

## LIFE SATISFACTION QUESTIONNAIRE

If you would like a free chat about where you are in your life, just fill in the questionnaire, pop it back to me and book a session... that's the first step done!

This is a quick task. Your first reaction is right. You do not need to overthink it. Please rate your life satisfaction on a 1 – 10 scale (where 10 is high) in the following areas:

### PERSONAL

1. Communications ..... \_\_\_\_\_
2. Friendships ..... \_\_\_\_\_
3. Motivation/passion/enthusiasm ..... \_\_\_\_\_
4. Focus/goal setting ..... \_\_\_\_\_
5. Decision Making/problem solving ..... \_\_\_\_\_
6. Managing Change ..... \_\_\_\_\_
7. Skills Development/education ..... \_\_\_\_\_
8. Time Management ..... \_\_\_\_\_
9. Work/Life Balance ..... \_\_\_\_\_
10. Leisure ..... \_\_\_\_\_
11. Financial ..... \_\_\_\_\_
12. Career ..... \_\_\_\_\_
13. Health ..... \_\_\_\_\_
14. Outlook/attitude ..... \_\_\_\_\_
15. Spiritual ..... \_\_\_\_\_

### RELATIONSHIPS

16. Friends ..... \_\_\_\_\_
17. Co-workers ..... \_\_\_\_\_
18. Spouse/significant other ..... \_\_\_\_\_
19. Other family ..... \_\_\_\_\_
20. Organisations/peer groups ..... \_\_\_\_\_

### YOUR INFO

When you have emailed your completed questionnaire to [kit@marsvenuscoaching.com](mailto:kit@marsvenuscoaching.com), please click [here](#) to book your complementary spot.

Your Name \_\_\_\_\_

Your Email Address \_\_\_\_\_