

# Personal Development Worksheet

*Live Life Passionately!*

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## Life Satisfaction

How satisfied are you with your life?

Give a SCORE, out of 10, for how SATISFIED you are with your life overall. (10 is very satisfied)

1    2    3    4    5    6    7    8    9    10

Give a SCORE for how much FUN you are having in life. (10 means lots of fun)

1    2    3    4    5    6    7    8    9    10

Is there an area of your life that you could make more exciting? Briefly describe.

4. What areas of your life do you want to improve? I want to:

- Improve my relationship.
- Heal my heart.
- Understand my life purpose.
- Learn to be more efficient with time management
- Feel more confident.
- Change, or move forwards, my career.
- Achieve my goals.
- Be happier in life.
- Live my life with ease and flow, rather than stress and frustration.
- Feel more at peace.
- To Learn to trust myself more/Be my Authentic Self.
- Other \_\_\_\_\_

5. I am ready to take ACTION and make changes in my environment, habits and life.

Maybe / Yes / No    (please circle)

If you are interested in support to make these changes please get in contact with me at:  
[www.carmenwyld.com](http://www.carmenwyld.com) or Skype me for an appointment at: Carmen.Wyld.

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