



G and T Coaching

Discover Your Path of Growth and Transformation

Life Satisfaction Survey

Name: _____

Date: _____

Please rate your current levels of life satisfaction on a scale from 0-10 in the following areas. 0 represents *completely dissatisfied* and 10 represents *completely satisfied*.

1. Self-improvement _____
2. School or Work performance _____
3. Job or career direction _____
4. Positive emotions and fun _____
5. Friends and close relationships _____
6. Home environment _____
7. School or Work environment _____
8. Self-control _____
9. Goal setting and achievement _____
10. Time management and organization _____
11. Life purpose _____
12. Self-esteem _____
13. Confidence _____
14. Motivation _____
15. Hope _____
16. Stress management _____
17. Money _____
18. Physical activity _____
19. Determination _____
20. Sleep _____