



LIFE SATISFACTION

Take the [Satisfaction with Life Scale](#). Take a moment to review your score and write it in the space below.

Satisfaction with life:

Were you surprised by your results?



Objective 1

In this article, the author highlights that too much focus on happiness can keep us from life satisfaction.

Are you surprised to learn this?



Do you agree? Why or why not?

Objective 2

Take some time to reflect on your own life satisfaction by responding to the following questions.

What factors shape your life satisfaction?



Do you think these factors have changed throughout your life?

Circle the two areas that you chose to explore further.

Age

Personality

Culture

Income

Relationships

Then, use the space below to write in the area you chose and any notes you have from your exploration.

Area:

Notes:

Area:

Notes:



Objective 3

Use this space to capture any strategies or resources you'd like to explore further.

