

LETTING GO SERIES

**FROM  
ENVY  
TO  
CONTENTMENT**

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**TIMELESS ADVICE FROM THE RICHEST  
AND WISEST MAN THAT EVER LIVED**

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**ACTION GUIDE**

ASSKINGSOLOMON.COM

## **Scriptural Foundation:**

Proverbs 14:30: "A heart at peace gives life to the body, but envy rots the bones."

Proverbs 15:16: "Better a little with the fear of the Lord than great wealth with turmoil."

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## **Purpose of This Action Guide**

This guide is designed to help you actively transition from a mindset of envy to one of contentment. By incorporating the wisdom of King Solomon into practical actions, you can cultivate peace in your life and appreciate the abundance that surrounds you.

# Step 1: Acknowledge Your Feelings of Envy

Self-Reflection Exercise: Spend a few minutes reflecting on recent moments when you felt envious. Write down the triggers and emotions associated with these feelings.

## Questions to Consider:

What specific situations or people trigger my envy?

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How do I feel when I experience envy?

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**Journaling Prompt:** Write about a time when envy affected your decisions or relationships. How did it make you feel afterward?

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## Step 2: Shift Your Focus to Gratitude

**Gratitude Journal:** Start or maintain a gratitude journal. Each day, write down at least three things you are thankful for, no matter how small.

Example: “I am grateful for my health, a sunny day, and a friend who supports me.”

**Weekly Reflection:** At the end of each week, review your gratitude entries and reflect on how focusing on the positive has influenced your mood.

Acts of Kindness: Commit to at least one act of generosity each week. This could be as simple as helping a neighbor, volunteering, or giving compliments.

**Action Ideas:**

- Donate items you no longer need
- Offer your time to help someone in need.

**Reflect on Generosity:** After each act of kindness, take a moment to reflect on how it made you feel and how it impacted others.

Declutter: Choose one area of your home or life to simplify. This could mean decluttering your physical space or simplifying your schedule.

**Action Steps:**

- Identify one space to declutter.
- Set aside 30 minutes to sort through items and donate or discard what you don't need.

Mindful Consumption: Before making a purchase, ask yourself if it aligns with your values and if it will bring you lasting happiness.

Mindfulness Practice: Dedicate time each day to practice mindfulness or meditation. Focus on your breath, allowing thoughts of envy to float away.

**Action Plan:**

- Set aside 5–10 minutes daily for mindfulness or meditation.
- Use guided meditation apps or simply sit in silence.

Daily Affirmation: Begin your day with a positive affirmation that reinforces contentment. For example: “I choose peace and gratitude today.”

- Daily Scripture Reading: Spend time each day reading and reflecting on biblical verses that encourage contentment. Proverbs 15:16 is a great place to start.
- Prayer: Engage in prayer, asking for guidance and strength to overcome feelings of envy and cultivate a heart of contentment.

Weekly Check-In: At the end of each week, evaluate your progress. Ask yourself:

How have I felt throughout the week regarding envy and contentment?

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What strategies worked best for me? What needs adjustment?

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Celebrate Success: Acknowledge and celebrate small victories in your journey towards contentment. This reinforces positive behaviour and encourages further progress.

By following this action guide, you are taking tangible steps to move from envy to contentment. Remember that this journey is ongoing, and it's okay to have setbacks. What matters is your commitment to growth and your ability to seek peace and fulfilment in every moment. Embrace the wisdom of King Solomon, and let your heart lead you to a life of true contentment.