



# LIFE SATISFACTION

Please rate your current level of satisfaction with each of the following areas of your life. Place a number from 1 to 10 in the box next to each item, **1 meaning “entirely unacceptable to me in its current state”** and **10 meaning “I couldn’t be happier with this.”** Skip any that do not apply. Your level of satisfaction with each may change somewhat from day to day, but try to give your best overall assessment of how pleased/fulfilled/content you are with each at this point in your life.

- Personal Spiritual Life and Growth \_\_\_\_\_
- Church/Religious Life \_\_\_\_\_
- Physical Health \_\_\_\_\_
- Mental/Emotional Health \_\_\_\_\_
- Marriage/Romantic Relationship \_\_\_\_\_
- Home Life (Family Cohesion – How the Family “Works”) \_\_\_\_\_
- Personal Order (Organization, Efficiency, Simplicity) \_\_\_\_\_
- Extended Family Relationships (Relatives, In-Laws) \_\_\_\_\_
- Friends/Social Life \_\_\_\_\_
- Fun and Recreation/Hobbies \_\_\_\_\_
- Financial Stability \_\_\_\_\_
- Physical Environment (Condition of Home, Cars, Neighborhood, etc.) \_\_\_\_\_
- Career/Employment \_\_\_\_\_
- Relationship With Child \_\_\_\_\_
- (List Each Separately) \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Now go back and look at the three areas that you scored the least satisfied. What would a ‘10’ look like in each of those areas?

Area One:

Area Two:

Area Three:

Call Dena Crosby Life coaching at 402-880-6115 to begin moving forward to greater fulfillment!