

Day 7 Multiple Streams of Contentment

We can fixate on one problem so much that we leave no room to let joy or peace in. We focus only on the problem day and night. That's when you should pause and be grateful for what you have, and open up to activities and people who can lighten your day. Reflect on streams that lift your spirits to reduce stress.

Consider the streams of contentment in your life that help you feel less stressed. In each stream circle what helps make you happy and less stressed. Underline what add to stress. Add to streams and add more streams to increase contentment and joy.

Relational streams

Family

Friends

Sisters and brothers in Christ

Co-workers

Business associates

Acquaintances

People we encounter

Daily streams

Pleasant thoughts

Kind and encouraging words

Phone conversations

Compliments

Social network conversations

Smiles and laughter shared

Memories

Gratitude for blessings

And answered prayers

Physical streams

Shelter

Nourishing food

Clothing

Gifts received

Financial security

Beautiful items

Pets and comforting items

Natural streams in nature

Sunrises and sunsets

Beautiful scenery

Buds and blossoms

A blue sky

Clouds that shower the earth with rain

A gentle breeze

An animal or bird in the wild

Spiritual streams

Prayer

Scripture

Hymns and Christian music

Christian books and speakers

Church fellowship

Bible study

Personal relationship with JESUS