

What it is

A tool to assess satisfaction with the various areas of one's life

What it can do

This tool can assist people to:

- Determine what's working and not working well in their lives
- Help focus where change is most needed
- Help strengthen commitment to make positive changes

You can use this tool to look at your own life or offer it to others as part of coaching or training.

How it works

The digital version of this PDF form can be filled out using Adobe Reader. It can be downloaded at: atctools.org/resources/tools-for-transformation

- Answer the questions on the survey that follows.
- Completing the survey should be followed by either self-reflection or coaching to make maximum use of the information.
- Suggested questions for reflection follow the survey.

Please circle the number which best describes your experience.
Make sure to answer what's really so – not how you wish things were.

1. Overall, I feel like I am leading the life I would like to lead.

NEVER ALWAYS
1 2 3 4 5 6 7

2. I am doing work that is a good expression of my life purpose.

NEVER ALWAYS
1 2 3 4 5 6 7

3. I wake up in the morning ready to meet life with positive energy.

NEVER ALWAYS
1 2 3 4 5 6 7

4. I end my workdays with a feeling of satisfaction.

NEVER ALWAYS
1 2 3 4 5 6 7

5. I am satisfied with the way I actually spend my time at work.

NEVER ALWAYS
1 2 3 4 5 6 7

6. I maintain good judgment about my priorities at work.

NEVER ALWAYS
1 2 3 4 5 6 7

7. I have the space and mental clarity to be thoughtful and strategic in my leadership decisions.

NEVER ALWAYS
1 2 3 4 5 6 7

8. I feel present and connected to my inner self – my emotions, my intuition, spirituality, etc.

NEVER ALWAYS
1 2 3 4 5 6 7

9. I feel centered and able to meet challenging situations.

NEVER							ALWAYS
1	2	3	4	5	6	7	

10. I maintain an acceptable level of stress in my work and life.

NEVER							ALWAYS
1	2	3	4	5	6	7	

11. I would be happy to continue at my current pace for the next 3 years.

NEVER							ALWAYS
1	2	3	4	5	6	7	

12. For now, I am satisfied with my personal economy – the amount of money I am bringing in and the way I manage expenses.

NEVER							ALWAYS
1	2	3	4	5	6	7	

13. I get sufficient sleep and rest to sustain my energy and health.

NEVER							ALWAYS
1	2	3	4	5	6	7	

14. My diet is healthy and supports my quality of life.

NEVER							ALWAYS
1	2	3	4	5	6	7	

15. I engage in the amount and variety of exercise needed for good health and sustained energy.

NEVER							ALWAYS
1	2	3	4	5	6	7	

16. I am satisfied with the overall balance of activities in my life.

NEVER							ALWAYS
1	2	3	4	5	6	7	

(For those in a primary relationship)

17. I invest the quality and quantity of time in my primary relationship needed to really enjoy the connection and intimacy I would like.

NEVER							ALWAYS
1	2	3	4	5	6	7	

(For those with children)

18. I invest the quality and quantity of time I would like with my children.

NEVER							ALWAYS
1	2	3	4	5	6	7	

19. I invest the time and care needed to cultivate and maintain satisfying friendships.

NEVER							ALWAYS
1	2	3	4	5	6	7	

20. I am satisfied with the quality and quantity of time I engage in other aspects of social and community life.

NEVER							ALWAYS
1	2	3	4	5	6	7	

21. I am satisfied with the quality and quantity of time I invest in my professional & personal learning and development.

NEVER							ALWAYS
1	2	3	4	5	6	7	

22. I am satisfied with the quality and quantity of time I invest in my recreational activities – reading, hobbies, etc.

NEVER							ALWAYS
1	2	3	4	5	6	7	

REFLECTION QUESTIONS

1. As you review your survey, what do you feel especially good about?
What are your areas of highest satisfaction?
2. Is there an area where you have made significant improvement in recent years?
How did you accomplish this? What can you learn from this experience about
how to make positive change in your life?
3. What are some of the lower scores in your survey?
4. Of these, what one or two areas would you most like to change? Why?
What would be the potential positive impact in your life?
5. How could you go about making this change?
6. Next action steps?

For help in planning to successfully make changes in your life, see our tool:
The Wheel of Change: A Model for Personal Transformation
Available online at atctools.org/resources/tools-for-transformation