

LIFE SATISFACTION ASSESSMENT - Pt. 1

This assessment is a tool that captures a snap-shot in time of how you are currently feeling about the major areas of your life. It is not a reflection on how your life is destined to stay as that will depend on you and what you do with the information gleaned from this assessment. DO NOT get too married to the descriptions of each Realm as every person will have a subjective view of what ought to be included in each one. Instead use them as general guidelines to spark your mind. Additionally, do not overthink your responses as this is only to be a snap-shot of the last 30-90 days of your life. Have fun, get through it and then move on to page 2.

The Realms

Scoring: (1 = ... nope); (10 = Totally Me!)

<p>YOUR PHYSICAL REALM Taking care of my physical self is of the utmost of importance to me. I strive to eat the healthiest food available, exercise on a regular basis and get an ample amount of sleep and time in nature. My body feels energized with more than enough energy for my day.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR EMOTIONAL REALM Cultivating emotional intelligence has become a natural part of my life. I am committed to taking radical personal responsibility, refuse to engage in gossip and blame and know that forgiveness is something I must live so I can become increasingly emotionally free.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR INTELLECTUAL REALM It is important to me to continue learning and growing and curiosity is the order of the day. Therefore, I read books, listen to podcasts, and explore new ideas and areas of interest. I ask questions and find it much more rewarding to be interested rather than interesting.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR SPIRITUAL REALM I know is it my faith that will help me overcome any doubts I may have. I understand that being <i>spiritual</i> simply means I cultivate a deep inner-connection with spirit that fuels, fulfills and keeps me congruent, regardless of my perceived external circumstances.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR FINANCIAL REALM I am responsible with the money I make. I make enough, save enough, and find ways to have that money work for me. I am generous and gracious with the money I make but I am prudent with what I support. I have a great and healthy relationship with money.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR CAREER REALM I love the work that I do to earn money. I consistently look for ways to develop my career in alignment with what motivates, inspires and fascinates me. My work never feels like work as I love what I do and the impact it has on the world.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR CREATIVE REALM I understand that getting my creative juices flowing and exercising my imagination is how my best life is achieved. Without enough adventure, spontaneity and fun in my life I cannot be free and fulfilled; therefore, I schedule in times for play and creativity every day.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR LOVE REALM If in relationship: I strive to ensure the needs of my relationship are met consistently and enthusiastically. I am considerate, patient and present. If single: I am committed to cultivating compassion on a daily basis and strive to understand myself at a deep level.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR SOCIAL REALM I strive to only surround myself with people who uplift and energize me. I am patient, accepting and present with my family and my friends. I always bring my best, authentic self to my friends and family and be sure I get enough time with them.</p>	1 2 3 4 5 6 7 8 9 10
<p>YOUR ENVIRONMENTAL REALM My home and my office (if applicable) are reflections of my deep commitment to my best self. I only have possessions that I love or are 100% necessary for me to design the life I love. I continue to learn how my environment affects me through all my 5 senses.</p>	1 2 3 4 5 6 7 8 9 10
	TOTAL SCORE: _____

LIFE SATISFACTION ASSESSMENT - Pt. 2

Awesome! Now, please rate all the areas *in order of priority* you would like to tackle, 1 being highest priority and 10 being lowest priority.

YOUR PHYSICAL REALM	
YOUR EMOTIONAL REALM	
YOUR INTELLECTUAL REALM	
YOUR SPIRITUAL REALM	
YOUR FINANCIAL REALM	
YOUR CAREER REALM	
YOUR CREATIVE REALM	
YOUR LOVE REALM	
YOUR SOCIAL REALM	
YOUR ENVIRONMENTAL REALM	

LIFE SATISFACTION ASSESSMENT - Pt. 3

Now, what I want you to do is to journal about each realm, how you feel about it, how you feel about your rating and what you would want to change in each area, if relevant. Either use the space provided below or write your entry in your own journal.

YOUR PHYSICAL REALM

YOUR EMOTIONAL REALM

YOUR INTELLECTUAL REALM

YOUR SPIRITUAL REALM

YOUR FINANCIAL REALM

YOUR CAREER REALM

YOUR CREATIVE REALM

YOUR LOVE REALM

YOUR SOCIAL REALM

YOUR ENVIRONMENTAL REALM