

## RATE YOUR LIFE SATISFACTION

Following is an assessment tool for rating satisfaction levels in ten key areas of your life. This will guide you in determining where to put your focus, so you don't try to change your entire life at once. That's too overwhelming and can stop progress before you even begin. Here's what I want you to do:

1. Look at the label on each square and, as objectively and honestly as you can, rate your satisfaction level on a 1-10 scale in each of the ten areas, 1 being least satisfied, 10 being most satisfied. (If an area isn't especially meaningful to you, factor that into your score. For example, if you're single and happy about it, there's no need to give yourself a low score on Significant Other.)
2. Write your rating in each square.
3. Next, think of one action for each area that you can take within the next 24 hours that would take that score up a level. Write your action step in the square.
4. Pick the lowest number (or the area you want to focus on first) and complete that action step within one day.
5. Now, take one action every day until you've brought each score up a level. That's how you increase life satisfaction – one step at a time!

| Career            | Finances     | Health & Self-Care | Relationships with Family | Relationships with Friends |
|-------------------|--------------|--------------------|---------------------------|----------------------------|
|                   |              |                    |                           |                            |
|                   |              |                    |                           |                            |
| Significant Other | Spirituality | Personal Growth    | Fun & Recreation          | Home & Physical Space      |