

Life Satisfaction

This *Identifying Values* PERSONAL DEVELOPMENT WORKSHEET is courtesy of:
www.FreePersonalDevelopmentWorksheets.com & www.PersonalDevelopmentInsights.com where you can
download many more to help positively change your life.
For Life Coaching for Women visit: WyldWomanCoaching.com

How satisfied are you with your life?

Give a SCORE, out of 10, for how SATISFIED you are with your life overall. (10 is very satisfied)

1 2 3 4 5 6 7 8 9 10

Give a SCORE for how much FUN you are having in life. (10 means lots of fun!)

1 2 3 4 5 6 7 8 9 10

Is there an area of your life that you could make more exciting? Briefly describe.

4. What areas of your life do you want to improve? I want to:

- Improve my relationship.
- Heal my heart.
- Understand my life purpose.
- Learn to be more efficient with time management
- Feel more confident.
- Change, or move forwards, my career.
- Achieve my goals.
- Be happier in life.
- Live my life with ease and flow, rather than stress and frustration.
- Feel more at peace.
- To Learn to trust myself more/Be my Authentic Self.
- Other _____

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

Maybe / Yes / No (*please circle*)

(If you circled YES please subscribe to our blog to receive more FREE WORKSHEETS)

Thank you for downloading free worksheets from: www.FreePersonalDevelopmentWorksheets.com