

LIFE SATISFACTION ASSESSMENT

Simply Lovely Breakthrough



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YOU ARE GROWTH-SEEKING BEINGS, AND AS YOU ARE MOVING FORWARD, YOU ARE AT YOUR HAPPIEST.

ABRAHAM HICKS

ENJOY YOUR BONUS!

Congratulations on taking your next step towards manifesting your dreams!! Since you signed up for your coaching session before the deadline, here is your Life Satisfaction Assessment bonus as promised.

This Assessment is one of my FAVORITE exercises to do and also is a great place to start if you are unsure of what you want to focus on for our coaching sessions. This exercise helps you get clear on what areas of your life are running smoothly and which ones need work, as well as helps you align yourself into the vibration of manifesting your dream life!

HOW TO COMPLETE YOUR LIFE SATISFACTION ASSESSMENT

In this Life Satisfaction Assessment, you are going to review and rate each the following areas in your life:

- business/career
- money/finances
- health/fitness
- romance
- family
- friendships
- fun
- spirituality

You may include any other areas if you wish - utilize this worksheet in the way that works best for YOU (continued on next page).

In each of these areas, you are going to respond to 3 prompts:

- What is the current situation?
- How do I FEEL (be honest!) about it? Rate on a scale of 1-10, 1 being horrible while 10 being great.
- How do I want to feel? What would it take to turn this into a 10?

When describing the current situation, try to be as emotionally neutral as possible. Describe only what is happening as if you are an alien who does not know much about human culture.

When asking yourself how you feel about the situation, it is important that you are 100% honest about how you feel, even if how you feel is “bad” or “unhappy”. Ignore what you think you “should” feel about it and get really honest with yourself.

This can be hard to do because there is a common misconception in the LOA world that if you focus on the negative, you will manifest bad things.

But this is wrong because if you really think about it, no one who understands energy work would purposefully try to manifest something negative in their world. What would be the point of bringing yourself down?

Instead, recognize that if you have a negative or limiting belief that pops up for you, you did not bring your vibration “down”, because that belief was already in your vibration. The limiting belief would never be able to show itself in your mind if it wasn't already somewhere near your current mindset (continued on next page).

In fact, the reason I ask you this question is because by addressing the negative belief and sitting with it, you can often clear it. Give the belief some love and compassion for trying to protect you in the only way it could understand from its limited perspective (as all limiting beliefs are trying to do), give it some space to say what it wants to you and let yourself feel it for at least 2 minutes. Oftentimes you will find that the negative feeling naturally goes away.

When asking yourself how you want to feel, aim high. Try to get as close to pure joy as you can in this moment.

Keep in mind too that this ideal manifestation can change. As you raise your vibration overall and live more life experience, it is common to find your ideal vision of each category has shifted. Celebrate the changes as you get closer to aligning with your dreams and enjoy completing your assessment!

A woman with long blonde hair is seen from behind, sitting at a white desk. On the desk, there is a laptop, a keyboard, a pink coffee cup on a saucer, and several design-related items including a color palette, a notebook, and a small framed sign that says "GOOD VIBES ONLY". In the background, a corkboard is mounted on the wall, featuring a calendar for the month of August, a white heart-shaped object, and a small potted plant. The overall scene is bright and organized, suggesting a creative workspace.

PART 01

BUSINESS/CAREER

BUSINESS/CAREER

What is the current situation?

BUSINESS/CAREER

How do I FEEL (be honest!) about it?

Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

BUSINESS/CAREER

How do I want to feel? What would it take to turn it into a 10?

A woman with long, wavy hair is sitting at a white desk. On the desk, there is a laptop, a keyboard, a pink coffee cup on a saucer, and several papers and photos. One paper has a calendar for August (Agosto) pinned to it. A small framed sign on the desk says "GOOD VIBES ONLY". The background features a corkboard with a diamond pattern and a window with white blinds. The overall scene is bright and organized, suggesting a workspace for productivity and creativity.

PART 02

MONEY/FINANCES

MONEY/FINANCES

What is the current situation?

MONEY/FINANCES

How do I FEEL (be honest!) about it?



Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

MONEY/FINANCES

How do I want to feel? What would it take to turn it into a 10?





PART 03

HEALTH/FITNESS

HEALTH/FITNESS

What is the current situation?

HEALTH/FITNESS

How do I FEEL (be honest!) about it?



Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

HEALTH/FITNESS

How do I want to feel? What would it take to turn it into a 10?



PART 04

ROMANCE

ROMANCE

What is the current situation?

ROMANCE

How do I FEEL (be honest!) about it?

Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

ROMANCE

How do I want to feel? What would it take to turn it into a 10?



PART 05

FAMILY



FAMILY

What is the current situation?



FAMILY

How do I FEEL (be honest!) about it?



Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

FAMILY

How do I want to feel? What would it take to turn it into a 10?



PART 06

FRIENDSHIPS



FRIENDSHIPS

What is the current situation?

FRIENDSHIPS

How do I FEEL (be honest!) about it?

Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

FRIENDSHIPS

How do I want to feel? What would it take to turn it into a 10?





PART 07

FUN

FUN

What is the current situation?



FUN

How do I FEEL (be honest!) about it?

Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

FUN

How do I want to feel? What would it take to turn it into a 10?





PART 08

SPIRITUALITY

SPIRITUALITY

What is the current situation?

SPIRITUALITY

How do I FEEL (be honest!) about it?

Rate on a scale of 1 – 10, 1 being horrible while 10 being great:

1 2 3 4 5 6 7 8 9 10

SPIRITUALITY

How do I want to feel? What would it take to turn it into a 10?





CONCLUSION

CONGRATULATIONS!

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Go you for completing the Life Satisfaction Assessment! By now you should have more clarity about your dreams and your current vibration, as well as start the shift towards a more empowering perspective in the areas with a lower vibration.

You can complete this assessment as many times as you would like in the future, because each round will always bring further clarity and insight. I would recommend doing it at least once a year.

May your dream life come to you with clarity and ease, and I look forward to our session together!

-Zoe