

Vision Quest Journal

Day 12 Cultivating Your Cloak of Contentment

How often do you walk around truly feeling content?

Maybe you notice feeling content at certain times, but we want to aim to drop into our contentment on a daily basis.

When we feel “content” it’s another sign that we are allowing our soul-self to guide us.

Practice this cultivating contentment exercise anytime you need to drop back into your inherent contentment.

When we practice cultivating our contentment, it becomes like a cloak surrounding us, keeping us grounded in the soul-self and shielding us from negativity, stress and overwhelm.

Drawing exercise: Grab some markers or colored pencils and draw yourself with this cloak of contentment surrounding you. What colors is it made of? What textures might it have? What special symbols would it have that represent you in certain ways? Have fun with this!