

Life Satisfaction Questionnaire

How satisfied are you with different areas of your life? Circle a number from 1 to 10 next to each of the following areas of life. If you give an item a 1, you are completely dissatisfied with this part of your life. It means, “This part of my life is entirely unacceptable to me in its current state.” A number 10 means, “I couldn’t be happier or more satisfied with this area of life.” Your overall satisfaction will change from day to day, but try to give an overall assessment of *where you are at present*.

Any areas that are 5 or under could indicate that a professional coaching relationship could greatly benefit you in making progress in these areas. Please contact coach@ljallencoaching.com to schedule a 30 minute complimentary coaching overview.

1- Completely dissatisfied 10 – I could not be happier

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| 1 2 3 4 5 6 7 8 9 10 | Physical Health |
| 1 2 3 4 5 6 7 8 9 10 | Mental/Emotional Health |
| 1 2 3 4 5 6 7 8 9 10 | Career/Employment Satisfaction |
| 1 2 3 4 5 6 7 8 9 10 | Financial Stability |
| 1 2 3 4 5 6 7 8 9 10 | Marriage/Romantic Relationships |
| 1 2 3 4 5 6 7 8 9 10 | Home Life (Immediate Family) |
| 1 2 3 4 5 6 7 8 9 10 | Extended Family (Relatives, In-laws) |
| 1 2 3 4 5 6 7 8 9 10 | Friends/Social Life |
| 1 2 3 4 5 6 7 8 9 10 | Recreation/Relaxation/Leisure |
| 1 2 3 4 5 6 7 8 9 10 | Lifestyle (Degree of Busyness and Life Balance) |
| 1 2 3 4 5 6 7 8 9 10 | Personal Life Fulfillment |
| 1 2 3 4 5 6 7 8 9 10 | Spiritual Health/Life |
| 1 2 3 4 5 6 7 8 9 10 | Church/Religious Life |
| 1 2 3 4 5 6 7 8 9 10 | Physical Comfort (Housing, Neighborhood, Possessions, Cars, etc.) |