

korilinn



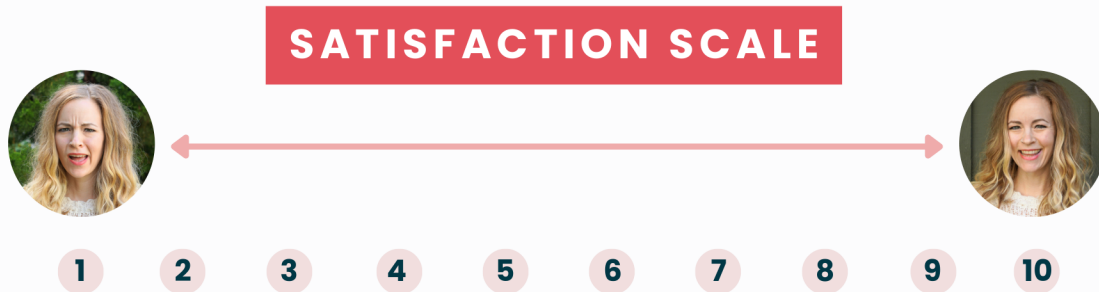
Satisfied AF

AUDIT

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Satisfaction Audit

Use the scale below to answer the questions about each area of your life.

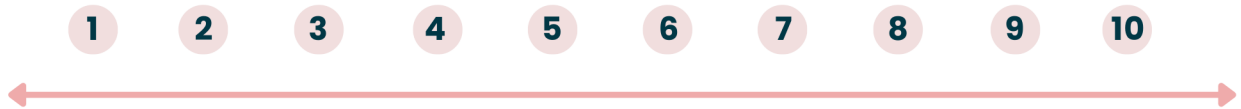


- 1 I hate everything about this area of my life.
- 2 This area is a mess and I'm not sure how to clean it up.
- 3 Mostly it's not working but some things are good.
- 4 Not bad but also not spectacular. I'm feeling pretty meh about the whole thing.
- 5 There are some good things going on and I'd like to have more.
- 6 Lots of yes but also lots of no.
- 7 Mostly gorgeous but some big pieces are missing.
- 8 Truly incredible and I'm deeply grateful. And there are some changes I'd like to make.
- 9 Pretty fucking amazing but I have a few tweaks.
- 10 I am absolutely obsessed with this area of my life! So delightful! No notes!

Satisfaction Audit

CAREER

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

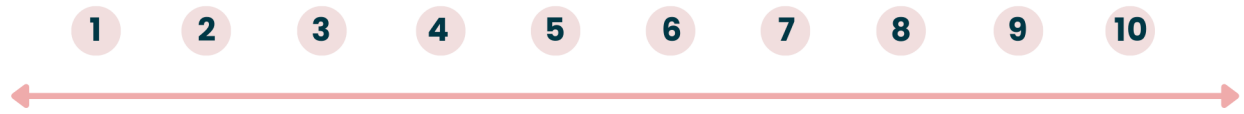
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

ROMANTIC PARTNER

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

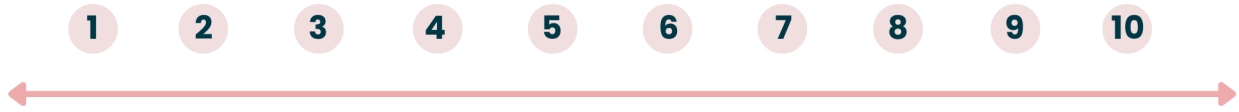
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

FRIENDS

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

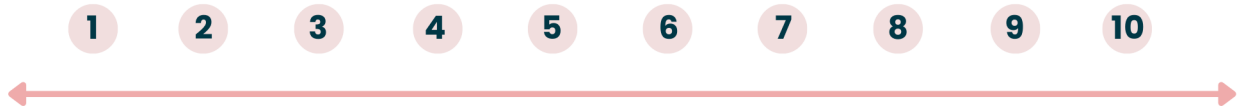
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

FAMILY

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

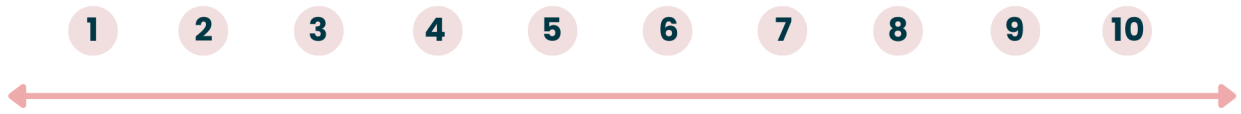
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

HOBBIES

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

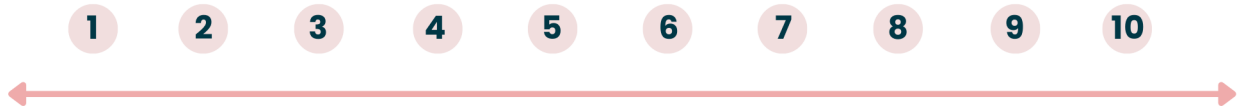
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

SPIRITUALITY

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

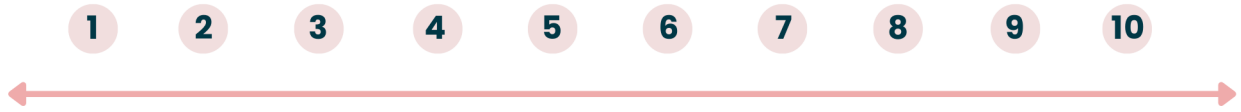
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

HEALTH

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

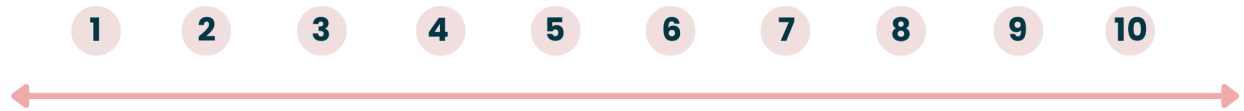
What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

OTHER (FILL IN YOUR OWN)

How satisfied are you on a scale of 1-10?



Why did you choose this rating? If it's not a 10, why not?

What would make it a 10?

What's most satisfying in this area?

What's least satisfying in this area?

What are you afraid will never change?

What are you dying to have happen instead?

Satisfaction Audit

Choose one area to take action on. You could choose the one where you feel most dissatisfied or you could choose the one that feels the easiest to handle first. It doesn't matter which one you choose as long as you choose one.

What ideas do you have about how to create more satisfaction in this area?

Is there anything big or small that you could **start** doing that would help?

Is there anything big or small that you could **stop** doing that would help?

What skills, resources, boundaries, etc do you need to establish in order to be able to make these changes?

If you knew that everything would work out perfectly, what would you choose to do?

NEED EXTRA SUPPORT?

If you would like more support with the ideas and insights that came up during the Satisfied AF Audit, let's have a conversation about how you can move forward and put this knowledge into action.

[**LEARN MORE HERE**](#)

