



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:

<u>Personal</u>	Score
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	_____
<u>Relationships</u>	
16. Friends	_____
17. Spouse/significant other	_____
18. Other family	_____
19. Organisations/peer groups	_____

Please email it back to me at [Kit@MarsVenusCoaching.com](mailto:Kit@MarsVenusCoaching.com) and I will reply to make a date to discuss your scores.

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

Please print

Telephone \_\_\_\_\_