

CONTENTMENT

Contentment means realizing all we have, instead of looking to the next thing we want. We live with a quiet joy, in moderation and balance. We try not to over do it.



photo: Colin Gregg Ferrell



photo: Denise Flora

When we're contented, we appreciate what we have already, instead of feeling sad about what we don't have!



photo: Denise Flora

Not more, not less,
just what I need is best.

I have what I need, if I don't feed my greed.

Contentment