LIFESTYLE SATISFACTION INDEX Assessment

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.

Tools for Transformation

LIFESTYLE SATISFACTION INDEX Tool

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	s a good ex	oression	of my life p	ourpose.	
	NEVER		.		, j		ALWAYS
	1	2	3	4	5	6	7
		_	J	т	J	O	,
3.	I wake up ir	the morni	ng ready to	o meet life	with positi	ive energy	'.
	NEVER						ALWAYS
	1	2	3	4	5	6	7
4.	I end my wo	orkdays wit	th a feeling	of satisfa	ction.		
	NEVER						ALWAYS
	1	2	3	4	5	6	7
5.	I am satisfie	ed with the	way I actu	ally spend	my time a	t work.	
	NEVER						ALWAYS
	1	2	3	4	5	6	7
6.	I maintain g	lood iudam	ent about	my prioriti	os at work		
•	NEVER	jood jaag	ioni about	, p	oo at work	•	ALWAYS
	1	2	3	4	5	6	7
	•	_	J	1	Ü	Ü	,
7.	 I have the space and mental clarity to be thoughtful and strategic in my leadership decisions. 				ic in		
	NEVER						ALWAYS
	1	2	3	4	5	6	7
8.	I feel prese	nt and con	nected to n	ny inner se	elf – my em	otions, m	y intuition, 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 a	n acceptab	ole level of	stress in r	ny work an	d life.	
	NEVER						ALWAYS
	1	2	3	4	5	6	7
11.	I would be h	nappy to co	ontinue at r	ny current	pace for t	he next 3 y	years.
	NEVER						ALWAYS
	1	2	3	4	5	6	7
40	.		I ! 4 la			1	4 - 6
12.	For now, I a money I an				•		t or
	NEVER						ALWAYS
	1	2	3	4	5	6	7
13.	I get suffici	ent sleep a	nd rest to s	sustain my	energy ar	nd health.	
	NEVER	•		•	0,		ALWAYS
	1	2	3	4	5	6	7
14.	My diet is h	ealthy and	supports r	ny quality	of life.		
	NEVER						ALWAYS
	1	2	3	4	5	6	7
15.	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.	16. I am satisfied with the overall balance of activities in my life.						
	NEVER						ALWAYS
	1	2	3	4	5	6	7

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
	or those wit I invest t) and quant	ity of time	l would lik	e with my	children.
	NEVER						ALWAYS
	1	2	3	4	5	6	7
19.		he time a g friendsh	nd care nee nips.	eded to cul	tivate and	maintain	
	NEVER						ALWAYS
	1	2	3	4	5	6	7
20.			the quality ocial and c			e I engage	in
	NEVER						ALWAYS
	1	2	3	4	5	6	7
21.			the quality personal l				1
	NEVER						ALWAYS
	1	2	3	4	5	6	7
22.			the quality ties – readi	•	•	l invest in	my
	NEVER						ALWAYS
	1	2	3	4	5	6	7

(For those in a primary relationship)

REFLECTION QUESTIONS

1.	As you review your survey, what do you feel especially good about? What are your areas of highest satisfaction?
2.	Is there an area where you have made significant improvement in recent years? How did you accomplish this? What can you learn from this experience about how to make positive change in your life?
3.	What are some of the lower scores in your survey?
4.	Of these, what one or two areas would you most like to change? Why? What would be the potential positive impact in your life?
5.	How could you go about making this change?
6.	Next action steps?
For	help in planning to successfully make changes in your life, see our tool:

For help in planning to successfully make changes in your life, see our tool: *The Wheel of Change: A Model for Personal Transformation*Available online at http://www.stproject.org/resources/tools-for-transformation/