

# Work/Life Wellness Inventory

Rate your level of satisfaction from 0-10 (0 being 0% satisfied and 10 being 100% satisfied):

Life Category	Satisfaction Rating (0-10)	Why did you give yourself this rating?
Eating/Nurition		
Exercise		
Mental Health		
Creative Expression		
Spirituality		
Intimate Relationship(s)		
Work/Life Boundaries		
Finances		
Emotional Self-Care		
Learning/Growth		
Home Environment		
Sleep/Rest		
Friendships		
Sense of Accomplishment		
Service/Giving Back		

