



ByersPlace Coaching

Life Satisfaction Survey

Often referred to as the Life Wheel, this survey captures how satisfied you are with different areas of your life.

Circle a number (from 1 – 10) in each life area.

1 = completely dissatisfied (This part of my life is entirely unacceptable to me in its current state.)

10 = completely satisfied (I couldn't be happier or more satisfied with this area of life.

Although your overall satisfaction likely changes from day to day, try to give an overall assessment of where you are at present. Skip any items that don't apply to you.

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 Satisfaction 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

Physical Comfort (Housing, Car, etc.) 1-----2-----3-----4-----5-----6-----7-----8-----9-----10