Life Satisfaction Rating Table

Directions: This table will help you decide which life area to make changes to first.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Life Area** | **Current Satisfaction Rating**  **(1 to 10)** | **Ideal Satisfaction Rating**  **(1 to 10)** | **Gap** | **Priority Level (1 to 5)** | **Total (Gap + Priority**  **Level)** |
| **Attitude** |  |  |  |  |  |
| **Career** |  |  |  |  |  |
| **Creativity** |  |  |  |  |  |
| **Family** |  |  |  |  |  |
| **Friendships** |  |  |  |  |  |
| **Health** |  |  |  |  |  |
| **Living Accommodations** |  |  |  |  |  |
| **Organization** |  |  |  |  |  |
| **Personal Appearance** |  |  |  |  |  |
| **Pleasure/Leisure Time** |  |  |  |  |  |
| **Sex** |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |
| **Time Management** |  |  |  |  |  |
| **Volunteer** |  |  |  |  |  |

**Column Descriptions**

**Current Satisfaction Rating**

On a scale of 1 to 10 (10 representing amazingly satisfied), how satisfied are you with the way things currently are?

**Ideal Satisfaction Rating**

On a scale of 1 to 10 (10 representing amazingly satisfied), what is your ideal satisfaction rating with this area?

**Gap**

Subtract column 3 from column 2 to determine the numeric difference. This is just another way to help you prioritize your goals.

**Priority Rating**

On a scale of 1 to 5 (5 representing a high priority), how much of a priority is dealing with this area for you right now?

**Total**

This column contains the combined total for the Gap column and the Priority Rating column. This will help you decide which areas to improve first.