

Life Satisfaction Survey (Adult Client)

Please rate your current levels of life satisfaction on a scale from 0-10 in the following areas. 0 represents *completely dissatisfied* and 10 represents *completely satisfied*.

1. Self-improvement ____
2. Work performance and balance ____
3. Job fit or career direction ____
4. Positive emotions and fun ____
5. Friends and close relationships ____
6. Home environment ____
7. Work environment ____
8. Self-control and boundaries ____
9. Goal setting and achievement ____
10. Time management and organization ____
11. Life purpose ____
12. Self-esteem ____
13. Confidence ____
14. Motivation ____
15. Hope ____
16. Stress management ____
17. Money ____
18. Physical activity ____
19. Determination ____
20. Sleep ____

Coaching Plan Goals

What outcome goals would you like to set for our time together?

1. _____

2. _____
