you give them?

2. What do you have in your life that you can celebrate and give gratitude for right now?

3. Spend 5-10 minutes sharing your gratitude for the way life is right now via a journal, friend or in prayer.