

## Your Contentment Quotient

1. I feel good about myself when \_\_\_\_\_.
2. I am most at peace when I \_\_\_\_\_.
3. I feel fulfilled and complete when \_\_\_\_\_.
4. The most important thing in my life is \_\_\_\_\_.
5. I am strongest when I \_\_\_\_\_.
6. I want to success most in life at \_\_\_\_\_.
7. I am most alive when I \_\_\_\_\_.
8. The traits I respect most in a person are \_\_\_\_\_  
\_\_\_\_\_.
9. I would like to hear these words spoken about me at my funeral \_\_\_\_\_  
\_\_\_\_\_.
10. My greatest sense of self-worth comes from \_\_\_\_\_.

### Now ask yourself:

**Does my life (your job, activities, hobbies, friends, etc.) reflect the answers in my Inventory? What changes can I make to pursue those things that truly help me be happy?**

Your answers reveal and help formulate your sense of self worth in this world – are your answers honorable? Honest? Reflect who you are or who you strive to be? Do your answers reflect your priorities, your belief system? If not, now is the time to reorder your life's activities and future decisions.

In a study about search for happiness, 1000 people were interviewed to determine what characteristics brought them happiness. The researchers deduced that the Contentment Quotient was  $P + 5E + 3H$ . In the equation, P represented personal characteristics (outlook on life, adaptability, and resilience); E was existence (health, friendships, and financial stability); and H is higher order (self-esteem, expectations, and ambitions).

I look at happiness in a different way, however. I am a lifelong student of yoga, but I also happen to be a student of life. Happiness, for me, means seeking the Greater Good. If I act in the interest of the Greater Good and not just for pleasure, agenda or self-centered ambition, then I am pursuing happiness in its highest form. Yoga and all spiritual paths and religions can agree on this philosophy. God can only be found when you lay down your own agenda and pursue contentment, not happiness.

In other words, bliss comes from the inside, not from the outside. It comes from the smile in your soul, not what the world can give (or take away). If I let my happiness (aka contentment) be dependent on what I can get in the world – then what will happen if I lose those things? (as many people have during this recession)

Instead of looking to find happiness in the world – I stick to the philosophy of “non-attachment.” Non-attachment is the ability to remain separate from an outcome. This mantra, “I am not attached to any outcome,” frees me from my Prison Of Want. My Happiness Inventory is what keeps me on track and reminds me of what I truly need.