

## *Take Our Quiz*

Assess the level of "life satisfaction" in each area --- give yourself a score 1 poor -10 great. Notice the gaps between where you are now and where you would like to be. General areas:

### **Career/Business**

Happy with current career \_\_\_\_\_

Enjoy going to work \_\_\_\_\_

Enjoy being with the people at work \_\_\_\_\_

Find strength in owning your own business \_\_\_\_\_

Believe the work you are doing, is what you were meant to do \_\_\_\_\_

Other \_\_\_\_\_

### **Family & Friends**

Healthy relationships with family \_\_\_\_\_

Supportive friends \_\_\_\_\_

Weekly activities with family and friends \_\_\_\_\_

Rejuvenating relationships \_\_\_\_\_

Enjoy being with family/friends \_\_\_\_\_

Other \_\_\_\_\_

### **Finances**

Pleased with income from your work \_\_\_\_\_

Supportive to your needs for paying bills and investing/saving \_\_\_\_\_

Healthy income that allows funds for good fun and self-care \_\_\_\_\_

Have a Budget with three month's income saved for emergencies \_\_\_\_\_

Have investments for Retirement \_\_\_\_\_

Other \_\_\_\_\_

**Romance/Intimacy**

Healthy and loving relationship \_\_\_\_\_

Supportive of your emotional and intimate needs \_\_\_\_\_

Enjoy being with your partner \_\_\_\_\_

Respectful relationship \_\_\_\_\_

Do you feel you are a better person because of this relationship \_\_\_\_\_

Other \_\_\_\_\_

**Health/Self-Care**

Regular disciplined exercise \_\_\_\_\_

Eating and drinking what is good for the needs of your body \_\_\_\_\_

Sleeping well and 7-9 hours in duration \_\_\_\_\_

Regular dental exam \_\_\_\_\_

Regular physical exam \_\_\_\_\_

Other \_\_\_\_\_

**Social/Fun**

Enjoyable activities weekly \_\_\_\_\_

Laughter a regular part of your life \_\_\_\_\_

Enjoying nature and the world around you \_\_\_\_\_

Annual vacation planned \_\_\_\_\_

Sporadic weekends planned for fun throughout the year \_\_\_\_\_

Other \_\_\_\_\_

**Personal/Spiritual**

Planned daily Meditation/Quiet time \_\_\_\_\_

Weekly activities that encourage development of spirituality \_\_\_\_\_

Yearly retreats or trainings that augment personal growth \_\_\_\_\_

Journaling/Reflecting activities to gain insight into yourself \_\_\_\_\_

Long term plan of personal/spiritual goals \_\_\_\_\_

Other \_\_\_\_\_

**Physical Environment**

Plan for weekly/monthly Cleaning of your Environment \_\_\_\_\_

Organized Environment at work \_\_\_\_\_

Organized Environment at home \_\_\_\_\_

Meditation or Quiet space for personal enjoyment \_\_\_\_\_

Supportive home environment \_\_\_\_\_

Other \_\_\_\_\_