

Assessment Scale

This self-assessment tool measures your level of fulfillment in key areas of life. It helps gain insights into your well-being, priorities, and areas for personal growth. Please rate each area of your life on a scale from 1 to 10, with 1 being the least satisfied and 10 being the most satisfied.

1

on a scale of 1 to 10.... *how fulfilled do you feel in your current career or professional pursuits?*

1 2 3 4 5 6 7 8 9 10

2

on a scale of 1 to 10.... *how satisfied are you with your physical health and overall well-being?*

1 2 3 4 5 6 7 8 9 10

3

on a scale of 1 to 10.... *how connected and supported do you feel within your personal relationships?*

1 2 3 4 5 6 7 8 9 10

4

on a scale of 1 to 10.... *how content are you with your financial situation and financial security?*

1 2 3 4 5 6 7 8 9 10

5

on a scale of 1 to 10.... *how aligned are your current goals with your deeper values and aspirations?*

1 2 3 4 5 6 7 8 9 10

6

on a scale of 1 to 10.... *how much joy and happiness do you experience in your daily life?*

1 2 3 4 5 6 7 8 9 10

7

on a scale of 1 to 10.... *how effectively do you manage stress and maintain emotional well-being?*

1 2 3 4 5 6 7 8 9 10

Assessment Scale

Briefly describe the assessment scale and what your leads should do. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt.

8

on a scale of 1 to 10.... *how well do you balance your work, personal life, and self-care?*

1 2 3 4 5 6 7 8 9 10

9

on a scale of 1 to 10.... *how fulfilled do you feel in your personal creative expressions and passions?*

1 2 3 4 5 6 7 8 9 10

10

on a scale of 1 to 10.... *how strong is your sense of purpose and direction in life?*

1 2 3 4 5 6 7 8 9 10

11

on a scale of 1 to 10.... *how open and receptive are you to personal growth and learning experiences?*

1 2 3 4 5 6 7 8 9 10

12

on a scale of 1 to 10.... *how much do you believe in your ability to shape your own future and achieve your goals?*

1 2 3 4 5 6 7 8 9 10

12 -50

Exploring Potential - In this range, there's substantial room for personal growth and self-discovery. Consider focusing on your personal development and setting new goals to enhance fulfillment.

51 -80

Progressing Toward Fulfillment - Falling within this range suggests you're making progress, but there's still room for improvement. Concentrate on specific areas to further boost your sense of fulfillment.

81 -120

Thriving in Fulfillment - Congratulations, you are thriving in various aspects of life! Your score indicates a high level of fulfillment. Keep up the great work and continue nurturing your well-being for a fulfilling life.