

# Finding Contentment In Your Life

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# Why Don't I Feel More Contented In Life?

Sometimes it can be a struggle to find contentment in life. But do you ever wonder why you have to struggle so much to feel content? There could be a few reasons you don't feel content in life, and if you address them, you likely won't have to struggle at all.

#### You Believe You Will Be Content After Something Happens

In life, you are often taught that contentment is attached to certain achievements that you must "unlock" before you can experience happiness. But this isn't true at all. Being content is being happy with who you are and where you are at any given point in life. Once you can let go of the idea that contentment comes when you achieve something, you'll be well on your way to being more content.

### Are You Grateful for the Things You Have?

Another reason you may be struggling with feeling content is that you don't regularly think of all the things you are grateful for in life. No matter who you are, you have many things to be grateful for. You need to bring them to the forefront of your mind regularly. You can do this by journaling or even during a period of meditation. Either way, you will be surprised how content you feel when you start regularly thinking about all the things you are grateful for in life.

#### You Are Unaware of The Present

An important aspect of feeling content is to be present at the moment instead of thinking of the things that were or might have been. This mindfulness means putting down your cell phone and taking the time to enjoy who you are and where you are in life. If you find that being present is an everyday struggle for you, then it may help for you to spend more time in nature, as well as focus less on the materialistic things in life. Remember, the best things in life are often free!

Feeling content in life can be a constant struggle. But as long as you work towards feeling more content, you'll find that it comes naturally. Just ensure that you are working every day to feel grateful and letting go of the idea that contentment comes with achievement. Then as long as you focus on living in the moment, you'll likely find that you are quite content with your life!



# What Holds Us Back from Feeling Contentment In Life?

Maybe you've decided that you want to take steps to feel content with your life, but you're finding it harder than you thought. You could be struggling to feel contentment because something is holding you back. If you want to be more content, you need to figure out just what is holding you back.

### Associating Happiness with An Event Or Thing

Have you ever thought that you would be happy if you achieved a certain goal or received a certain material possession? Don't worry too much if you have, as most people do this at some point in their life. But to achieve contentment, you need to let these ideas go. Contentment is something that you find within yourself, not in any outside source. You won't find any contentment until you realize that you alone are responsible for your happiness in life.

#### **Having Too High Expectations**

Another thing that may be holding you back from feeling content with your current circumstances is having unrealistic expectations of what you should and shouldn't have in life. While it is okay and certainly encouraged to have dreams, you should also make sure that these dreams are possible for you to achieve. For example, if you dream of becoming a King or Queen of a far-off land, this isn't likely to happen. Dreams need to be based on reality. For example, while you likely won't be named Queen any time soon, you can certainly aspire to be involved in local politics someday! Having realistic expectations will help you feel more content with your life and all the awesome things you have.

#### **Negative Thoughts**

If your mind is constantly filled with negative thoughts, this can make it impossible for the positive thoughts associated with happiness and contentment to get in. So to feel contentment, you'll need to work on kicking these negative thoughts out. Sometimes calming exercises like yoga or meditation can help with the purging of negative thoughts. You can also journal to help clear your mind and work towards feeling more gratitude.

Feeling content with your life is no easy feat, and if you are associating contentment with a thing or person, you will never be able to achieve it. Once you realize that you are in control of your life, you can evaluate your expectations and thought processes to make them more conducive to feeling content with yourself and your life.



# **Top 3 Ways To Feel More Satisfied In Life**

Are you truly satisfied with your life? If not, you aren't alone, as being satisfied with your life isn't always an easy task for anyone. Below are the top three things you should do if you want to feel more satisfied with your life.

### 1. Exercise

Exercise is great for you both physically and mentally. Exercise helps to keep you in your best shape while also releasing endorphins that make you feel happy. And if you do manage to exercise enough, you will be able to transform your body into the physically fit shape you've always wanted to be—which will also help you in the happiness department. Don't be afraid to start small. Just try to get your body moving in some small way each and every day!

#### 2. Be Grateful

One of the best ways to feel more satisfied with your life is by practicing gratefulness for all the amazing things you have already. If you spend all your time wanting for the things you don't have or being jealous of others for the things they do have, this will make you unhappy with your life. To efficiently practice gratefulness, you should make a daily list. Take some time to brainstorm all the amazing skills, people, and things that you have in your life. Then when you find a moment that you are feeling down, look back at this list and remind yourself how good you have it.

#### 3. Release Stress

You have probably already realized that stress is a major hindrance to feeling satisfied with your life. This fact is why you should do everything in your power to lower the stress you feel daily. Start each morning with some relaxing yoga or mindful meditation. Then make sure you are allowing yourself enough time for self-care each day. Ensure you regularly engage in practices that help you to

release stress. When you are faced with an especially stressful moment at work or your home, don't underestimate the power of a deep breath, taking a break, or even reaching out to a friend for some help.

Feeling more satisfied in life is no easy task, and it will take you some time to accomplish it truly. If you exercise, practice gratefulness, and work to release stress every day, you may find that satisfaction with your life is right around the corner and well within your reach.



# What Does Contentment Mean To You?

People may have told you at some point in your life that you need to have more contentment. But what does this mean exactly? Unsurprisingly, being content is something that will look different for every individual. There are a few similar attributes that content people share, though.

#### **Contentment Is Being Grateful**

When you have contentment, you are grateful for all the things you have in life. And this doesn't just mean physical possessions. It also means being content with the people you have in life and less tangible things like your abilities and skills. If you struggle with being grateful for the things you have, it may help if you make a list of all the things you are grateful for in life. It would be best if you did this regularly. This way, you will have a visual of all the amazing aspects of your life, and it will help keep these things at the forefront of your mind.

#### **Contentment Is Living in the Moment**

Living a life filled with contentment means you spend your time living in the moment rather than dwelling in the past. When you find yourself thinking too much about the past, it's time to try to let these regrets go. So, when you find yourself surrounded by friends at an event, instead of looking in your phone at social media and other things that happened in the past, you need to put your phone down and resolve to enjoy the moment, and whatever may come your way.

#### **Being Content Is Being Happy**

Above all else, being content in life means you are happy with things just like they are. Contentment means you don't need to worry about physical possessions because you know that you have everything you need to be successful and happy. If acquiring physical possessions is something you frequently do, the next time

you find yourself wanting to buy something, ask yourself if you need it or if you want it. Chances are you probably don't need whatever it is you are about to buy.

In conclusion, contentment means many different things to people, but in general, being content means that you are grateful for what you have, that you live in the moment, and that you are overall happy with the way your life is going. The road to achieving contentment won't always be easy, but you can guarantee you will be happy when you get there.



# Is Contentment the Same As Happiness?

As you search to find happiness in life, you may encounter the word contentment used in the same context. But is happiness the same as contentment? And if not, what's the difference? The answer may surprise you.

#### **Contentment is Longer Lasting**

Both happiness and contentment result in feelings of elation and joy, but one lasts longer than the other. While happiness is generally regarded as a temporary feeling, contentment is usually considered an emotion that lasts much longer. For example, during an event, you might feel happy because the event is fun and exciting, but these feelings may fade after the event is over. If you feel underlying feelings of joy and delight, just because that's how much you love your life, this is contentment.

#### **Contentment is A More Encompassing Feeling**

As mentioned above, while happiness can refer to a single event or happening, contentment is more of a feeling regarding your life as a whole. When momentary happiness fades, contentment is what remains. Contentment is something you feel throughout your who body, while happiness may be a localized feeling. Of course, contentment can include feelings of happiness. It also includes different feelings that make it seem more all-consuming. You might experience feelings of satisfaction and gratitude for the things you have in your life.

#### **Contentment is Gratitude**

The previous point brought up the last item on the list, but it is worth mentioning on its own. Contentment contains large amounts of gratitude. While you can feel happy for many reasons, contentment is a more specific happiness associated with being thankful for all the things you have. When you are content, this means

that you realize that you have been given so much in life, both physically and mentally, and you are thankful for all of it. This is why contentment can sometimes feel more relaxing than happiness even though they both stem from the same original two feelings, because thinking of all the things you are grateful for can help you feel relaxed daily.

Overall, while contentment and happiness are two very similar emotions, contentment goes much deeper than happiness. The fact is, contentment is a longer-lasting, more encompassing feeling that focuses more on gratitude rather than just straight happiness. Although they are slightly different things, you should strive to have both in your life to feel truly satisfied with your life.