

Life Satisfaction Quiz

Follow these Instructions:

1. Write down each of the Categories below on a piece of paper.
2. Score your level of satisfaction in each area, with a 1-10 rating. (1 being the lowest and 10 being perfection). Take your time, be honest and think carefully. Please note that the time you spend on an activity is not the only indicator of your satisfaction level, although it may be relevant.
3. Now acknowledge for yourself what is working for you so far? What do you want to give yourself a pat on the back for?
4. Have a look at each section, what would the perfect 10 look like in each area for you. Take your time. If you are not sure leave it and come back to it. This may mean what does it look like? What does it sound like? What may people be saying to you? Use your other senses in the description: touch, smell.
5. Now look at your ratings where are the gaps? (ie: poor scores). Look at them carefully, what might you be able to do to move forward in those areas? If you don't know, who can you ask for help?
6. Are there any ideas in there that you could commit to move forward in? Explore the idea, is there anything you could experiment with?
7. What is your next step to do right now? Remembering it maybe to ask for help.(instruction 6)

Categories

- Health and Wellbeing
- Children/Family/friends
- Intimate relationship
- Community/Environment/Home
- Work
- Finances
- Personal/Spiritual Growth
- Leisure and Recreation