



LIBBY GILL & COMPANY

SATISFACTION SELF-ASSESSMENT

Awareness is usually the first step in making any kind of significant personal or professional change. Use this tool to assess the satisfaction you're feeling in ten key life areas.

1. Look at the label on each square and, as objectively as possible, rate your satisfaction level on a 1-10 scale in each of the ten areas, 1 being least satisfied, 10 being most satisfied. (If an area isn't especially meaningful to you, factor that into your score. For example, if you're single and happy about it, there's no need to give yourself a low score on Significant Other.)
2. Write your rating in each square.
3. Think of one action for each area that you can complete that would take that score up a level. Write the action in the square.
4. Pick the lowest number (or the area you want to focus on first) and complete that action step within one day.
5. Now, take one action every day until you've brought each score up a level. That's how you increase life satisfaction – one step at a time!

Career	Finances	Health & Self-Care	Relationships with Family	Relationships with Friends
Significant Other	Spirituality	Personal Growth	Fun & Recreation	Your Space Home/Ofc.