

Life Satisfaction Worksheet

This worksheet provides an opportunity to consider your level of satisfaction in various areas of your life. Rate each of the following areas on a scale of 1 to 10. 1 means you are completely dissatisfied – this is an area in which you desire drastic change. 10 means you are completely satisfied – you are entirely pleased and can't imagine a change that would truly add to your satisfaction. Of course satisfaction changes from day to day. However, use this worksheet to indicate your general sense of where you are in each of these areas right now. Skip anything that doesn't apply to you. Add anything that makes sense to you.

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| Career/Employment | 1 2 3 4 5 6 7 8 9 10 |
| Financial | 1 2 3 4 5 6 7 8 9 10 |
| Recreation/Relaxation/Fun | 1 2 3 4 5 6 7 8 9 10 |
| Pace of Lifestyle | 1 2 3 4 5 6 7 8 9 10 |
| Physical Environment (your living space) | 1 2 3 4 5 6 7 8 9 10 |
| Physical Health | 1 2 3 4 5 6 7 8 9 10 |
| Mental/Emotional Health | 1 2 3 4 5 6 7 8 9 10 |
| Marriage/Romantic Relationship | 1 2 3 4 5 6 7 8 9 10 |
| Immediate Family Relationships | 1 2 3 4 5 6 7 8 9 10 |
| Extended Family Relationships | 1 2 3 4 5 6 7 8 9 10 |
| Relationships with Friends | 1 2 3 4 5 6 7 8 9 10 |
| Spirituality | 1 2 3 4 5 6 7 8 9 10 |
| Church/Ministry/Religious Life | 1 2 3 4 5 6 7 8 9 10 |
| Community/Civic Involvement | 1 2 3 4 5 6 7 8 9 10 |
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