

**Life Satisfaction Assessment**

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

Circle or highlight a number, from 1-10, on each area of your life.

1=completely dissatisfied and 10=completely satisfied

Answer and rate where you are today and skip any that do not apply.

Date Completed: \_\_\_\_\_

Personal life/Fulfillment	1---2---3---4---5---6---7---8---9---10
Spiritual Health	1---2---3---4---5---6---7---8---9---10
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
Marriage/Dating/Relationships	1---2---3---4---5---6---7---8---9---10
Money/Finances	1---2---3---4---5---6---7---8---9---10
Family/Home life	1---2---3---4---5---6---7---8---9---10
Career/Work	1---2---3---4---5---6---7---8---9---10
Self-care/Hobbies/Interests	1---2---3---4---5---6---7---8---9---10
Recreation/Relaxation	1---2---3---4---5---6---7---8---9---10
Time management/Life balance	1---2---3---4---5---6---7---8---9---10
Friends/Social life	1---2---3---4---5---6---7---8---9---10
Church/Religious fulfillment	1---2---3---4---5---6---7---8---9---10
Overall Current Lifestyle	1---2---3---4---5---6---7---8---9---10