



## Susan Chan at New Horizons Happiness/ Satisfaction Self Analysis

On a scale of 1 to 10 (1 being poor and 10 being fully achieved/ happy], grade each of the categories below, as they are at this moment.

1. Give yourself a score out of 10 for how satisfied you are with your overall life \_\_\_\_\_/10
2. Give yourself a score out of 10 for how happy you are with your overall life \_\_\_\_\_/10
3. Give yourself a score out of 10 for how much fun you are having in your life \_\_\_\_\_/10
4. Give yourself a score out of 10 for how happy you are with your current career \_\_\_\_\_/10
5. Give yourself a score out of 10 for how content you are with relationships \_\_\_\_\_/10
6. Give yourself a score out of 10 for how much you like yourself \_\_\_\_\_/10
7. What is the least favourite thing in your life at the moment?  
\_\_\_\_\_
8. What is the most favourite thing in your life at the moment?  
\_\_\_\_\_
9. I am looking
  - For more balance in my life
  - For more purpose and fulfilment
  - For more personal freedom
  - For more happiness
  - For more harmonious relationships
  - To move forward in my career