

## JINA Life Satisfaction Quiz

Thank you for participating in the JINA LIFE Satisfaction Quiz. It is designed to assist you in gaining a clear picture of your life and how it is right now, highlighting to you any areas that could benefit from more attention. This is the first step in discovering areas of your life that we can help you turn from problems to pleasures!

### Instructions:

Read through the following statements and mark a tick beside the ones you feel are true for you and a cross besides the ones that are untrue. At the end of each section, count up your ticks and record you score out of 10 where indicated. Then copy these totals into the wheel of life to see if you are travelling along smoothly as best as can be or have a bumpy life wheel!

### Personal:

I like who I am	
My life feels in good balance to me	
I confidently say no to people when I need to	
I celebrate my successes	
I have tried something new in the last 3 months	
I watch less than 5 hours of TV a week	
I follow through with what I set out to achieve	
I am satisfied with the my level of confidence	
My clothes fit me well and make me feel good	
I have a clear vision of where I am going in my life	

### Fun & Leisure:

I take holidays each year	
I laugh daily	
I feel I express my creativity	
I celebrate my birthday each year	
I have hobbies that I enjoy	
I have a rewarding life outside of work	
I have done something for myself in the last 3 months	
I have something to look forward to each week	
I am happy with the level of fun in my life	
I generally enjoy life and feel happy	

**Work & Career:**

I enjoy going to work	
I am doing what I love	
I am proud of the contribution I make	
I am happy with the money I earn for what I do	
I like the people that I work with	
My work does not cause me undue stress	
My work allows me time for fun and leisure	
I do not let paperwork pile up	
I respond to my emails and calls within 48 hours	
I have clear career/business goals	

**Primary Relationship:**

I am happy with my relationship status		
SINGLE	If you ticked the above and are single, double your points to total out of ten. If not your total can be no greater than 4 points.	
	I am clear about my ideal partner	
	I have been on a date in the last 3 months	
	I am confident meeting new people	
	I believe I can meet my ideal partner	
	If you ticked the first statement then double your points	
IN REALATIONSHIP	I enjoy being with my partner	
	I communicate openly and honestly with my partner	
	I trust my partner	
	I am happy with the level of intimacy in my relationship	
	My partner and I have mutual respect and are equals	
	My partner and I regularly spend quality time together	
	I work at keeping the passion alive in my relationship	
	I happily share in my partner's interests	
	My partner and I have fun together	

**Health & Body:**

I feel generally well	
I make time to relax daily	
I am happy with the amount of sleep I get	
I am not concerned about my level of stress in my life	
I am happy with my current weight and body tone	
I do some form of exercise at least x3 times a week	
I drink at least 1.5litres of fresh water each day	
I have a balanced diet and eat plenty of fresh foods	
I am up to date with all of my health checks	
I do not smoke, take drugs or drink alcohol excessively	

**Home Environment:**

I am happy and relaxed in my home	
My home is generally clean and tidy	
My home and garden are well maintained	
I surround myself with the things I love	
Everyone in my household does their 'fair share'	
There is nothing I have been putting off doing around my home	
I have spring cleaned my home & possessions within the last 2 years	
My appliances work well	
My personal files are in order	
I am happy with my location and mode of transport	

**Other Relationships:**

I am happy with my social life	
I regularly show and tell those important to me that I love them	
I have an enjoyable relationship with my family	
I regularly spend time with those who are important to me	
I remember my friends and families birthdays	
I can count on my friends and family to be there for me	
My friends and family can count on me to be there for them	
I develop new friendships	
There is no-one that I dread running into	
I contribute to the broader community	

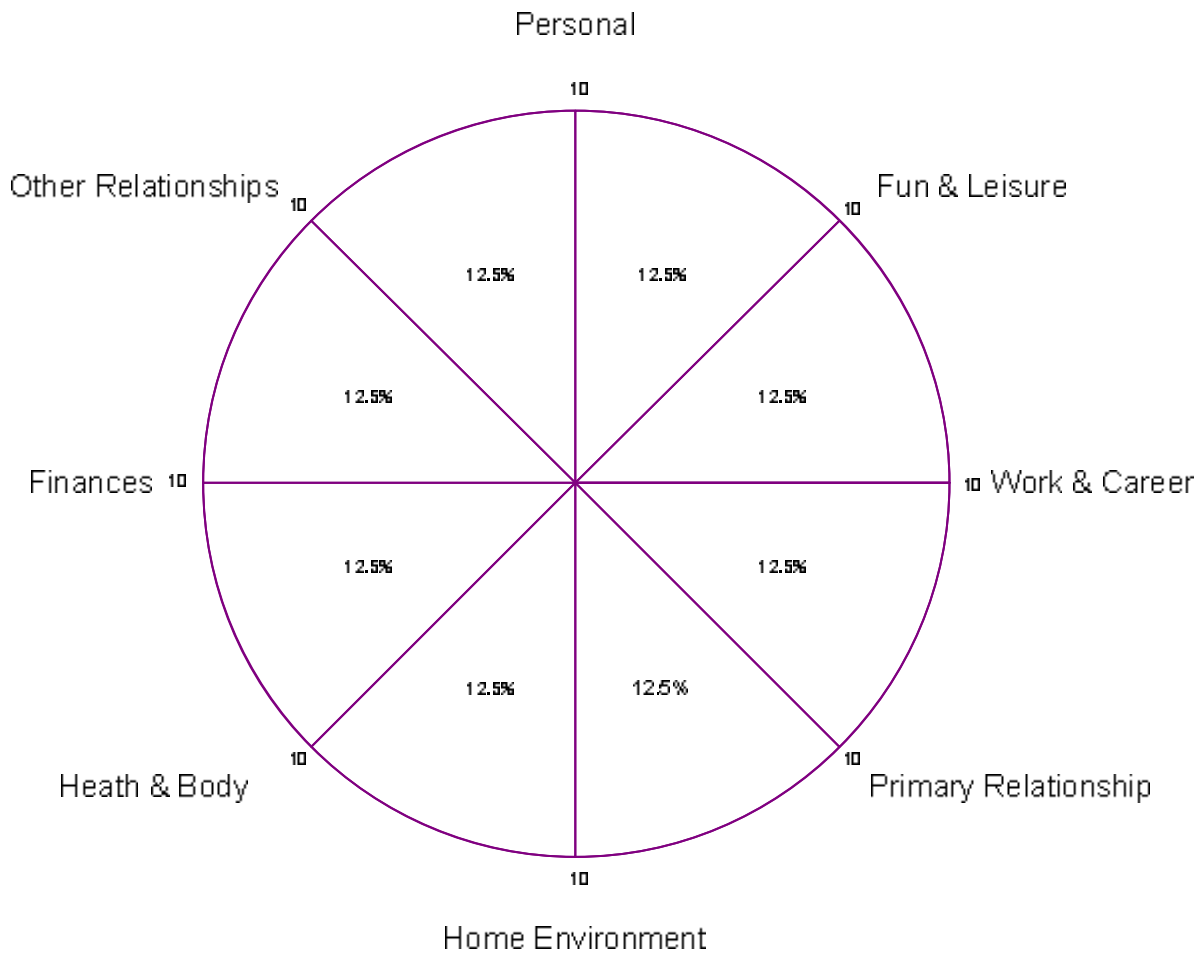
**Finances:**

I do not stress about money in my life	
I have a budget that I use	
I know where my money goes	
I save at least 10% of my income	
I have at least 3 months living expenses in savings	
My tax affairs are up to date	
I do not carry over credit card debt from month to month	
I pay my bills on time	
I have an active investment strategy	
I have clear financial goals	

**Score Summary:**

Personal	/10
Fun & Leisure	/10
Work & Career	/10
Primary Relationship	/10
Health & Body	/10
Home Environment	/10
Other Relationships	/10
Finances	/10

Now that you have completed the Quiz and summary table, convert your totals to the Wheel of Life diagram below. The centre of the circle is zero and the circumference is a value of 10. Each line represents an area of your life, mark the place that corresponds to your score. Complete for all areas. Connect the dots and see your personal life wheel appear. Shade in the innermost part to see more clearly.



Imagine this wheel represents the wheels on your car. What sort of ride would wheels like that give you? Would it be smooth? Or would it be bumpy and unbalanced? Perhaps some areas of you life are being neglected, or perhaps your wheel is in balance, but it's a small wheel suggesting you're moving through life in a 4 cylinder engine, when it could be an 8!

### **What does your Wheel of life say about you?**

Now that you have identified areas of opportunity for growth or improvement, what specifically would you like to achieve? You don't know/are not sure or need some help on how?

Let JINA LIFE assist you in creating a vision for your future that is both challenging and exciting by providing you with the tools, strategies, path and 100% support to turn that vision into reality.

If you would like to make an appointment with JINA LIFE for one of our services or free consultation and discuss your wheel of life please contact us on:

Email: [jacqueline@jinalife.com](mailto:jacqueline@jinalife.com) Web: [www.jinalife.com](http://www.jinalife.com) Telephone: +61 (0) 404 362 379

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