

## What it is

A tool to assess satisfaction with the various areas of one's life

## What it can do

This tool can assist people to:

- Determine what's working and not working well in their lives
- Help focus where change is most needed
- Help strengthen commitment to make positive changes

You can use this tool to look at your own life or offer it to others as part of coaching or training.

## How it works

The digital version of this PDF form can be filled out using Adobe Reader. It can be downloaded at: <http://www.stproject.org/resources/tools-for-transformation/>

- Answer the questions on the survey that follows.
- Completing the survey should be followed by either self-reflection or coaching to make maximum use of the information.
- Suggested questions for reflection follow the survey.

Please circle the number which best describes your experience.  
Make sure to answer what's really so – not how you wish things were.

**1. Overall, I feel like I am leading the life I would like to lead.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**2. I am doing work that is a good expression of my life purpose.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**3. I wake up in the morning ready to meet life with positive energy.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**4. I end my workdays with a feeling of satisfaction.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**5. I am satisfied with the way I actually spend my time at work.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**6. I maintain good judgment about my priorities at work.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**7. I have the space and mental clarity to be thoughtful and strategic in my leadership decisions.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**8. I feel present and connected to my inner self – my emotions, my intuition, spirituality, etc.**

NEVER ALWAYS  
1      2      3      4      5      6      7

**9. I feel centered and able to meet challenging situations.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**10. I maintain an acceptable level of stress in my work and life.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**11. I would be happy to continue at my current pace for the next 3 years.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**12. For now, I am satisfied with my personal economy – the amount of money I am bringing in and the way I manage expenses.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**13. I get sufficient sleep and rest to sustain my energy and health.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**14. My diet is healthy and supports my quality of life.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**15. I engage in the amount and variety of exercise needed for good health and sustained energy.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**16. I am satisfied with the overall balance of activities in my life.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

*(For those in a primary relationship)*

**17. I invest the quality and quantity of time in my primary relationship needed to really enjoy the connection and intimacy I would like.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

*(For those with children)*

**18. I invest the quality and quantity of time I would like with my children.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**19. I invest the time and care needed to cultivate and maintain satisfying friendships.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**20. I am satisfied with the quality and quantity of time I engage in other aspects of social and community life.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**21. I am satisfied with the quality and quantity of time I invest in my professional & personal learning and development.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

**22. I am satisfied with the quality and quantity of time I invest in my recreational activities – reading, hobbies, etc.**

NEVER							ALWAYS
1	2	3	4	5	6	7	

