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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.

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

Friends

1 2 3 4 5 6 7 8 9 10

Reflective comments:

Reflective comments:

Children/Stepchildren

1 2 3 4 5 6 7 8 9 10

Co-Workers

1 2 3 4 5 6 7 8 9 10

Reflective comments:

Reflective comments:

Parents/Grandparents

1 2 3 4 5 6 7 8 9 10

Strangers

1 2 3 4 5 6 7 8 9 10

Reflective comments:

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.

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Call/Text 315.514.9296