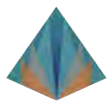




# Life Satisfaction Assessment



The Defining Difference  
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## Life Satisfaction Snapshot Exercise

NAME \_\_\_\_\_ DATE \_\_\_\_\_

- Each snapshot below each represents an area of your life.
- Rate your satisfaction level in each of these areas by circling the number that matches your satisfaction level.

**SATISFACTION SCORING: Zero (0) means not satisfied & Ten (10) means highly satisfied.**

 <p style="text-align: center;"><b>CAREER/WORK</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>HEALTH/WELLNESS</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>FAMILY/RELATIONSHIPS</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>PERSONAL GROWTH</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>
 <p style="text-align: center;"><b>PERSONAL FINANCE</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>SPIRITUAL</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>CONTRIBUTION</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>	 <p style="text-align: center;"><b>FUN/RECREATION</b></p> <p>10 Highly Satisfied</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5 Satisfied</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0 Not Satisfied</p>

## Life Satisfaction Snapshot Action Items

- List one action item for each area to help you increase your score.



### CAREER/WORK

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### HEALTH/WELLNESS

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### FAMILY/RELATIONSHIPS

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### PERSONAL GROWTH

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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## Life Satisfaction Snapshot Action Items

- List one action item for each area to help you increase your score.



### PERSONAL FINANCE

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### SPIRITUAL

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### CONTRIBUTION

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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### FUN/RECREATION

Your Score: \_\_\_\_\_

Action(s) that you will take to increase your score:

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