

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

Please email it back to me at kit@marsvenuscoaching.com I will call you to discuss your scores.

Your Name (Please print) _____

Telephone _____