

Question	Your Score
Q1 How satisfied are you with your physical environment? (the place you live, what you have around you)	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q2 Do you get a lot of satisfaction from the family and friends you have around you. Do you have strong relationships?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q3 Are you satisfied with your current career and career goals for the future?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q4 Are you satisfied with the relationship you have with your partner?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q5 Are you satisfied with the amount of recreation time you have, do you have FUN?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q6 Do you have opportunities to learn and develop personally?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q7 Are you satisfied with the amount of money you have to support your goals?	1 2 3 4 5 6 7 8 9 10
	1 2 3 4 5 6 7 8 9 10
Q8 Looking at your health and fitness are you satisfied with how you feel physically?	
	Total score

Firstly, look at your total score, anything greater than 50 points you are generally more satisfied. Below 50 means there are some opportunities to improve satisfaction in a number of areas.

Most importantly look at the specific areas where you scored the least. Can you see where there is potential for change in your life? Can you see areas where you are most satisfied? Does the lack of satisfaction in one area contribute to your energy being spent in other areas of your life? Is the balance right for you?

The next step is to consider how you can make changes in your life and what you need to focus on. Maybe you would like some help to tap into what you already know or have someone there to motivate and support you. Take the next step and [contact us](#).

If you are totally satisfied in all areas of your life but you want to tap into that extra potential, we can help you there too.