Life Satisfaction Quiz

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Name: _____ **Date:** _____

1. What SCORE out of 10 would you give for how SATISFIED you are with your life overall?

_____ / 10

2. If you were to give a SCORE out of 10 for how much FUN you're having in life:

_____ / 10

3. If you were to give a SCORE out of 10 for how HAPPY you are in your current CAREER:

_____ / 10

4. Give a SCORE out of 10 for how overwhelmed, BUSY or stressed you usually feel:

_____ / 10

5. Deep down, I like myself:

--5 0 +5

(place 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 life at the moment? (like best)

_____

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

_____

8. Thinking about coaching, I am looking: *(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)*

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