

Simple Life Self-Assessment

Rate your current satisfaction in each area on a scale of 1-5, with 1 being very low and 5 being very high.

Mental

- How satisfied are you with your mental clarity and focus?
- How challenged and stimulated do you feel intellectually?
- How well are you able to manage stress effectively?

Score

Total ___

Spiritual

- Do you feel connected to something larger than yourself?
- Are you at peace with your core values and beliefs?
- Do you have a sense of purpose and meaning in life?

Total ___

Physical

- How satisfied are you with your overall health and fitness?
- Do you have enough energy to handle daily tasks?
- How nourishing is you with your diet and nutrition?

Total ___

Social

- How satisfied are you with your close relationships?
- Do you feel connected to your community?
- Do you have a strong support system?

Total ___

Emotional

- How well do you manage your emotions?
- Are you able to express your feelings openly and honestly?
- Do you experience positive emotions regularly?

Total ___

Thoughts
