

Life Satisfaction Assessment

Your life is made of interconnected domains—like glasses on a tray. Some are full, others are not. And here's the catch: **filling one glass more than you're supposed to doesn't fill the others.** It simply spills.

This is where subjective well-being comes in—not as a vague concept, but as a reflection of how balanced and fulfilled you feel across key areas of life. **Clarity begins with awareness.**

This isn't just a tool—it's a mirror. It helps you pause, reflect, and notice which areas are asking for attention—not to judge, but to gently explore.

You won't find answers here. But you will find **direction.** And perhaps, the permission to stop overfilling one area—and start rebalancing with intention.

Step 1: Scan Your Landscape

Rate each of the 10 domains below using a scale from n/a to 10:
n/a (not applicable), 1 (deeply unsatisfied), 10 (fully satisfied).

This isn't about checking boxes—it's about noticing what's real for you. Clarity lives in the numbers you assign—and sometimes, in the ones you skip.

Two blank rows are included at the bottom, in case a domain that matters to you isn't listed. Life is dynamic—and so are the categories that shape it.

Life Domains	n/a	1	2	3	4	5	6	7	8	9	10
Money & Finance											
Career & Work											
Health & Fitness											
Fun & Recreation											
Environment											
Community											
Family & Friends											
Spirituality											
Partner & Love											
Growth & Learning											



Step 2: Hear the Signal

Now that you've mapped your satisfaction across domains, which areas are asking for your attention? List up to 3 life domains where satisfaction feels low or off-balance. There are no wrong answers. Sometimes, asking the right questions is progress enough.

1. **Life Domain #1** that needs my attention: _____

- Why does this domain need attention?

[Your response space]

- What could you do—gently, practically, courageously—to raise that satisfaction by even one point?

[Your response space]

2. **Life Domain #2** that needs my attention: _____

- Why does this domain need attention?

[Your response space]

- What could you do—gently, practically, courageously—to raise that satisfaction by even one point?

[Your response space]



3. **Life Domain #3** that needs my attention: _____

- Why does this domain need attention?

[Your response space]

- What could you do—gently, practically, courageously—to raise that satisfaction by even one point?

[Your response space]

Guidance:

- ✓ This isn't about fixing everything. It's about **choosing what matters now**.
- ✓ Set goals that stretch you, not stress you.
- ✓ Revisit this tool regularly to track your growth and shifting priorities.
- ✓ Remember: **being better** is often more sustainable than trying to be the best.
- ✓ If you need support or a reflective sounding board—reach out. You don't need to go alone.

Optional Perspective Shift:

You may choose to invite a trusted friend or partner to fill out the same assessment—as if they were you. The contrast may be surprising... or illuminating. Sometimes others see patterns we don't.

Connect
with Coach
LAZAR

- ICF Certified Professional Coach (PCC)
- Thinking Partner for Senior Executives
- Personal Transformation Facilitator
- Design Thinking Mentor
- Business Consultant

COMMUNICATION CONFIDENCE COACHING

"Beyond Skill, Your Success in Communication Depends on Your Mindset and Intent"

I Help Frustrated Executives with Cultivating Communication Confidence to Elevate Their Leadership Influence and Performance.

PERSONAL MASTERY COACHING

"Only Dead Fish Flow with the Flow."

I Guide You Through Exploring, Harnessing, And Leveraging Your Unique Qualities for Lasting Growth and Evolution.