



Life Satisfaction Scorecard

Date: _____

Name: _____

Scores: 1 = Not At All / Nope / Nada and 10 = You Bet / Tons / Totally

1. Give a SCORE from 1 to 10 for how SATISFIED you are with your life overall?

_____ / 10

2. Give a SCORE from 1 to 10 for how much FUN you are having in life?

_____ / 10

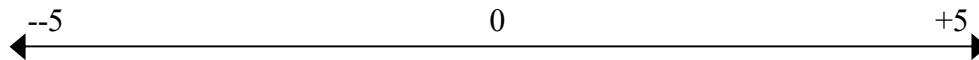
3. Give a SCORE from 1 to 10 for how HAPPY you are in your current CAREER?

_____ / 10

4. Give a SCORE from 1 to 10 for how overwhelmed, BUSY or cluttered you currently feel?

_____ / 10

5. I like myself:



(please put an X on the line to correspond with how much you like yourself on a scale of -5 to +5)

6. What is your FAVOURITE thing in your life at the moment? (like best)

7. What could be IMPROVED in your life at the moment? (like least)

8. I am looking: *(please tick all that apply)*

- For More Meaning/Purpose in Life
- For More Fulfilment/Happiness in Life
- For More Ease/Simplicity or Balance in Life
- For More Freedom and/or Inner Peace in Life
- To Change or Move Forwards in my Career
- To Achieve my Goals Faster/More Easily
- To Learn to Trust Myself More/Be My Authentic Self
- Other *(If there was something you haven't mentioned yet, what would it be?)* _____

9. I am ready to take ACTION and make changes in my environment, habits and life

Maybe / Yes / No *(please circle)*