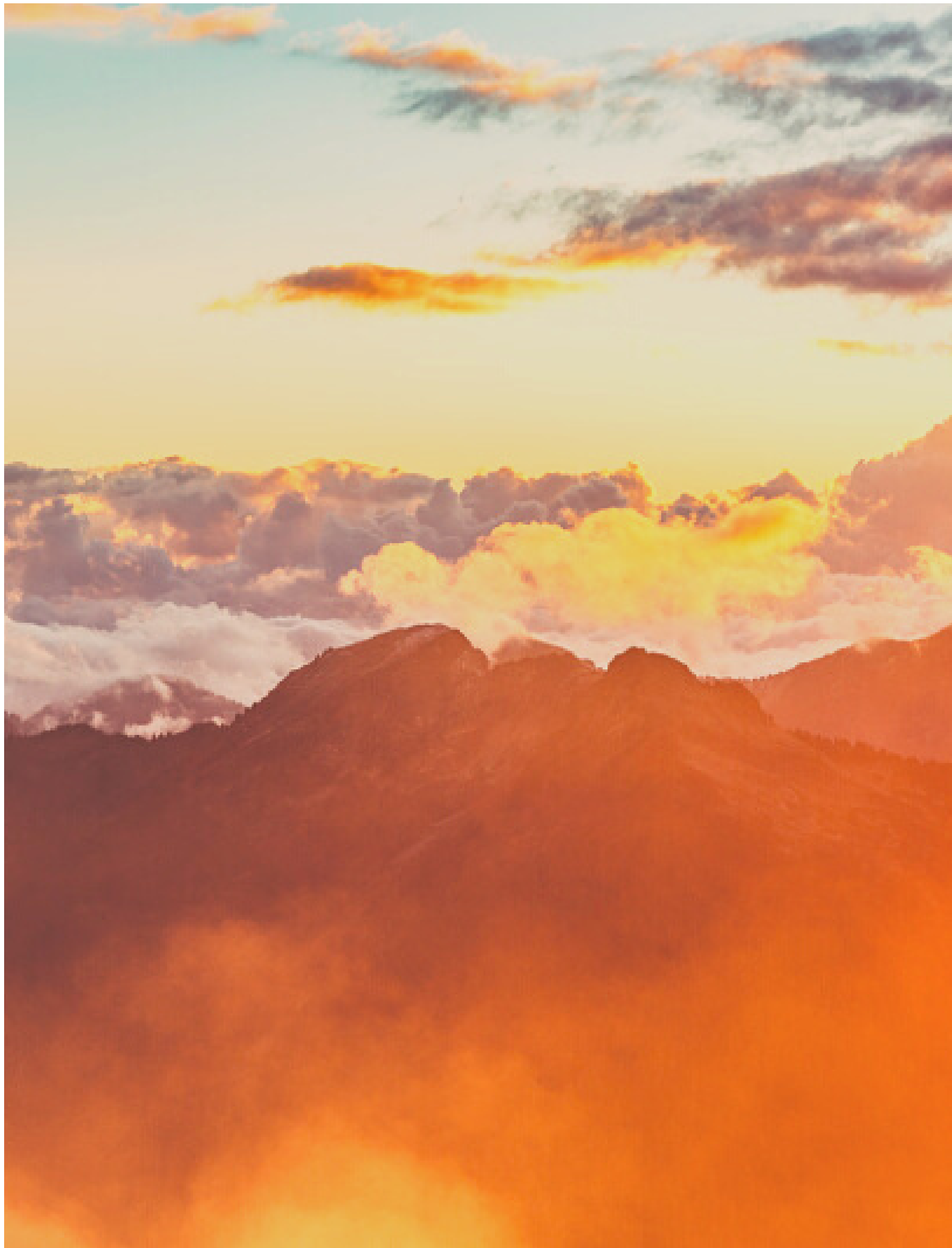


LIFE SATISFACTION QUIZ

CHANGEWINDOW



LIFE IS SHORT. TAKE THAT TRIP.

QUIZ

How satisfied are you are with their life ?

1. WHAT SCORE OUT OF 10 WOULD YOU GIVE 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'RE 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. GIVE A SCORE OUT OF 10 FOR HOW OVERWHELMED, BUSY OR STRESSED YOU USUALLY FEEL:

___ / 10

5. DEEP DOWN, I LIKE MYSELF: (PLACE X ON THE LINE)

-5<-----0-----+5

6. WHAT IS YOUR FAVOURITE THING IN LIFE AT THE MOMENT? (LIKE BEST)

7. WHAT COULD BE IMPROVED IN YOUR LIFE AT THE MOMENT? (LIKE LEAST)



THINKING ABOUT COACHING ?

I am looking for Tick all that applies

- For More Meaning/Purpose in Life
- For More Fulfilment/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?) _____

Vineta Anand

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Let's Start the Journey