

LIFE SATISFACTION QUIZ

Date: _____

Thank you for participating in this Quiz. It is designed to assist you in forming a clear picture of your life at the present time and highlighting to you any areas that could benefit from more attention. Uncovering these areas of opportunity is the very first step toward living an exceptional life.

Instructions

Reflect on the following statements and place a tick beside all statements that feel *mostly true* for you. Be really honest with yourself about where you are with that statement. At the end of each section, tally up your ticks and record your score out of 10 where indicated.

PERSONAL

1. I like who I am
2. My life feels in good balance to me
3. I confidently say NO when I need to
4. I celebrate my successes
5. I follow through on what I set out to achieve
6. I am satisfied with my level of confidence
7. I have tried something new in the last 3 months
8. I watch less than 5hrs of TV a week
9. My clothes fit me well & make me feel good
10. I have a clear vision for my life

/ 10

HEALTH & BODY

1. I feel generally well
2. I make time to relax daily
3. I am happy with my current weight / body tone
4. I am happy with the sleep that I get
5. I am not concerned about my stress level
6. I drink at least 1.5L of fresh water each day
7. I do some form of exercise at least 3/week
8. I have a balanced diet & eat plenty of fresh foods
9. I do not smoke, take drugs or drink alcohol excessively
10. I am up to date with all of my health checks

/ 10

INTIMATE RELATIONSHIP

1. I am happy with my relationship status

***** If you are single and ticked yes to the above statement, double your scores to these first 5 statements to give you a total out of ten. If you did not tick the above statement as true for you, your score can be no greater than 4 points (representing the following 4 questions) *****

SINGLE

2. I am clear about my ideal partner
3. I am confident meeting new people
4. I have been on a date in the last 3 months
5. I believe I can meet my ideal partner / 10

IN RELATIONSHIP

2. I enjoy being with my partner
3. I communicate openly & honestly with my partner
4. My partner & I have mutual respect & are equals
5. I am happy with the level of intimacy in my relationship
6. I trust my partner
7. My partner & I regularly spend quality time together
8. I work at keeping the passion alive in my relationship
9. My partner & I have fun together
10. I happily share in my partner's interests / 10

OTHER RELATIONSHIPS

1. I regularly show/tell those important to me that I love them
2. I have an enjoyable relationship with my family
3. I remember my friends'/family's birthdays
4. I regularly spend time with those who are important to me
5. My friends/family can count on me to be there
6. I can count on my friends/family to be there
7. I cultivate new friendships
8. I am happy with my social life
9. There is no-one I dread running into
10. I contribute to my broader community

/ 10

HOME ENVIRONMENT

1. My home & garden are well maintained
2. My home is generally clean & tidy
3. I am happy & relaxed in my home
4. There is nothing I have been putting off doing around my home
5. I surround myself with things that I love
6. I have spring-cleaned my home & possessions within the last 2 years
7. My appliances all work well
8. My personal files are in order
9. Everyone in my household "pulls their weight"
10. I am happy with my mode of transport

/ 10

WORK & CAREER

1. I enjoy going to work
2. I am doing what I love
3. My work does not create undue stress
4. My work allows time for leisure/fun
5. I am proud of the contribution I make
6. I like the people that I work with
7. I do not let paperwork pile up
8. I respond to calls/emails within 48hrs
9. I am happy with the money that I earn for what I do
10. I have clear career/business goals

/ 10

FINANCES

1. I do not feel stress about money in my life
2. I have a budget that I use
3. I know where my money goes
4. I save at least 10% of my income
5. I have at least 3 months living expenses in savings
6. My tax affairs are up to date
7. I do not carry over credit card debt from month to month
8. I pay my bills on time
9. I have an active investment strategy
10. I have clear financial goals

/ 10

FUN & LEISURE

- 1. I take holidays each year
- 2. I have hobbies that I enjoy
- 3. I have done something nice for myself in the last 3 months
- 4. I laugh daily
- 5. I have a rewarding life outside of work
- 6. I celebrate my Birthday each year
- 7. I have something I look forward to each week
- 8. I am happy with the level of fun in my life
- 9. I generally enjoy life & feel happy
- 10. I feel my creativity is expressed

/ 10

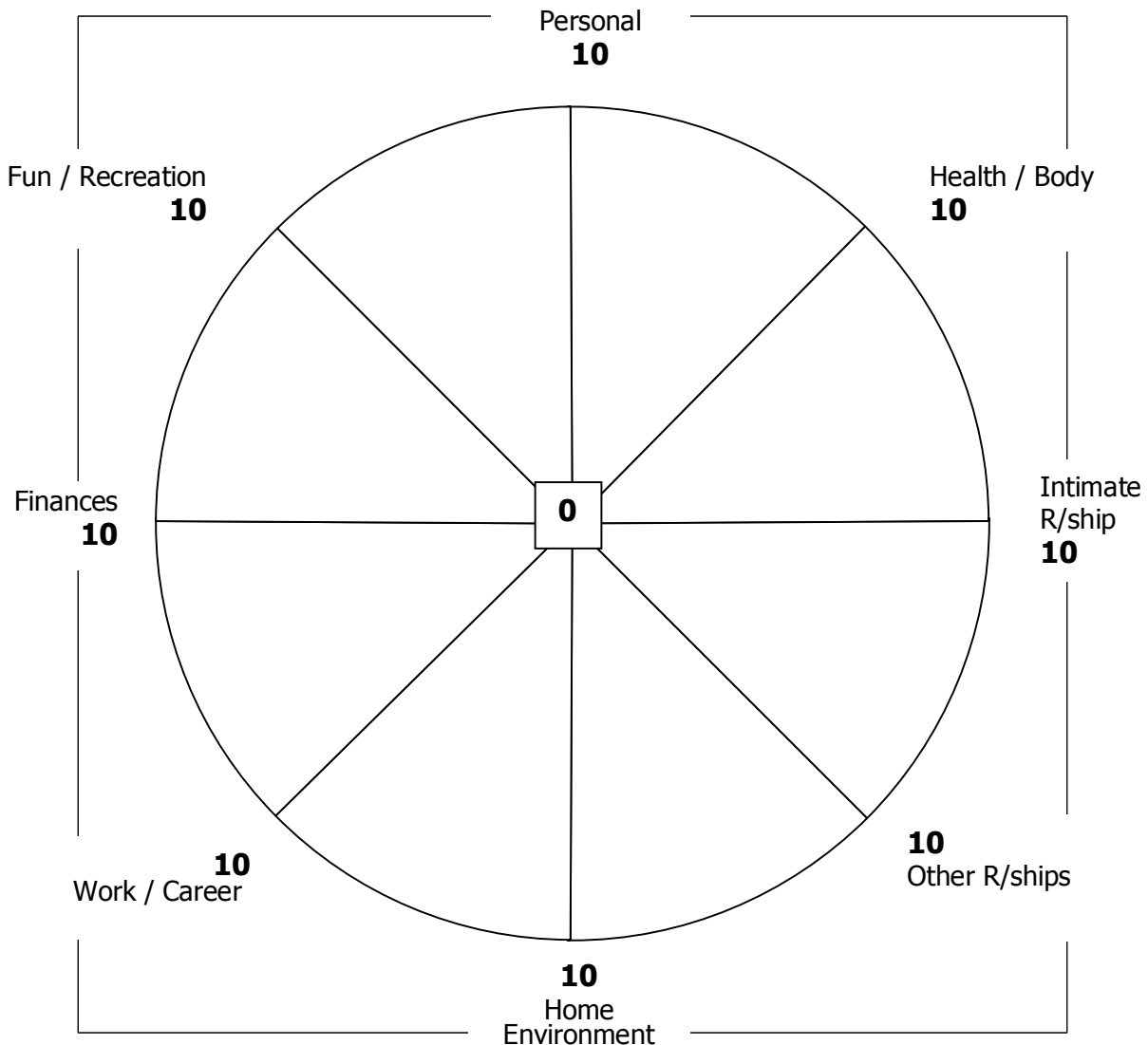
SCORE SUMMARY

LIFE CATEGORY	SCORE
PERSONAL	/10
HEALTH & BODY	/10
PRIMARY RELATIONSHIP	/10
OTHER RELATIONSHIPS	/10
HOME ENVIRONMENT	/10
WORK & CAREER	/10
FINANCES	/10
FUN & LEISURE	/10

Now that you have completed the Quiz and the summary table, transpose these final scores onto the Wheel of Life diagram over the page.

To do this, imagine the circle to represent a wheel and the lines through the middle to be its spokes.

Notice that the centre of the circle has a value of zero, and the outermost part a value of 10. Along each spoke, which represents a category of life, mark the place that corresponds to your score. Do this for all areas. Once you have all 8 categories marked, connect the dots to reveal your Wheel. Shade the innermost part to clearly reveal the shape of your Wheel.



Now imagine this shape to represent the wheels on your car. What sort of a ride, would wheels like that give you? Would it be smooth? Or would it be bumpy and unbalanced? Perhaps some areas of your life are being neglected, or perhaps your wheel is in balance, but it's a small wheel suggesting you're moving through life in a 4 cylinder engine, when it could be an 8. **What does your Wheel say about your life?**

The next step, having identified areas of opportunity for growth, is determining what specifically you would like to achieve. It's important to write down your goals, making sure that they are stated in the present tense (don't ever use the words 'I want ...'), are measurable, ambitious and yet realistic, and that inspire you greatly.

You may wish to enlist the services of a coach to help you turn your goals into reality.

As your coach, I would assist you to create a compelling vision for your future and then stretch and support you to make this vision come true. If you'd like to find out more, please contact me: Saskia Clements, www.saskiaclements.co.nz; ph +64 (0)3 326 3026.

Whatever you do, step boldly into your dreams, and remember to have fun in the process!