



LIFE SATISFACTION CHECK

Thoroughly satisfied	10										10	
	9										9	
	8										8	
	7										7	
	6										6	
	5										5	
	4										4	
	3										3	
	2										2	
Thoroughly dissatisfied	1										1	
		Family	Spouse or life partner	Work, career	Money and income	Power and status	Health and fitness, appearance	Spirituality	Contribution to others	Leisure and fun	Friends and social life	

For each category shown at the bottom of the columns, place a cross to represent how you are feeling on a scale of 1-10.