

What's Your Contentment Quotient?

The following quiz can help you examine your personal level of contentment:

- T F I struggle frequently with envy or jealousy toward others.
- T F I'm satisfied with my marital status.
- T F I like the way my standard of living compares with my friends.
- T F I often feel like something is missing from my life.
- T F My paycheck is sufficient to meet my needs and most of my wants.
- T F Most of my dreams and goals for my life have been fulfilled.
- T F I feel good about my job.
- T F I often struggle with disappointment about how my life has turned out so far.
- T F Most of the time I feel inferior to other people.
- T F My present life is pretty much in line with my expectations.
- T F I'm easily irritated when things don't go my way.
- T F I often think God isn't giving me a break.
- T F Discontentment often rules my mood.