

# Course Worksheet: Life Satisfaction Assessment

Date:



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The Life Satisfaction Assessment worksheet establishes a baseline for understanding growth. Completing assessments at regular intervals will help you identify your patterns and progress. You may choose to do this weekly, every other week, monthly, or every few months. Whichever interval you choose, ongoing assessment of your life satisfaction across various domains can help you set better boundaries, goals, and expectations. It can also provide guidance about where you need to learn to ask for what you need and receive more readily.

You'll complete this worksheet at the beginning and end of the course and compare the changes. By the end of this course, the goal is that you have improved your overall life satisfaction by increasing the score in one or more domain(s). In addition, you'll understand how and why things changed and that knowledge will enable you to make strategic and systematic changes across the various domains in the future.

*For this exercise you will need:*

15-30 minutes

Markers or colored pencils (at least 8 colors)

*How to complete this exercise:*

Select 8 domains from the list below that are most important to you and write them in the outer ring of the concentric circles. Use various colors to fill in the rings

Rate each area:

1 ring = dissatisfaction

5 rings = moderate satisfaction,

10 rings = extremely satisfied)

*Domains for the Life Satisfaction Assessment*

- Physical/Health
- Emotional/Psychological
- Spiritual
- Career/Employment
- Hobbies
- Financial
- Intellectual/Creative
- Relationships: Partner
- Relationships: Family
- Relationships: Friends