

The Fulfillment Chronicles

Contentment Is Fulfillment

2024

The “Grand Search” for contentment is really the search for fulfillment, which begins with the notion that there must be something more to a life than duty, going along to get along, and prejudice without merit, punctuated by fleeting moments of happiness. There must be something more! In this discussion we will explore the salient points based on **Finding Contentment, When Momentary Happiness Just Isn’t Enough**, by Dr Neil Clark Warren, BS, M Divinity, and PhD Psychology, 1997, wherein quotes and summaries are referenced.

“The search is for *enduring contentment*, the kind of deep-down, soul-satisfying contentment that infuses your life with peace and serenity, gives you the freedom and energy to express yourself and follow your dreams despite what others may think, and allows you to fall asleep at night without fretting about what might have been.” – Dr. Neil Clark Warren

By our estimation, contentment is fulfillment. It’s the **Esteem** and **Self Actualization** of **Maslow’s Hierarchy of Needs**, namely the foundation of self esteem, confidence, achievement, the respect of and by others that encourages morality, creativity, spontaneity, problem solving, lack of prejudice, and acceptance of facts.

Contentment is clearly the result of **Dr. Daniel Kahneman’s System II brain** in action in defiance of System I brain imperatives. It is about discovering who you are, accepting it, and courageously pursuing your individual authenticity. It is not settling for momentary happiness over which you have little influence. Instead, it is the achievement of deep and genuine contentment.

Are you a candidate? Probably so, if you are frequently bored and feeling empty, you are frantic for something that will entertain, your past and present work is frustrating, your relationship with your spouse is ambivalent, your spirit is fatigued, or you are consistently lonely. If you agree that you are “stuck” and making no progress, then it is time for change. Who is happy? 20% of Americans are according to author Dennis Wholey when summarizing the national experts he interviewed, 10-15% according to psychologist Archibald Hart and Father John Powell. Given a choice, 80% of people prefer enduring contentment to mere happiness or wealth. Dr. Warren recommends a **contentment inventory** which his book provides, and subsequent steps to start your “rebirth”, some as follows,

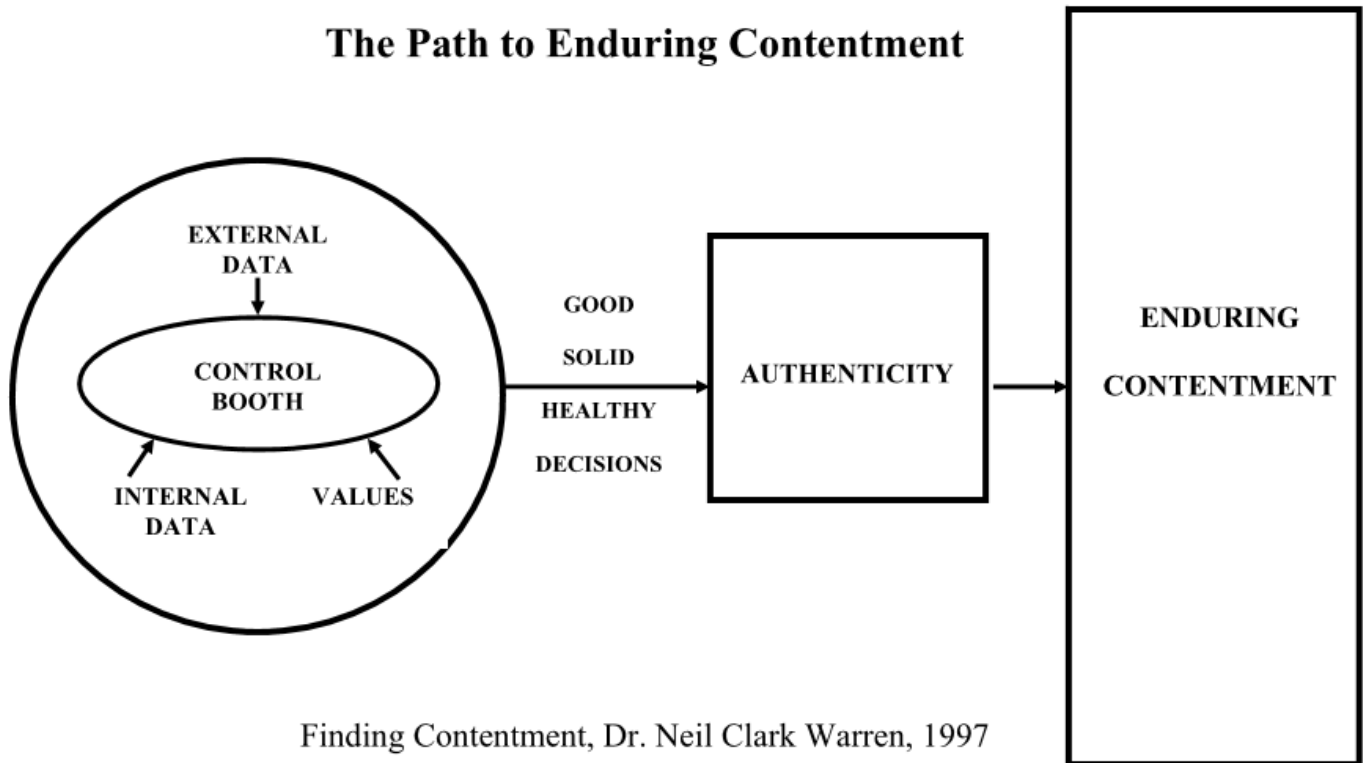
- Experience the pain of your inauthenticity
- Engage a support group for your transition
- Wean yourself off of happiness highs
- Budget time to inner reflection

You have to overcome the addiction to happiness highs – pleasing others, partying, sex, eating, exercise, shopping, TV, or working hard to achieve. Immediate happiness is not real, nor enduring, and often not in one’s control.

It’s never too late to change. Authenticity in accordance with one’s personality, goals, and objectives is imperative to achieving contentment and fulfillment. It is an objective that takes time, attention, and effort to attain. You don’t have authenticity until you become authentic. After placing all the external influences in your life on hold, a good place to begin is with psychological personality profiles like Myers-Briggs, et al, and your own inner reflection on who you really are and what you want from life. Then, it boils down to adopting a growth mindset, and deciding to pursue your authenticity, independent of obstacles and constraints throughout your lifetime. **Finding Contentment** recommends,

- Write down your intentions
- Journal your thoughts, feelings, and questions
- Read something pertinent daily
- Spend time with your authentic support group and talk it over
- Work to establish unconditional personal esteem

The Path to Enduring Contentment



Finding Contentment, Dr. Neil Clark Warren, 1997

While working your transition to authenticity, start making conscious decisions about your new intentional life based on the best credible information available. Do so with yourself in complete charge of your personal “control booth” or conscience, and DEFINITELY NOT as a result of other’s influence, coercion, standards, or dictates. If not fully in charge, take measures to assert your will and responsibility for the choices to be made; though unfortunately, this may involve changes in your relationships from the past, like those of parents, peers, employers, politics, or religions. At times it may be fierce, intense, and difficult, so persevere with confidence. Credible information starts with reliable data collection, analysis, and conclusion before action is appropriate, and this process can take time and patience, so pace yourself. Let good values like fairness, honesty, kindness, freedom, and generosity inform your decisions. Issues you may encounter may include,

- Not knowing how to be authentic
- The hard work of being authentic
- Misplaced concerns about self centeredness, inconsistency, impulsiveness, or laziness
- Fears of not pleasing everyone and discovering the real you

You can identify authentic content people working on contentment. They live in the present, dispense with fear and judgment, appreciate themselves, hunger for truth, adapt flexibly to circumstances, operate with gratitude and dignity, laugh easily, and rest well at the end of the day. They exhibit inner peace, and confidence in good outcomes, doing one’s best, being who they are, and taking good care of themselves.

Recapitulating the process moving to contentment,

- Recognize and appreciate your present pain for what it is
- Establish your conscious control of your authentic initiative
- Appreciate the unconditional love and respect you receive
- Focus inward
- Carefully collect and weigh ALL of your data sources
- Make deliberate decisions and internalize results

In our considered opinion, Dr. Warren delivers an excellent, comprehensive understanding of transforming to a life of purpose, replete with the tools, process, and vision everyone needs. It integrates nicely into **Lifelong Fulfillment**. Though rated 4.1 on Amazon, a consensus of 4 reviewers is hardly telling.

Go to www.lifelongfulfillment.com for worksheets, the eBook, FAQs, Resources, and to subscribe to **The Fulfillment Chronicles**.

And, Did You Know?

- School year attendance correlates to achievement. In the US school days average 180 days per year, but 220 in South Korea and 243 in Japan. Can you guess who does better in scholastics and life?
- Eligibility cutoff dates by birthday for sports and other activities have an influence on **10K Hour Competency** and skew the resulting achievers who qualify to birthdays in the acceptance zone? These selectees get more coaching, resources, and earlier access to programs than those who have to wait another year to qualify for eligibility.
- And lastly, do you know Alfred Binet?

BINET PIONEERS INTELLIGENCE TESTING, 1905

French psychologist Alfred Binet (1859-1911) took a different tack than most psychologists of his day: he was interested in the workings of the normal mind rather than the pathology of mental illness. He wanted to find a way to measure the ability to think and reason, apart from education in any particular field.

In 1905 he developed a test in which he had children do tasks such as follow commands, copy patterns, name objects, and put things in order or arrange them properly. He gave the test to Paris schoolchildren and created a standard based on his data. For example, if 70 percent of 8-year-olds could pass a particular test, then success on the test represented the 8-year-old level of intelligence. From Binet's work, the phrase "intelligence quotient," or "IQ," entered the vocabulary. The IQ is the ratio of "mental age" to chronological age, with 100 being average. So, an 8 year old who passes the 10 year-old's test would have an IQ of $10/8 \times 100$, or 125.

Binet's work set off a passion for testing and in the enthusiasm, a widespread application of tests and scoring measures developed from relatively limited data. Tests based on Binet's test were used by the U.S. Army in sorting out the vast numbers of recruits in World War I. The questions, however, had much more to do with general knowledge than with mental tasks such as sequencing or matching. The results, released after the war, showed that the majority of recruits had a juvenile intelligence. This shocking news played into the hands of [eugenicists](#) who argued that intelligence was an innate, inheritable trait limited to certain types (or nationalities) of people. (<https://www.pbs.org/wgbh/aso/databank/entries/dh05te.html>)

Point Solution Podcasts

[James Hollis PhD Finding Your Own Path on LIVING SMART ...YouTube](#)

[Maslow's Human Needs : TED Radio Hour](#) (Maslow's Hierarchy of Needs)

[13 THINGS MENTALLY STRONG PEOPLE DON'T ... - YouTube](#) (Amy Morin)