

LETTING GO SERIES

**FROM
ENVY
TO
CONTENTMENT**

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

DAILY AFFIRMATION

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Personal Reflection Affirmations

From Envy to Contentment

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."

Affirmation Statements:

1. I choose peace over envy.

Every day, I let go of feelings that do not serve me and embrace a heart full of peace.

2. My worth is not defined by what others have.

I am unique and valuable just as I am; I celebrate my journey without comparing myself to others.

3. I practice gratitude daily.

I focus on the blessings in my life, big and small, recognizing that they bring me joy and contentment.

4. Simplicity brings me fulfilment.

I find joy in the little things and appreciate the life I have rather than longing for what I do not.

5. I release the need for material wealth.

True happiness comes from within; I prioritize my inner peace and well-being over material possessions.

6. I trust in God's provision.

I have faith that God will provide for me, and I choose to live in the present with gratitude for what I have.

7. Generosity enriches my spirit.

I find joy in giving to others, knowing that acts of kindness fill my heart with contentment.

8. I am a work in progress.

I acknowledge my feelings of envy without judgment, allowing myself to learn and grow from them.

9. I am surrounded by abundance.

I see the abundance in my life and choose to focus on what I have rather than what I lack.

10. Peace is my priority.

I cultivate a peaceful heart that nourishes my body and soul, knowing that envy has no place in my life.

How to Use These Affirmations:

Daily Repetition: Choose one or two affirmations to repeat each morning, setting a positive tone for your day.

Journaling: Write these affirmations in your journal, reflecting on their meaning and how they apply to your life.

Visual Reminders: Create visual reminders of your favorite affirmations. Place them where you can see them daily (like on your mirror or desk).

Mindful Moments: Take a moment during the day to pause, breathe, and affirm your commitment to contentment and peace.

By integrating these affirmations into your daily routine, you can shift your mindset from envy to contentment, aligning with the wisdom of King Solomon and embracing a heart at peace.