Living a Satisfied Life Scorecard

Date: ______________________

1. If you were to give a SCORE out of 10 for how SATISFIED you are with your life overall?
   ____ / 10

2. If you were to give a SCORE out of 10 for how much FUN you are having in life?
   ____ / 10

3. If you were to give a SCORE out of 10 for how HAPPY you are in your current CAREER?
   ____ / 10

4. If you were to give a SCORE out of 10 for how overwhelmed, BUSY or cluttered you currently feel?
   ____ / 10

5. I like myself:
   
   --5 0 +5

   (please put an X on the line to correspond with how much you like yourself on a scale of -5 to +5)

6. What is your FAVORITE thing in your life at the moment? (like best)

   ________________________________________________________________

7. What could be IMPROVED in your life at the moment? (like least)

   ________________________________________________________________

8. I am looking:  (please tick all that apply)

   ☐ For More Meaning/Purpose in Life
   ☐ For More Fulfillment/Happiness in Life
   ☐ For More Ease/Simplicity or Balance in Life
   ☐ For More Freedom and/or Inner Peace in Life
   ☐ To Change or Move Forwards in my Career
   ☐ To Achieve my Goals Faster/More Easily
   ☐ To Learn to Trust Myself More/Be My Authentic Self
   ☐ Other  (if there was something you haven’t mentioned yet, what would it be?) __________________________________________

9. I am ready to take ACTION and make changes in my environment, habits and life.

   Maybe / Yes / No  (please circle)

Kelly Ann Evers
Founder, His Love Heals, Domestic Violence Help
www.domestic-violence-help.org