

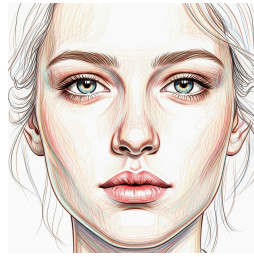


# Phoenix Rising

## Personal Development Coaching for Women

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### Life Satisfaction Quiz



**Instructions:** Circle the score (1 very unhappy - 10 extremely happy) that you would rate your satisfaction with your overall life in the following categories. Comment on each section. Answer the supplemental questions.

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**1. How satisfied are you with your life overall?**

1 2 3 4 5 6 7 8 9 10

Reflective comments:



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**2. How fun or exciting is your life? Is it fulfilling?**

1 2 3 4 5 6 7 8 9 10

Reflective comments:

**3. How happy are you in your current career or job?**

1 2 3 4 5 6 7 8 9 10

Reflective comments:

**4. How overwhelmed, busy, or stressed do you usually feel?**

1 2 3 4 5 6 7 8 9 10

Reflective comments:



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**5. How satisfied are you with your current relationship(s)?** *(You can choose which you decide to consider.)*

### Significant Other

1 2 3 4 5 6 7 8 9 10

Reflective comments:

### Friends

1 2 3 4 5 6 7 8 9 10

Reflective comments:

### Children/Stepchildren

1 2 3 4 5 6 7 8 9 10

Reflective comments:

### Co-Workers

1 2 3 4 5 6 7 8 9 10

Reflective comments:

### Parents/Grandparents

1 2 3 4 5 6 7 8 9 10

Reflective comments:

### Strangers

1 2 3 4 5 6 7 8 9 10

Reflective comments:



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**6. Deep down, I like and respect myself.**

1 2 3 4 5 6 7 8 9 10

Reflective comments:

**7. I am satisfied with my work/life balance.**

1 2 3 4 5 6 7 8 9 10

Reflective comments:

**8. What is your favorite thing in life at the moment?**

**9. What is one thing you would like to change or improve right now?**



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**10. One thing that you absolutely do not like at this moment but feel you cannot get away from or change. Why?**

**11. Something that makes you so happy you cannot believe it is true.**

**12. I am afraid of \_\_\_\_\_? Why?**

**13. Other reflections about my life satisfaction.**

**Thinking about the possibility of personal development coaching, I am looking for the following in my life:** *(check all that apply)*

- ☐ More meaning and purpose
- ☐ Fulfilment and happiness
- ☐ Life balance
- ☐ Ability to be organized
- ☐ Remove chaos and stress



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- ☐ Freedom
- ☐ Inner peace
- ☐ Change or forward movement in my career or job
- ☐ Achieve my goals more easily
- ☐ Learn to trust and be my authentic self
- ☐ Improve my attitude
- ☐ Develop healthy relationships
- ☐ Improve my overall wellness (mental, emotional, spiritual)
- ☐ Other \_\_\_\_\_

**I am ready to take action, get support, and make changes in my environment, habits and overall life:**

- ☐ Yes
- ☐ No
- ☐ Maybe

If you are ready to get started or need more information, please feel free to contact us today.

[info@phoenixrisingwomencoaching.com](mailto:info@phoenixrisingwomencoaching.com)

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