

Welcome!

I'm excited to offer you this free guide to help you get started on your personal growth journey. Whether you're feeling stuck, overwhelmed, or simply looking for ways to improve your life, try this exercise to get started:

## **Life Satisfaction Quiz: How Fulfilled Are You?**

This short quiz will help you assess your current level of life satisfaction across different areas. Answer each question honestly to get an insight into your strengths and areas for improvement. Your results will provide you with useful feedback to guide your next steps toward a more fulfilling life.

**Instructions:** For each statement, rate how true it is for you on a scale of 1 to 5, where:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**
- **5 = Strongly Agree**

**1. I am satisfied with my overall quality of life.**

- 1 | 2 | 3 | 4 | 5

**2. I feel a sense of purpose or meaning in my daily life.**

- 1 | 2 | 3 | 4 | 5

**3. I am happy with my career or work situation.**

- 1 | 2 | 3 | 4 | 5

**4. I have a good work-life balance.**

- 1 | 2 | 3 | 4 | 5

**5. I have strong, positive relationships with friends and family.**

- 1 | 2 | 3 | 4 | 5

**6. I feel financially secure or have a plan to achieve financial security.**

- 1 | 2 | 3 | 4 | 5

**7. I am physically healthy and take care of my body.**

- 1 | 2 | 3 | 4 | 5

**8. I have time to relax and engage in activities that bring me joy.**

- 1 | 2 | 3 | 4 | 5

**9. I feel mentally and emotionally resilient, able to handle stress and challenges.**

- 1 | 2 | 3 | 4 | 5

**10. I am generally optimistic about my future.**

- 1 | 2 | 3 | 4 | 5

## Scoring Your Quiz:

Add up your responses for all 10 questions.

- **40-50 points: High Life Satisfaction**  
You're generally feeling fulfilled across most areas of your life. Keep doing what's working, but consider fine-tuning small areas where you might want to grow further.
- **30-39 points: Moderate Life Satisfaction**  
You're doing well but might be facing some challenges in one or two areas. Take a closer look at what's holding you back and focus on those areas for improvement.
- **20-29 points: Low Life Satisfaction**  
You may be struggling in multiple areas of life. This could be a great time to reflect on your priorities, set goals, and explore new approaches to create more balance and joy.
- **10-19 points: Very Low Life Satisfaction**  
You might be feeling overwhelmed or dissatisfied in several aspects of your life. Consider seeking support from a coach, therapist, or mentor to help you navigate these challenges and find strategies to improve your well-being.

## Next Steps:

- **Reflect:** Take a few moments to think about your answers. What areas are you most satisfied with? Where do you see room for improvement?
- **Set Goals:** Identify one or two areas you want to focus on improving. Small, consistent steps can lead to meaningful changes.
- **Seek Support:** If you feel stuck, remember that coaching or therapy can provide valuable guidance and tools to help you create the life you desire.

Book an introductory session with me to find out more about how coaching can support your journey and move towards actioning what's important to you.