

What does being content mean?

As the Thanksgiving week festivities come to a close, we hope you find yourself content with the special time spent with family and friends, and a satisfied appetite from your Thanksgiving meal. This is such a wonderful time of year, a time to give thanks for all that you have. We find it no coincidence that your Weekly Winning Word this week is content. Being content doesn't mean you don't have goals and dreams or that you shouldn't grow in meaningful ways, it just means you appreciate all that you have right now while you are working towards all that you desire. Being content is defined as a state of peaceful happiness. It celebrates the good in your life while you're processing or working through things that may not be so good. In other words, you decide to be content, even though life's not, nor will it ever be perfect. When you choose being content, it doesn't mean you are choosing to accept mediocrity. It's actually the opposite. It means you are maintaining a high level mindset of enjoying your journey while working diligently to get to a better place.

Your Weekly Winning Word:

Content:

In a state of peaceful happiness.

Your Weekly Winning Article:

Being content can be difficult for people who are called to a higher purpose. It's hard to be satisfied when there is so much more to obtain. But, like any other high-level mindset, being content is a mental muscle and can be strengthened with practice. In our article this week, we share 5 ways you can

practice contentment and become stronger in feeling content while still working diligently towards becoming better and fulfilling your calling. [Click Here to Read the Article](#)

Your Weekly Winning Challenge:

As this year starts to come to a close and the New Year is in sight, it can be tempting to focus our attention on what we didn't achieve this year or what we did wrong instead of what we accomplished and what we did right. To help you keep your attention on the positive and be content with where you are, your challenge this week is to write out a "what went well list". Write down everything you can think of that has gone well for you so far this year.

Your Weekly Winning Quote:

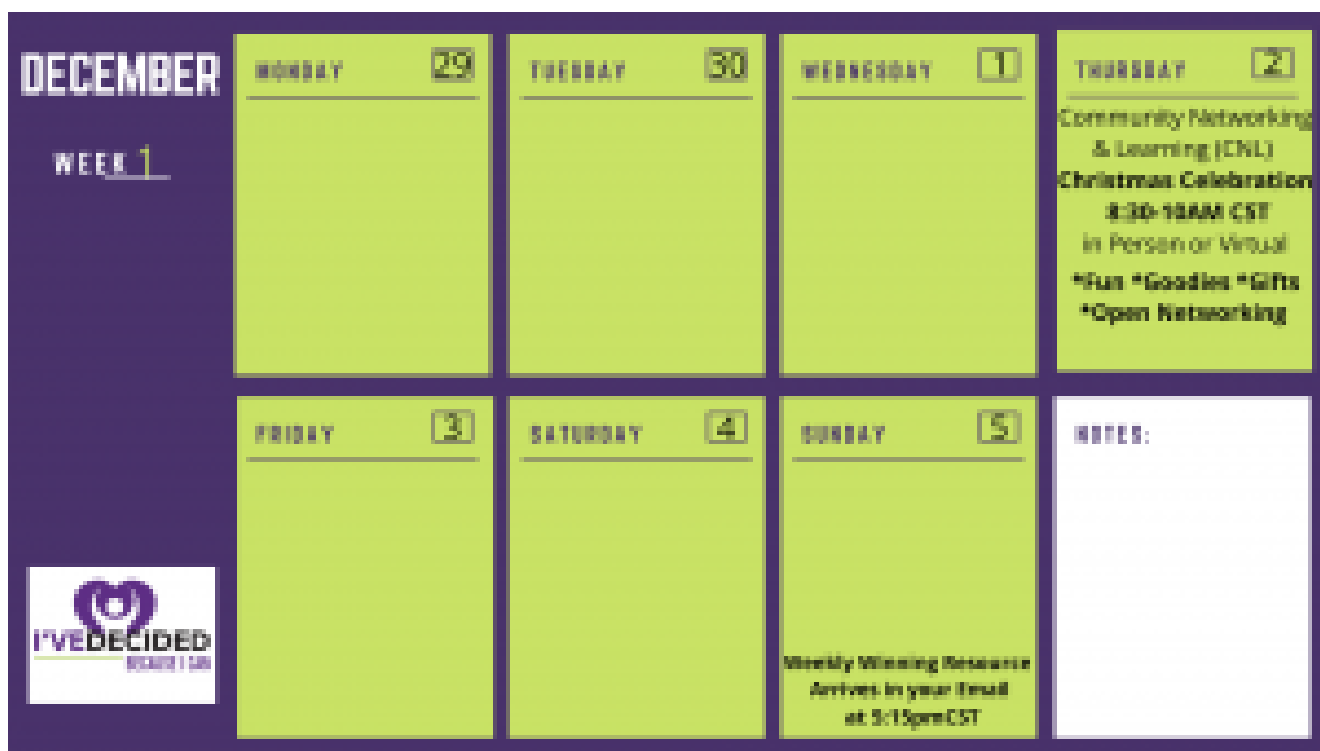
"Very little is needed to make a happy life; it's all within yourself, in your way of thinking." ~Marcus Aurelius Antoninus

Would a coach help you? Our certified Success Partners are trained to challenge you to be better and work hard while also being content with how far you've come and what you have. If you haven't upgraded to our Launch My Success Membership yet, the time is now. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you

waiting for?

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