

## Life Satisfaction Assessment

The life satisfaction assessment is a simple measurement tool to assist you in determining how fulfilled you are in the following six areas of your life. Please check the statements that reflect your current lifestyle.

### CAREER

- I love the work I have chosen to do.
- I feel well compensated for my work.
- My work schedule does not infringe on my personal life.
- I use my vacation time every year.
- I have a support network at work.
- I am not constantly meeting deadlines.

\_\_\_\_\_ *Total Checks*

### FINANCES

- I know my net worth.
- I pay off my credit card balance in full each month.
- I do not owe anyone money.
- I know how much money I need to comfortably retire.
- I am aware of what my credit rating is.
- I have an emergency fund in place to sustain me for a six month period.

\_\_\_\_\_ *Total Checks*

### PERSONAL GROWTH

- I seek opportunities for personal growth.
- I practice modalities that help me to get in touch with my inner voice.
- I seek ways to be of service to others.
- I know what my life purpose is.
- I carry out my life purpose on a daily basis.
- I have a strong sense of self.

\_\_\_\_\_ *Total Checks*

### PHYSICAL HEALTH

- I have a complete physical at least once a year
- My blood pressure and cholesterol levels are within healthy limits according to my doctor.
- I exercise a least three times a week for thirty minutes or longer.
- I am at my ideal body weight.
- I eat healthy meals in regular intervals throughout the day.
- I set aside time for relaxing each day.

\_\_\_\_\_ *Total Checks*

## RECREATION

- I have at least one hobby that I enjoy.
- I make an effort to do something fun at least once a week.
- I take a vacation at least once a year.
- I know when to stop working and start playing.
- I am a member of a recreational group.
- I pencil in recreational time on my calendar.

\_\_\_\_\_ *Total Checks*

## RELATIONSHIPS

- I feel loved.
- I have two or more people in my life whom I could call upon in a crisis.
- I surround myself with people who truly uplift my spirits.
- I am able to pick up the phone on any given night and make plans for a social outing with friends or family.
- I am involved in community service projects.
- I am able to express my true feelings to others even when it may feel uncomfortable.

\_\_\_\_\_ *Total Checks*

### Interpretation of Assessment:

Total how many checks you have made in each of the five categories.  
The interpretation is:

- 6 - You are extremely satisfied in this area of your life.
- 5- You are satisfied in this area of your life.
- 4- You are moderately satisfied in this area of your life.
- 3 - You are somewhat satisfied in this area of your life.
- 2 - You are dissatisfied in this area of your life.
- 1- You are extremely dissatisfied in this area of your life.

I would welcome the opportunity to discuss the results of your life satisfaction assessment with you. I may be reached at [melinda@pathseekerslifecoaching.com](mailto:melinda@pathseekerslifecoaching.com) or (856) 914-0002