

# How Satisfied Are You?

Rate each of the following using a -10 to +10 Scale:

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10 9 8 7 6 5 4 3 2 1 0 1 2 3 4 5 6 7 8 9 10

-10 = Not At All Satisfied

10 = Completely Satisfied

- Work life, career
- Life vision and dreams
- Physical health
- Exercise, fitness
- Emotional and mental health
- Eating
- Sleep
- Time with family and friends
- Love life
- Play, fun, adventure
- Meditation, religious/spiritual/ways of knowing practices
- Activities that add joy and happiness to your life
- Rest, relaxation, rejuvenation
- Emotional care and release
- Stress management
- Activities that enrich your learning, creativity, intellectual growth
- Ways to be of service, pay it forward
- Financial health