



Life Satisfaction Scorecard

Date: _____

Name: _____

***** This is something that you can use for Self-reflection to help you identify and make positive changes in your personal and/or professional life. You may wish to do this once a month to evaluate where you are at. At the same time, you may wish to get in touch with to explore your concerns, goals and desires more through a coaching process. Please do not hesitate to arrange a free 30 minutes consultation.**

1. If you were to give a SCORE out of 10 for how SATISFIED you are with your life overall?

___/ 10

2. If you were to give a SCORE out of 10 for how much FUN you are having in life?

___/ 10

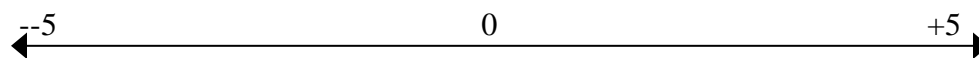
3. If you were to give a SCORE out of 10 for how HAPPY you are in your current CAREER?

___/ 10

4. If you were to give a SCORE out of 10 for how overwhelmed, BUSY or cluttered you currently feel?

___ 10

5. I like myself:



(please put an X on the line to correspond with how much you value yourself on a scale of -5 to +5)

6. What is your FAVOURITE thing in your life at the moment? (like best)

7. What could be IMPROVED in your life at the moment? (like least)



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8. What is missing right now in your life:

9. I am looking: *(please tick all that apply)*

- For More Meaning/Purpose in Life
- For More Fulfilment/Happiness in Life
- For More Ease/Simplicity or Balance in Life
- For More Freedom and/or Inner Peace in Life
- To Change or Move Forwards in my Career
- To Achieve my Goals Faster/More Easily
- To Learn to Trust Myself More/Be My Authentic Self
- Other *(If there was something you haven't mentioned yet, what would it be?)*

10. I am ready to take ACTION and make changes in my environment, habits and life

Maybe / Yes / No *(please circle)*