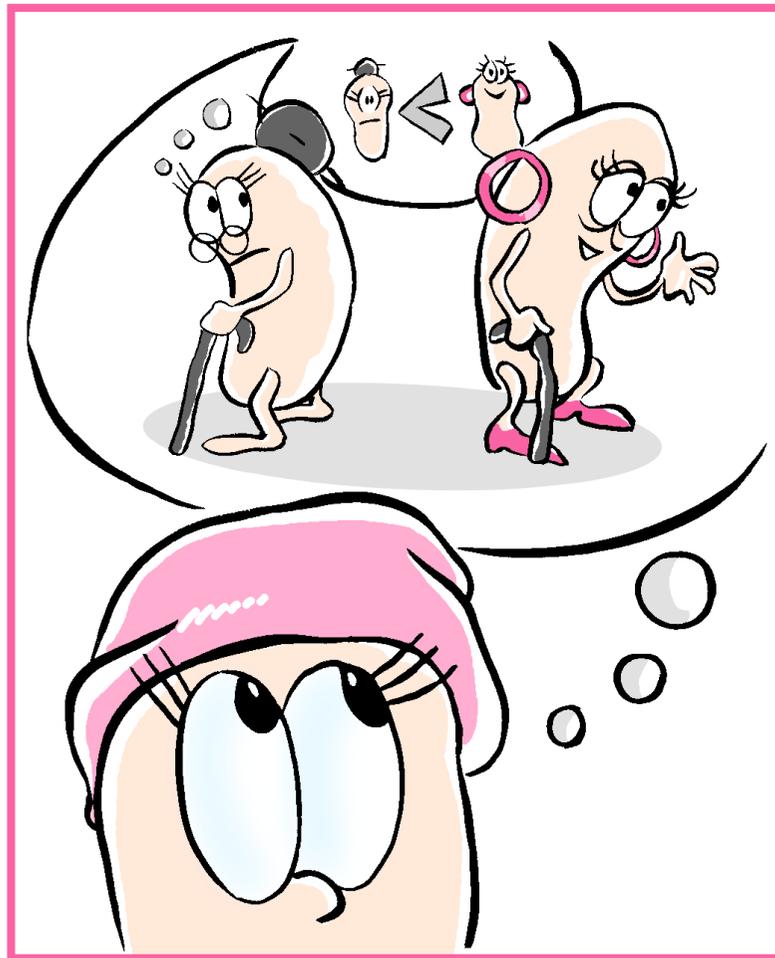
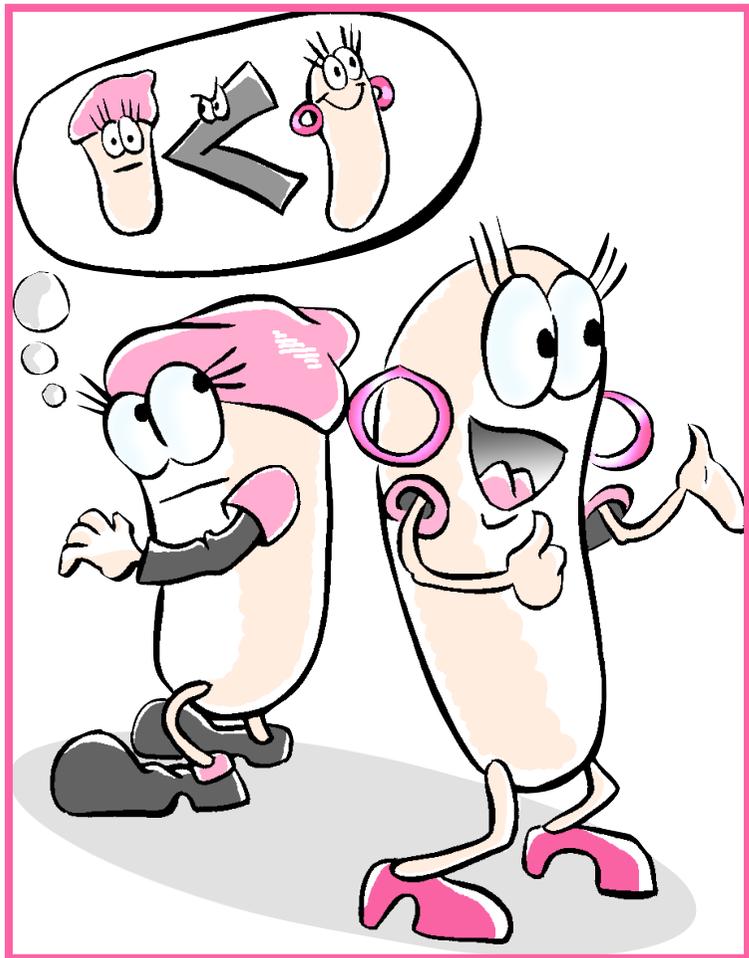


NO LONGER "LESS THAN"

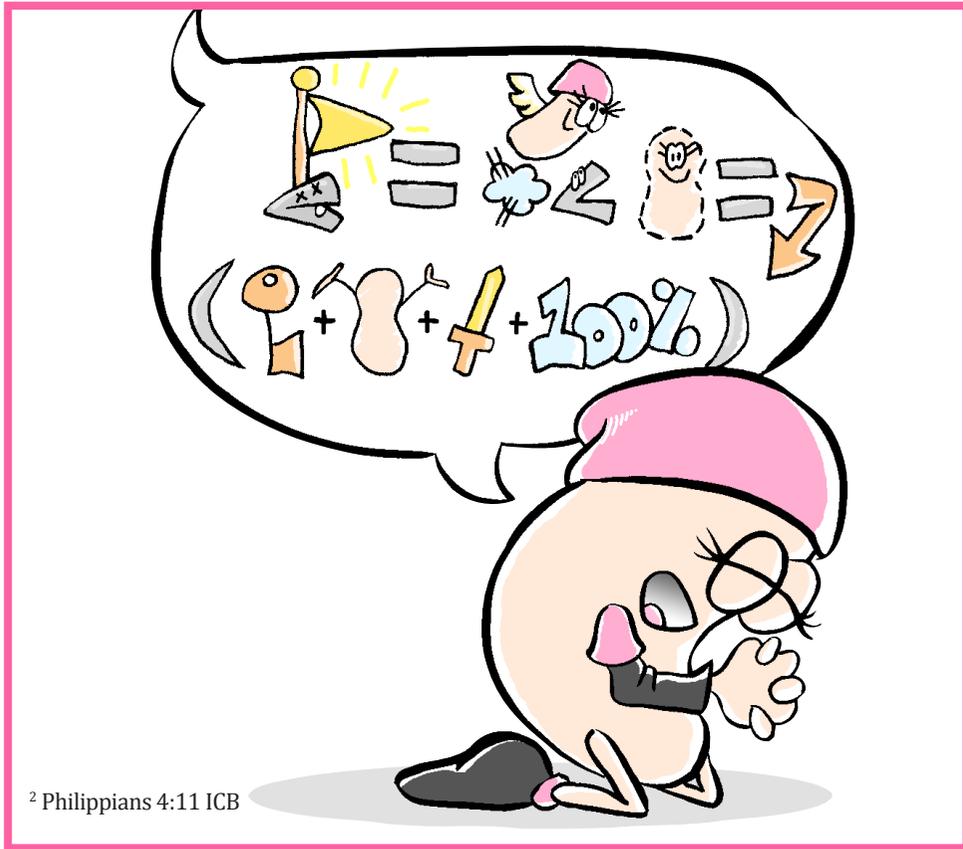
Being content with who you are is not always easy. You may look at those with characteristics, talents, or looks that you wish you possessed and feel a little "less than" you could be. But comparing yourself against others makes it harder to find contentment with who you are. When you spend your energy and focus dwelling on what you aren't or what you don't have, you fail to see what you do have.

The well-known minister, Charles Spurgeon,¹ once wrote: "You say, 'If I had a little more, I should be very satisfied.' You make a mistake. If you are not content with what you have, you would not be satisfied if it were doubled."



¹ **Charles Haddon Spurgeon**, (1834–1892) was an English fundamentalist Baptist minister and celebrated preacher whose sermons, which were often spiced with humor, were widely translated and extremely successful in sales. Spurgeon also founded a ministerial college (in 1856) and an orphanage (1867). His sermons, which he published weekly, ultimately filled more than 50 volumes in the collected edition.

[\(Encyclopedia Britannica\)](#)

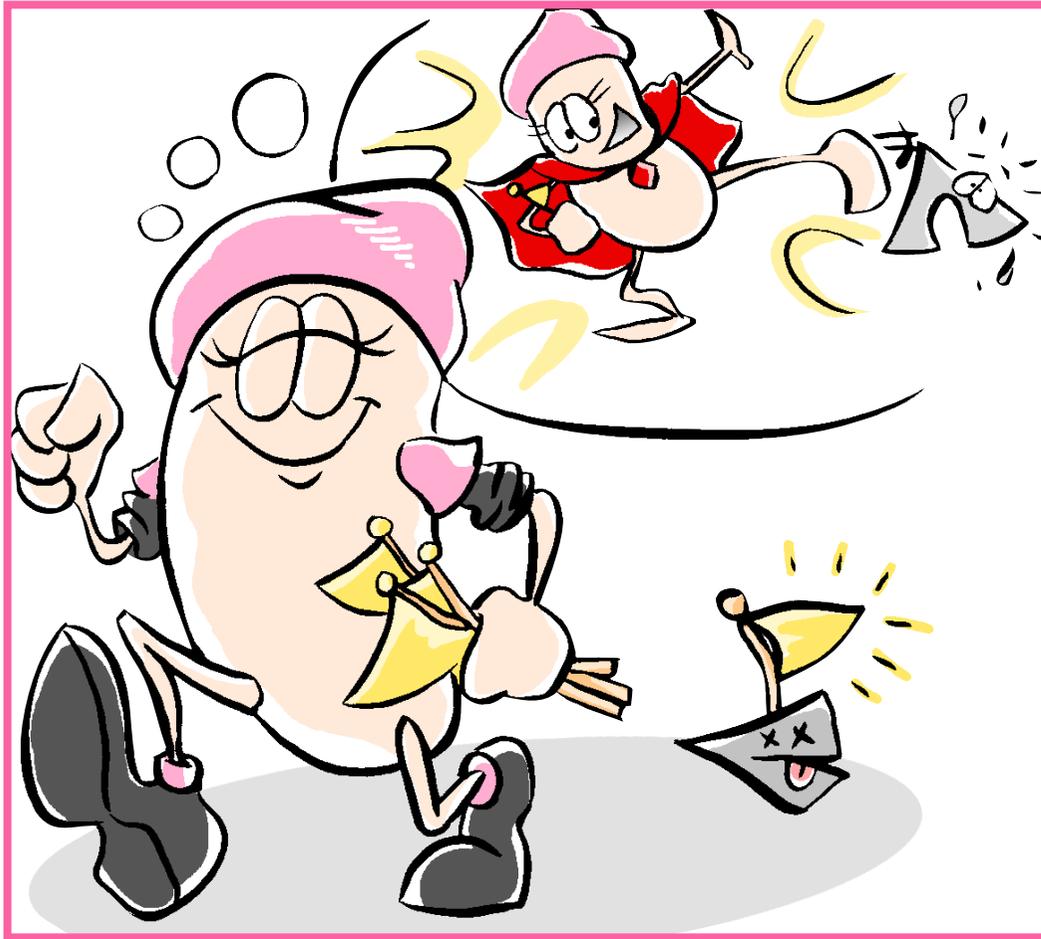


Learning to be content with what you have and what you are is one of the secrets to happiness. If you measure your possible happiness by what you *could* have or *could* be, you are failing to measure it by the good in your life, the blessings that fill your days, and the possibilities that are within your grasp.

If you are feeling “less than” you want to, make it a point to focus on the good that you do have. This can help to change your outlook from “less than” you want it to be to “more than” you expected, because as you focus on the good, you’ll notice good that you had overlooked before. The Apostle Paul wrote, “I have learned to be satisfied with the things I have and with everything that happens.”² When you learn to appreciate how you are and what you have, your heart finds contentment and joy.

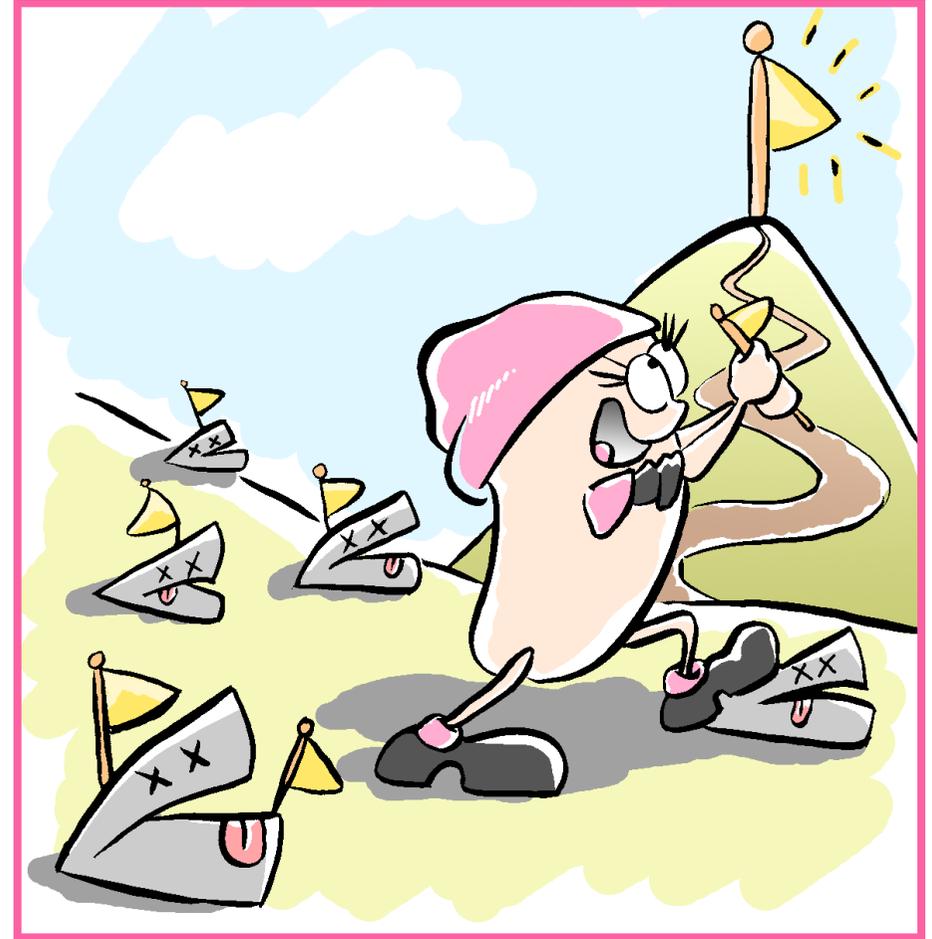


One way to combat feelings of envy or comparison is to avoid the “I wish I had...” response you may have to something you think would make you happier. If someone is achieving in some way, instead of allowing thoughts of envy in, turn your thoughts toward happy ones for that person. Learn to focus on being happy for others rather than feeling sorry for yourself. As you do, you’ll find that your attitude is lighter and more filled with gratitude.



As Dale Carnegie wrote: "It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it."³ Your attitude makes the difference and is a key to finding happiness.

Happiness is a state of mind—a state of contentment that you can choose. The key to doing that is by pushing aside the "less than" feelings that sometimes overwhelm you, and striving to be grateful for who you are, the talents you've been given, and by looking for ways that you can grow and improve.



Make the decision to choose an attitude of contentment and gratitude, and you will soon find the feelings of "less than" fading. Start today on the path to a happier you!

"A man is happy so long as he chooses to be happy."
—Aleksandr Solzhenitsyn (1918–2008), Russian novelist and historian.

³Dale Carnegie, *How to Win Friends and Influence People* (New York: Simon & Schuster, 1936).