

## Is Your Life Fulfilling?

Everyone wants to live a fulfilling and balanced life. Why is it that so few people actually accomplish this? The questionnaire below will help you assess your life.

### Instructions:

Check the box if the statement is consistently true for your life situation. Add up your score and check the scoring key to see how you fared.

### Fulfilling Life Questionnaire

I am living my life, not the life someone else has planned for me.

My family, friends, and co-workers treat me with respect.

I decide what I want to do, and when and how to do it.

I love the environment I live in and all my belongings.

My career is perfect for me. I'm very satisfied with it.

I treat myself with TLC, taking time for myself, my friends, and my hobbies.

I have healthy relationships with friends and family.

I'm very comfortable with my financial situation and have a reserve available for emergencies.

I'm in a loving relationship that supports my growth, or

I'm happily single.

I enjoy creative outlets.

I know and am living my Life Purpose.

I am constantly learning and growing.

People are always helpful and supportive of me.

My spiritual path fulfills me.

I love me!

### Scoring Key

12-15 Congratulations! You are living a very fulfilling life.

9-11 You are on the right path.

5-8 You have some work to do. Consider hiring a coach to help find your life direction.

0-4 Don't feel bad. You are not alone. The first step to take towards living a fulfilling life is to realize exactly where your life is now. Then you can take steps to improve it.

How do you feel about your score? Did it make you feel good and lift your energy, or did looking closely at the reality of your life bring you down?

Wherever your score landed, know that you have the opportunity to choose to change it for the better. (Even if you got a perfect score, you can still improve your life.) Fate has not handed you a life so difficult that all you can do is accept the drudgery. Choose to live more. Choose to be more. Choose to change. Choose to be fully alive and fulfilled!

Have you ever told yourself "When I get that new job I will be fulfilled," or "When I'm married my life will be fulfilling," or "When my children are grown I will have my chance to live a fulfilling life?"

Fulfillment is not a destination. Fulfillment is a journey. It is a way you can live life even when the road is full of curves and potholes. Fulfillment is a choice!

People live fulfilling lives when they live according to their values — when their inner integrity is fully intact. Sometimes living by your values is a difficult choice. It may not be popular. It may mean going against the grain. It will definitely mean living a life of integrity rather than pleasing others and selling out on yourself.

What life choices are standing between you and a fulfilling life? What steps are you willing to take to begin the journey towards the life of your dreams? When will you decide to rock the boat and live life by your values? How will you feel when you're living a life of integrity and fulfillment?

You were created to live a fulfilling life. Choose to begin living that life today. Begin the fulfillment journey. It is the first step towards living (and loving) the life of your dreams!

*Kathy Mursch is a life coach and giver-of-hope who helps people around the world live fulfilling lives. For more information check out her website at [www.TheHealingPathway.com](http://www.TheHealingPathway.com)*