

# LIFE SATISFACTION SURVEY

- Dr. David Turpen



**H**OW SATISFIED ARE YOU WITH YOUR LIFE? How balanced is your life? Which areas of your life would you consider strengths and which would you consider areas in need of attention? This survey will help you measure your level of satisfaction, or success, if you will, with your life...today. Your overall satisfaction will change from day to day, but try to give an overall assessment of where you are at present. You will take portions of this exercise three times. Don't worry, it's painless and very helpful.

## OVERALL LIFE SATISFACTION SURVEY

For the following list of 10 items, you will give a score of 1 to 10. A score of 1 means that you're in panic mode in this area of your life. A score of 5 means it's about average. A score of 10 means you're operating at your peak in this area and completely satisfied with that part of your life.

Specific scores: 1 = Panic; 2 = Extremely Weak; 3 = Weak; 4 = Low to Moderate; 5 = Average; 6 = Above Average; 7 = Low Strength; 8 = Strength; 9 = High Strength; 10 = Peak / At Your Best

Area of Life	Score
Physical Health	_____
Emotional Health	_____
Spiritual Health – (not religious but traits like integrity, character Conviction – you know what you believe and why)	_____
Financial Stability – not earning power but how stable	_____
Career/Professional, Student – on track and moving forward	_____
Social Support – Friends and family in partnership with you; you're calling on them when you need and not going through life alone.	_____
Closest Relationship/Marriage	_____
Time/Schedule – time management, organization, planning	_____
Learning/Personal Growth – being a lifelong learner	_____
Recreation/Fun – enjoyment, playing	_____



## TOTAL SCORE \_\_\_\_\_

### Scores:

10-25 – You're at crisis levels and should seek the assistance of a therapist or counselor and possibly a medical doctor

26-50 – You're in a state of unhealthiness and should seek the guidance of a trained counselor

50-75 – You're in a state of moderate healthiness and functioning rather well and balanced. Some areas may need attention.

75-100 – You're operating at optimal levels of satisfaction and health. The challenge is staying here as we tend live in states of ebbs and flows. Some areas may need attention or assistance in learning to maintain these levels or maximize where possible.

### GRAPH OF DESIRED GROWTH

Circle the number that best describes your level of satisfaction with each area of life. If you give an item a 1, you are completely dissatisfied with that part of your life. A 10 means you are completely satisfied and couldn't be happier with this part of your life. Skip any items that do not apply to you.

Dissatisfied					Satisfied					Area of Life
1	2	3	4	5	6	7	8	9	10	Physical Health
1	2	3	4	5	6	7	8	9	10	Mental/Emotional Health
1	2	3	4	5	6	7	8	9	10	Career/Employment
1	2	3	4	5	6	7	8	9	10	Financial Stability
1	2	3	4	5	6	7	8	9	10	Marriage/Romantic Relationship
1	2	3	4	5	6	7	8	9	10	Home Life/Immediate Family
1	2	3	4	5	6	7	8	9	10	Extended Family/In-laws
1	2	3	4	5	6	7	8	9	10	Friends/Social Life
1	2	3	4	5	6	7	8	9	10	Recreation/Relaxation
1	2	3	4	5	6	7	8	9	10	Lifestyle/Degree of Busyness
1	2	3	4	5	6	7	8	9	10	Personal Life Fulfillment
1	2	3	4	5	6	7	8	9	10	Personal Spiritual Life
1	2	3	4	5	6	7	8	9	10	Church/Religious Life
1	2	3	4	5	6	7	8	9	10	Current Ministry
1	2	3	4	5	6	7	8	9	10	Physical Comfort – Housing, Location, Cars
1	2	3	4	5	6	7	8	9	10	Other

Now, go back and connect each of the circles together, moving from line to line to make a graph. When you're finished go back and complete the form again, only this time put a square around the number that indicates *where you would like to be* if things were ideal. Once again, join the squares. What areas have the largest gaps between where you are at present and where you'd like to be? These may be areas in which coaching can be beneficial.