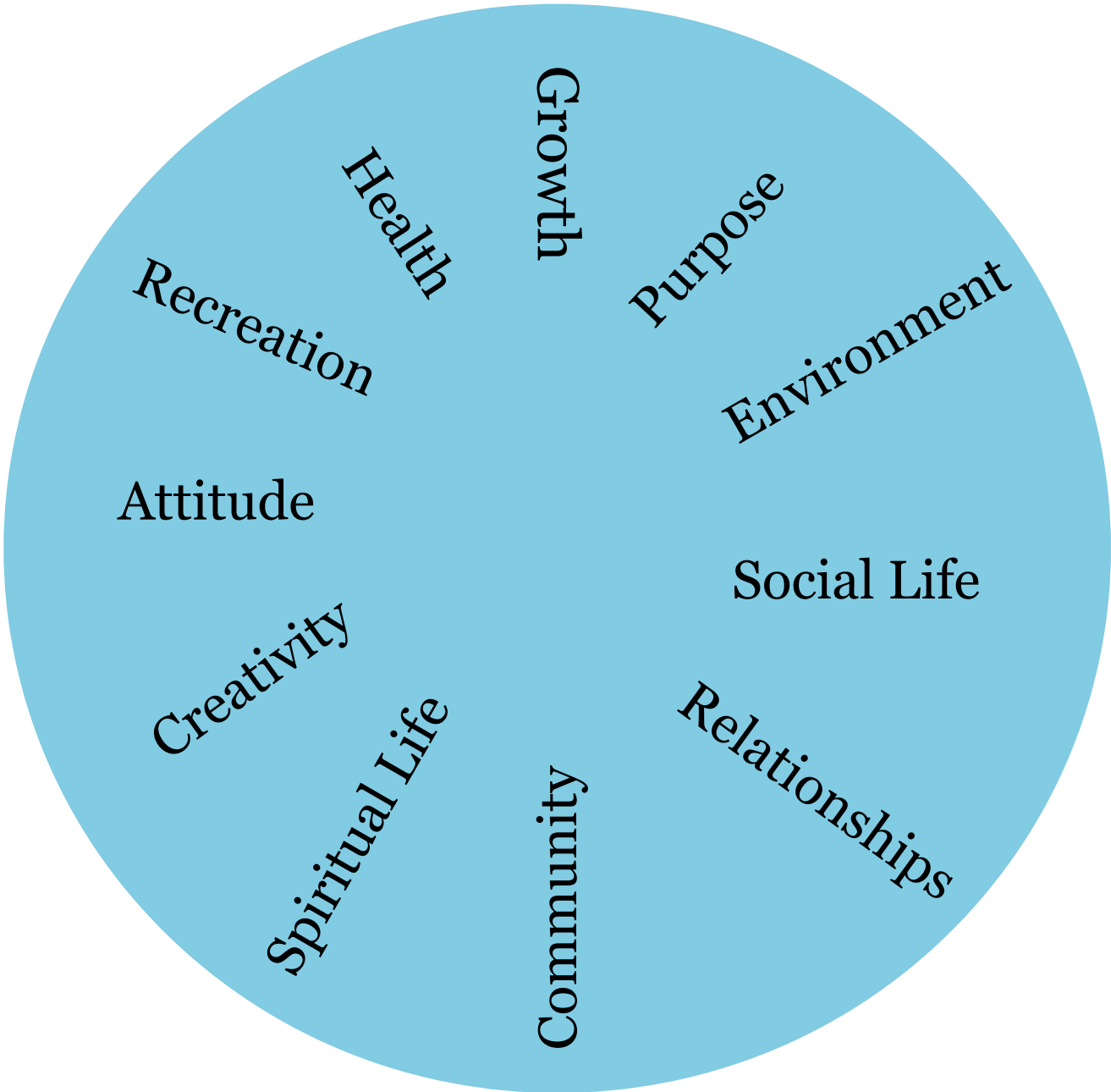

Life Satisfaction Survey



Life Wheel



Being healthy, experiencing happiness, and feeling joy happens as a result of living your life in balance; Body, Mind, and Spirit. The following questions are designed to help you explore those areas of your life that may be out of balance or need some attention. First, rate how important each category is to you on a scale of 1-5, 1 being not important and 5 being most important. Then, decide how satisfied you are with each life area. You can rate your life on a scale of 1 to 10, with 1 being “very unsatisfied” and 10 being “extraordinary.” Pay attention to those areas that are important and that match with those areas that are currently unsatisfying. That will be a good place to start your exploration to and to improve your life happiness and satisfaction. I have included a blank page to write your thoughts, goals or questions you may want to explore.

Life Areas		How Important is this to you?	How satisfied are you?
Personal Growth	Do you spend time learning new things, reading, taking classes, etc? Are you growing the skills that make you unique or are you stagnating?		
Love Relationships	Are you happy in your current state of relationship.		
Friendships	How strong is your support network? Do you have friends you can count on? Do friends count on you?		
Family Life	Are you satisfied with the relationship with your spouse, children, parents, and siblings?		
Social Life	Do you spend quality time with friends and say yes to fun opportunities?		
Environment	Are you happy with the quality of your home, car, workspace, living space, travel accommodations, etc?		

Life Areas		How Important is this to you?	How satisfied are you?
Spiritual Life	How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful?		
Purpose-Career	Are you happy with your work? Are you growing or do you feel stuck in a rut? Do you feel you are living your “purpose?”		
Community	Are you playing a role in your community? Are you “of service” somehow? Do you have a community you can count on?		
Creativity	Do you engage in any activity that channels your creativity?		
Attitude	Do you tend to have a positive attitude, feel gratitude and look for the positive side of situations?		
Recreation/ Adventures	How much time do you get to experience the world and do exciting and fun things?		
Health & Fitness	How would you rate your health, level of fitness and how you feel on any given day? Do you move your body on a regular basis?		
Stress & Anxiety	How often are you pulled away from those things that are important to you because of stress, anxiety or other health issues?		

Use this section to write down your thoughts,
comments, questions and goals.

A large, empty rectangular box with a thin black border, intended for writing thoughts, comments, questions, and goals.

Well, what do you think about your results? Are you happy with your life? Any surprises? Are there some areas of your life you would like to look at now? Is there room for improvement? Are you happy? Are you satisfied? Do you experience peace, joy, contentment?

Is there an area(s) of your life you need some support? That's where I come in. I can help you explore these areas of your life, and provide support and guidance on your journey. I offer workshops in a variety of topics as well as one on one coaching to help people find health, balance, joy, peace, and happiness as well as discover and live their heart's desire.

Are you ready? What are you waiting for? Contact me today so we can get started.
barb@leaningintojoy.com.

For additional information and support visit my website at www.leaningintojoy.com.
You can find me on social media too!

Facebook: <https://www.facebook.com/barbebrown/>

Facebook Page: <https://www.facebook.com/leaningintohappinessandjoy>

Pinterest: <https://www.pinterest.com/barbebrown/>

Twitter: <https://twitter.com/barbebrown/>

Instagram: <https://www.instagram.com/barbebrown/>

I look forward to connecting with you!
In Peace and Wellness,

Barb E. Brown



Barb E. Brown is a leading expert in managing and transforming anxiety and stress naturally allowing the possibility of living your heart's desire. Her life experiences, as well as her education, has provided the perfect combination to become a powerful advocate to help others who struggle with difficult emotions including stress, anxiety, overwhelm, fear and doubt. Barb shows her clients how to manage their own emotions in a natural way and learn more about themselves in the process of healing and letting go. She offers powerful and creative tools and rituals to help people navigate emotions without traditional medication and in the process shows them the path to living life more fully, in balance, in health and joy. She holds a Master's Degree in Counseling Psychology, was a counselor in private practice for 15 years, is a Certified Nutrition Advisor, Certified Life Optimization Coach, SoulCollage® Facilitator and creator of Your Heart's Desire Coaching program™.