

# Happy in Place...

## *The Contentment Equation*

Three Simple Steps To Be  
Happier Today

# Welcome to Full Circle Coaching + Consulting!

Congratulations on taking the first step to increasing your happiness. Just asking for this guide indicates that you know you could be happier and are willing to take steps to get there.

I've put this ebook together to help you take those steps.

The majority of us walk around all day simply reacting to life's events and situations. Little thought is given to what we do or why we do it. However, we can choose to do things differently by becoming aware of the unconscious beliefs that have us on autopilot.

Our beliefs are the root of our happiness or discontent. But not just any beliefs...those beliefs that are so fundamental to us that we're not even aware of them...our True Beliefs.

Many of these beliefs lurk below our subconscious, driving our actions, reactions, thoughts and emotions to everyday life. Unchecked they are in control.

This guide will help you identify your True Beliefs and understand how they may be causing discontent and unhappiness in your life.

I hope that you find these practical ideas useful and come away with a better understanding of yourself, what drives you and some simple tools to put you back in the driver's seat of your life.

Happiness to you:



# Happiness vs Contentment

What do we all wake up hoping for every day?  
What do we wish for our friends and family?

## Happiness.

We all want it. We all pursue it. But it seems so hard to find and to keep.

It's a simple idea. Why is it so hard?

Why don't we wake up hoping for contentment? Why don't we wish that for our friends and family? What is contentment?

What exactly is the difference between happiness and contentment anyway?

Wikipedia states:

**HAPPINESS** is a 'mental or emotional state of well-being, which can be defined by, among others, positive or pleasant emotions ranging from contentment to intense joy.'

**Contentment** is a 'mental or emotional state of satisfaction maybe drawn from being at ease in one's situation, body and mind.'



Happiness is something we aspire to have or to get from things, from circumstances or from people **outside** of ourselves.



Contentment on the other hand, comes from **inside**. It's the sense of wellbeing that is within us no matter what's going on outside of us.

I believe we confuse Happiness and Contentment. What we seek is contentment, but call it happiness. I believe happiness is a component of contentment.

With that said, implementing the tools outlined in this ebook will impact both your happiness and contentment.

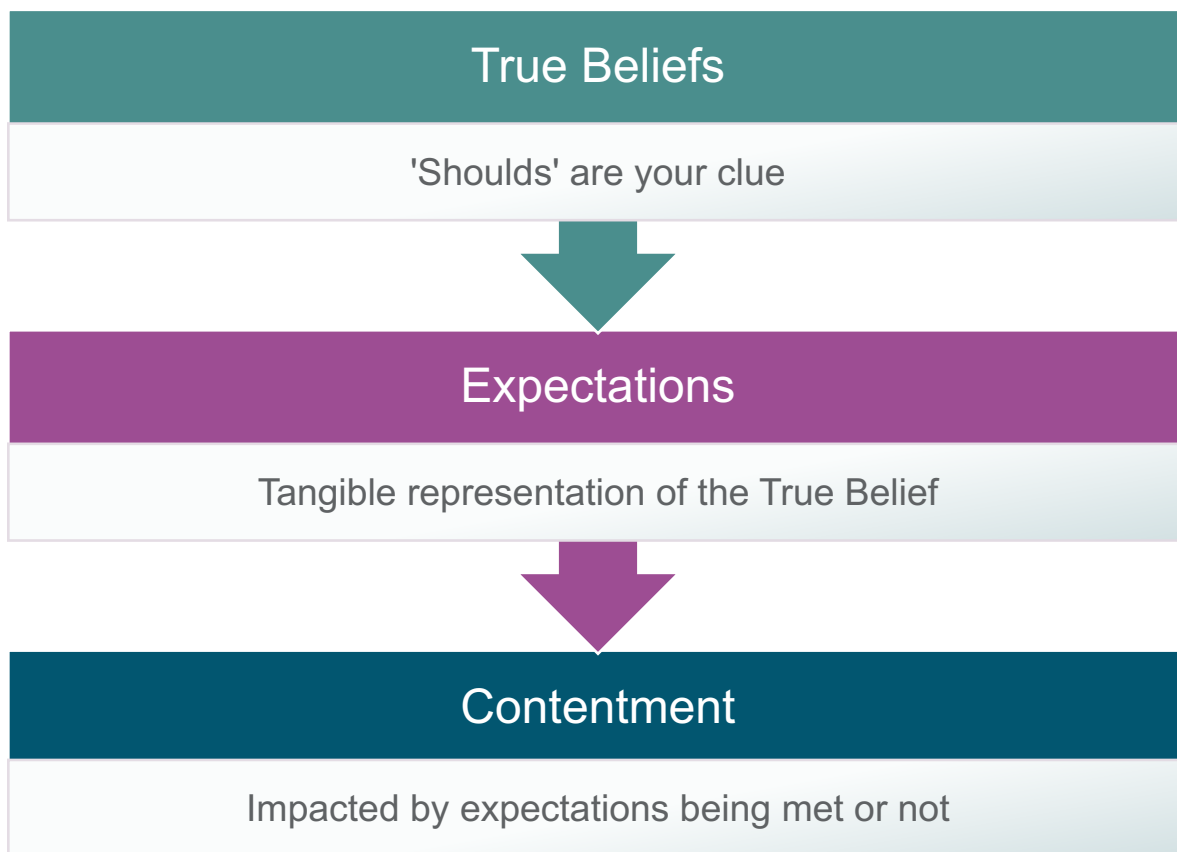
Ok, so coming back to True Beliefs....as noted earlier our happiness and contentment are directly related to our True Beliefs. But since they are largely unconscious, how does one begin to recognize them?

This is where 'shoulds' come into play. Those times when you tell your self 'you should' or 'you shouldn't' do something, think something or feel a certain way. Or that they 'should' or 'shouldn't' do/think/feel that way.

Start tuning into your 'shoulds.'

These 'shoulds' are driven by your True Beliefs. Every 'should' has a True Belief at it's core. Every 'should' results in an expectation. We have expectations, of self, situations and others, many of which we are not even aware of.

Practically speaking, our unhappiness and discontent are actually directly tied to our expectations. This is because expectations are the tangible actions we can see feel and experience in life. They are the 'manifestation' of our True Beliefs.



With that said, let's take a deeper look into Expectations.

# Ponder This Equation

$$\text{Contentment} = \frac{\text{Achievement}}{\text{Expectations}}$$

Seems pretty simple when you first look at it; just don't have any expectations, right? But how feasible is that really?? Think about it for a minute. Can you really, truly not have ANY expectations of yourself, your partner, your friends, your boss, your children?

**If you have 'shoulds' in your life, you have expectations. Who among us doesn't have 'shoulds?'**

Expectations are the fundamental drivers of our sense of happiness and contentment. They are the manifestation of our True Beliefs in day-to-day life.

When our expectations aren't met we're unhappy, discontent, angry, argumentative, depressed, defensive or having a bad day. Life is not going our way.

Sometimes we are very aware of our expectations and the beliefs that are driving them.

For example, 'a gentleman always opens the door for a lady' may be something that you believe and therefore expect to happen each time you approach a door, whether you are the lady or the gentleman.

The **Achievement** in this situation is the door being opened for a lady or by a gentleman depending on who you are in the equation.

What if the door doesn't get opened as expected? The lady may be upset or annoyed that the gentleman didn't open the door for her. Or the gentleman may be upset that the lady didn't let him open the door for her.

In either case, **Contentment** is negatively impacted, not by the actual **Achievement** (the door being opened or not) but by the **Expectation** not being met.

That's a pretty simple example.

Sometimes our beliefs and expectations are less obvious or we actually hide them from ourselves. Let's look at something a little more complex.

Let's say that your True Belief is '*I earn my pay so I have complete control over how I spend it.*' But you aren't aware this is what you believe. This True Belief is buried somewhere in your subconscious.

You tell yourself and your partner '*It's our money. I earn it to contribute to the household.*' This is your **Expectation.**

You may want this to be true. You may have grown up with this Expectation. You tell yourself this is what you believe. But fundamentally your *actual True Belief is disconnected from what you tell yourself to be true.*

Because of this disconnect you will occasionally act in a way that supports your True Belief. This may look like buying something that you and your partner had already agreed NOT to, even though you really wanted it.

Since your True Belief is '*it's my money*' you feel justified in purchasing the item anyway. However, you haven't met the **Expectation** that you tell yourself to be true.

This disconnect between your True Belief and what you tell yourself will ultimately set up conflict with your partner and thus decrease **Contentment.**

In both of these examples the individual is on autopilot, allowing True Beliefs to dictate reactions to situations. In order to come off autopilot and have a **CHOICE** in how to respond, we must develop **AWARENESS** of our True Beliefs and **ACCEPTANCE** of how they have served us.

# The Process

**Expectations** are the link to happiness and contentment or unhappiness and discontent.

This three-step process can help you 'peel the onion' to get to the root of your Expectations, your True Beliefs.

Practice this process whenever you are feeling unhappy or upset. With practice, it gets easier and quicker to get to the root of your Expectations.

## Step 1: Awareness

Begin to take notice of when you 'should.' Perhaps make a list. Also notice the level of intensity of the 'should,' the more intense the more fundamental the True Belief.

## Step 2: Acceptance

There is likely a story in your head about your True Belief and associated 'should'. Delve into this story to give you further insights into your True Belief.

## Step 3: Choice

With the insights gained from the prior steps, you can now consciously choose to continue to hold your belief, give it up or change it to something else.

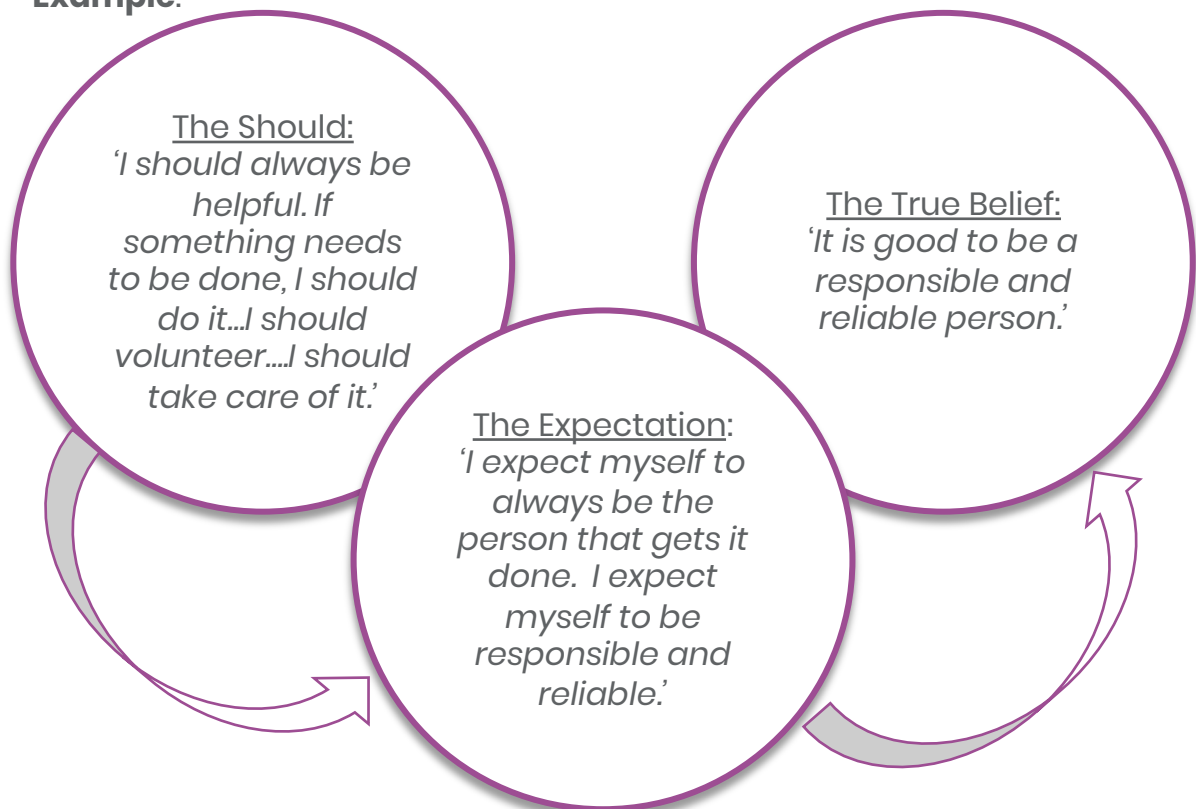
# The Process – In Action

## Step 1: Awareness

Begin to take notice of when you 'should.' Perhaps make a list. Also notice the level of intensity of the 'should,' the more intense the more fundamental the True Belief. Ask a few questions:

- What is the expectation associated with the 'should?' Name it. Be as specific as possible.
- What is the True Belief behind the expectation? Again, name it and be specific.

### Example:



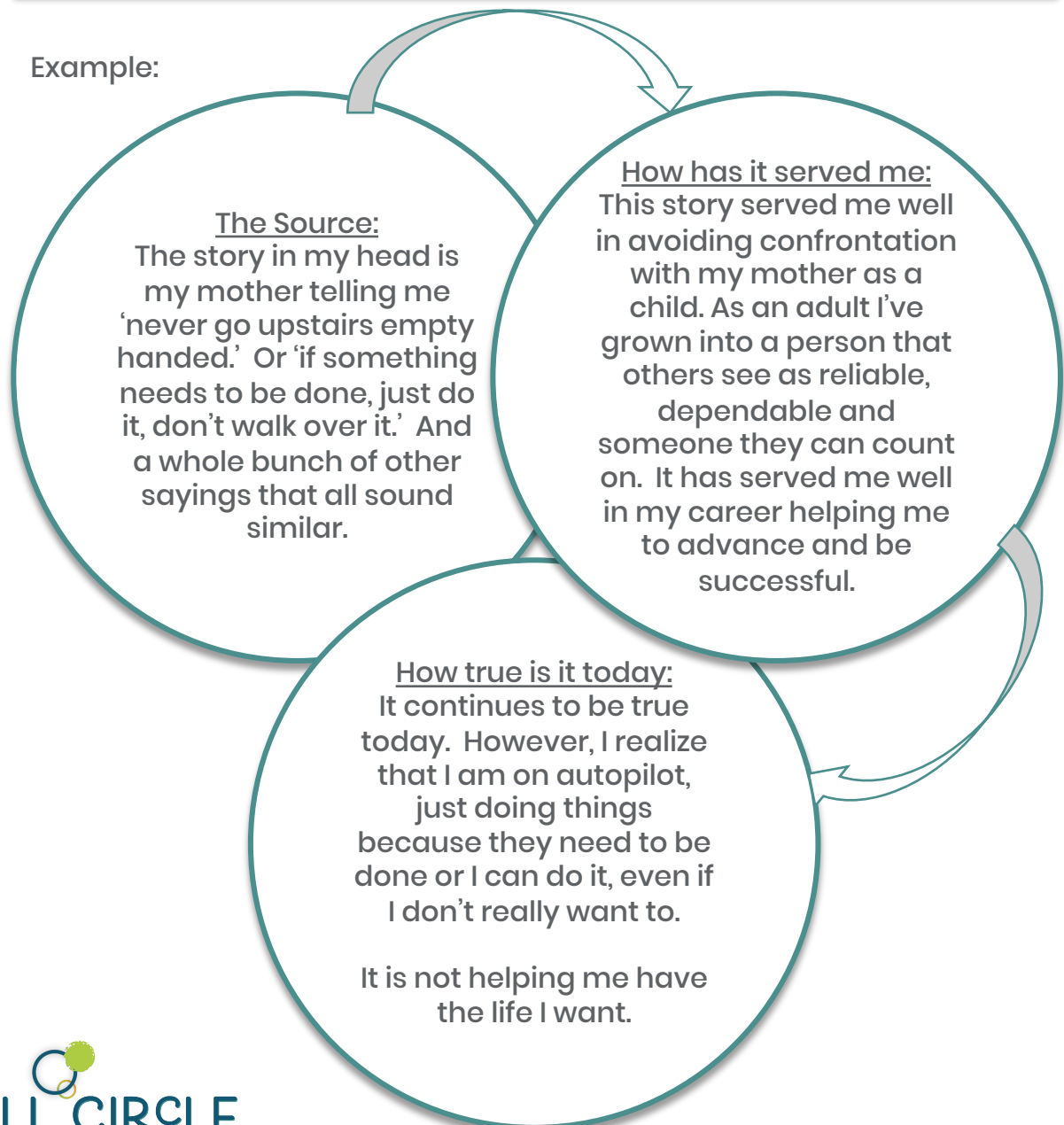


## Step 2: Acceptance

There is likely a story in your head about your True Belief and associated 'should'. Delve into this story to give you further insights into your True Belief. Tune into the story and ask:

- What is the source of that story? How has it helped you in life in the past? In other words, how has it served you?
- How true is that story for you today? Is it helping you have the life you want today?

Example:

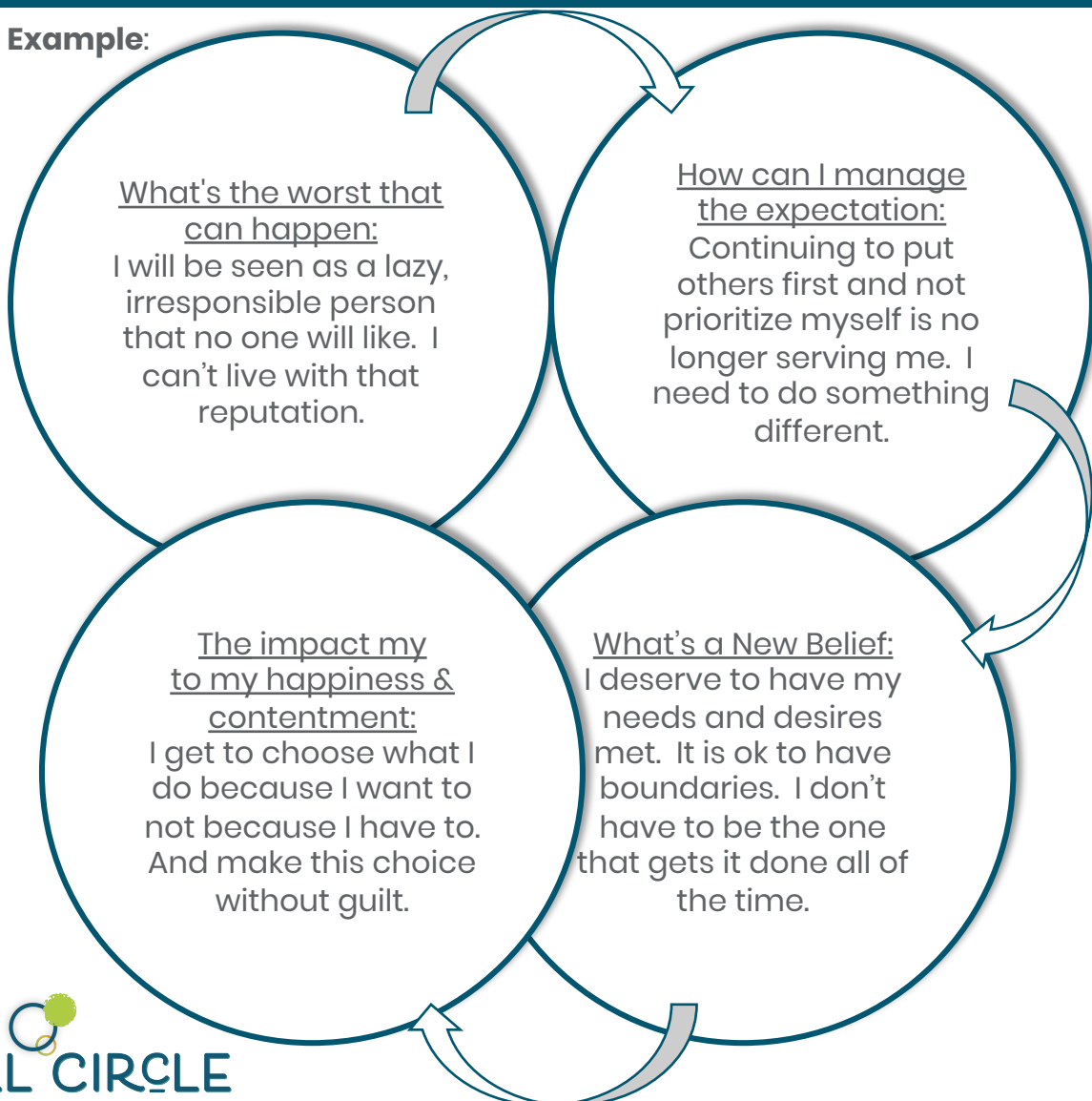


## Step 3: Choice

With the insights gained from the prior steps, you can now *consciously choose* to continue to hold your belief, give it up or change it to something else.

- What is the worst that could happen if you gave up or changed this belief? Can you live with that?
- How can you manage the expectation associated with it? In other words, how can you manage the expectation as opposed to it managing you?
- If you choose to replace the belief, what is your new belief? How will this serve you better?
- How will changing this belief increase your contentment? Be clear about the impact you want on your life.

### Example:



Use the attached blank form to walk yourself through the process whenever you feel the need.

The more times you do this the easier it will become. You will also find that fewer and fewer things bother you and decrease your happiness. In some ways  $2+2=5$  when you consciously choose to take yourself off autopilot.

You've done the work to become **AWARE** of your belief, **ACCEPTED** that while it may have served you in the past, it isn't anymore AND made a conscious **CHOICE** of how you want to move forward with new beliefs to be more content.

You are now driving your life instead of being on autopilot. You also now have the skills to use any time you are feeling disappointed, anxious, upset, discontent, unhappy or just off. You can go through these steps again with that situation.

Go forth and create the contentment in your life that you desire and deserve.  
You have the power.  
You are in control!



# About Yvette

My background is diverse, eclectic and non-linear. I've worked in corporate America, been trained as a yoga teacher and yoga therapist, and gained certifications in the science of happiness and well-being.

Full Circle combines all of my experience in a way that's unique in the space of team dynamics.

I link my yoga and corporate backgrounds, to show you that the yogic principles and concepts I believe in actually help you thrive in a corporate environment.

I meld eastern concepts with western logic in an approach that is easily accessible and allows you to unlock your individual and team's potential.

I am by no means airy fairy or hippy dippy, and I don't expect my clients to adopt my way of thinking or living.

I do expect to work hand-in-hand with clients to customize my approach to address their unique needs and situation.

I believe my eclectic background strengthens my ability to help you and your team work happier and more enjoyably, to be more productive, collaborative and solution-focused and to intentionally create the lives that you want to live.

Stay in touch and receive updates.  
Sign up on my website: [www.yvettecosta.com](http://www.yvettecosta.com)

# CONTENTMENT EQUATION WORKSHEET

## Step 1: Awareness

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- What is the True Belief behind the expectation? Again, name it and be specific.

### The Should

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### The Expectation

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### The True Belief

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# CONTENTMENT EQUATION WORKSHEET

## Step 2: Acceptance

There is likely a story in your head about your True Belief and associated 'should'. Delve into this story to give you further insights into your True Belief. Tune into the story and ask:

- What is the source of that story? How has it helped you in life in the past? In other words, how has it served you?
- How true is that story for you today? Is it helping you have the life you want today?

### The Source

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### How has it served me

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### How true is it today

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# CONTENTMENT EQUATION WORKSHEET

## Step 3: Choice

With the insights gained from the prior steps, you can now consciously choose to continue to hold your belief, give it up or change it to something else.

- What is the worst that could happen if you gave up or changed this belief? Can you live with that?
- If you don't feel you can give up this belief, how can you manage the expectation associated with it? In other words, how can you manage the expectation as opposed to it managing you?
- If you choose to replace the belief, what is your new belief? How will this serve you better?
- How will changing this belief increase your contentment? Be clear about the impact you want on your life.

**What's the worst that can happen**

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**How can I manage the expectation**

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**What can I replace the expectation with**

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**How will this impact my happiness and contentment**

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# FULL CIRCLE

COACHING + CONSULTING

**Yvette Costa, CPC, ELI-MP**

[www.yvettecosta.com](http://www.yvettecosta.com)

[yvette@yvettecosta.com](mailto:yvette@yvettecosta.com)