

Fulfillment & Satisfaction Assessment

Rate each aspect of life from 1-10. 1 is low satisfaction or lack of presence and 10 is extremely satisfied and fulfilled.

Areas of Life	Rate from 1-10
Career	
Significant other / Love	
Family	
Friends / Community / Relationships	
Physical Health (pain, health concerns)	
Emotional Health	
Finances	
Spirituality	
Exercise / Activity	
Fun	
Home / Physical Environment	
Personal Growth / Education	
Overall Lifestyle	
Self (self love, personality traits, habits)	
Nutrition	

What areas of your life are you most interested in discussing or feel the most stuck in?

What specific results from the most important areas of life are you hoping to achieve?

What do you intuitively feel you need to do or change to get to your goals?

Please feel free to share or vent anything you want me to know. This is a safe space to let me know about you, how you are feeling, your story and what you want and crave from life.