

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		l am content with what I have.	2 I appreciate the abundance in my life.	3 I share generously with others.	4 I find joy in giving more than receiving.	5 My self-worth is not measured by my wealth.
6 I trust that I have enough.	7 I value experiences over possessions.	8 I am mindful of my needs and wants.	9 I let go of the need for excess.	10 I prioritize love and relationships over material wealth.	11 I am satisfied with my accomplishment	12 I focus on what I can give, not what I can get.
13 I find peace in what I have.	14 I choose to live a life of purpose, not of greed.	15 I avoid comparing myself to others.	16 I live with integrity and honesty.	17 I am grateful for the people in my life.	18 I prioritize my mental and emotional well- being.	19 I am aware of the impact of my choices.
20 I seek to create, not to possess.	21 I live a life of balance and harmony.	22 I matter.	23 I focus on what truly matters in life.	24 I am grateful for the opportunities I have.	25 I am content with my journey.	26 I cherish the non-material aspects of life.
27 I am grateful for the lessons life brings.	28 I practice selflessness and generosity.	29 I am thankful for the small things.	30 I find peace in living a humble life.	31 I find contentment in simplicity.		
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Greed is a strong and selfish desire for more than what one needs or deserves, especially money, power, or food. It's like when you see a big cake and instead of sharing it with everyone, you want to eat the whole thing by yourself, even if it means others go without. Being greedy means you always want more and are never satisfied with what you have. It's important to avoid greed because it can make you unhappy and damage your relationships. People may see you as selfish and not want to be around you. Instead, aim to be generous and appreciate what you have. Share with others and find joy in giving, not just receiving.