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**LIFE SATISFACTION SURVEY**

Client Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place a number between 1 and 10 next to each life area, with 10 being the most satisfied and happy. All categories may not apply to you. Feed free to skip one or to add more categories that may fit. Repeat this rating every few months to see if your life is improving.

Love Relationships:

Family Relationships:

Extended Family Relationships:

Friendships:

Social Life:

Physical Health:

Appearance:

Emotional/Mental Health:

Spiritual Health/Peace

Career:

Finances:

Home/Living Space:

Hobbies/Recreation:

Education/Learning:

Productivity:

Creativity:

Motivation: