Sufficiency- Moment of Reflection

-Masterpiece Living

Directions:

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

*Right now, as a global world, we are united by the need for smaller living and lighter footprints on the earth. By consuming less through limited travel, shopping and visiting it can feel like we have less. In what ways can less be more? Is it possible that what we do have could be sufficient?*

Questions:

1. What do you have in your life that feels like enough?

2. What are you missing in your life due to restrictions right now?

A. What’s the feeling you receive from this “item” when it is in your life?

B. How might you create that feeling in another way?

C. Or, what can you do to be okay without the feeling?

3. How is your life sufficient-

A. Socially?

B. Intellectually?

C. Emotionally?

D. Financially?

E. Physically?

F. Spiritually?

G. Other?