

THE LIFE SATISFACTION QUESTIONNAIRE

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This exercise is all about how satisfied you are with your life right now.

Beside each heading, please check a box between 1 and 7 to indicate how satisfied you are with this particular aspect of your life:

	Completely Dissatisfied						Completely Satisfied
	1	2	3	4	5	6	7
My life in general							
My family life							
My personal life							
My financial situation							
My health							
My career							
Total							