

Life Focus Satisfaction Chart

Thanks to the College of Executive Coaching for this exercise.

Instructions: Imagine the bottom of these scales has the score of 0, and the top of the scale has the score of 10. A rating of 10 represents highest possible satisfaction. 0 represents the lowest level of satisfaction. In the last column you can add your own life category if you wish. Choose a number that represents how satisfied you are in each of these areas. Mark the number in the appropriate height of the column. Then examine your satisfaction levels and determine areas of your life that you want to improve. These areas can become part of your coaching agenda. What satisfaction number are you at now? What is your target satisfaction level?

Keep in mind that some areas may not be that important to you right now. For example, let's say you are not interested in "friends" in this chapter of your life. You might rank this area as a "9" because you are quite satisfied with this area of your life now. Let's say you are very interested in family in this time of your life. You might also rank this a "9" if you feel satisfied with that area of your life. Upon reflection, you may conclude that one of your goals is to increase your "family satisfaction" from a "9" to a "10".

10

0

Friends Family Career/
Money Spirituality Exercise Health Fun Home/
Physical _____
Environment

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Susan

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