

How would you answer the question (on a continuum of 1 to 10): How much are you enjoying life now? Circle the number below.

1 2 3 4 5 6 7 8 9 10

- 1. Enduring hardship:** Life is dominated by significant struggles and challenges with little opportunity for enjoyment.
- 2. Barely surviving:** Basic needs are met, but life lacks joy or fulfillment.
- 3. Struggling to find meaning:** The path forward seems uncertain, and enjoyment is fleeting.
- 4. Muddle through:** Life is a mix of challenges and small joys, with a neutral overall experience.
- 5. Finding moments of joy:** Life has its ups and downs, but positive experiences bring regular moments of enjoyment.
- 6. Content and fulfilled:** Life experiences bring a sense of satisfaction and purpose, with more good than bad.
- 7. Thriving and engaged:** Life is full of opportunities for growth, learning and positive experiences.
- 8. Living with purpose and passion:** Life is deeply meaningful and fulfilling, filled with activities and relationships that bring immense joy.
- 9. Experiencing profound joy and gratitude:** Life is extraordinary, filled with deep satisfaction, wonder and connection.
- 10. Couldn't be better:** A life marked by profound purpose, love and a sense of connection with others and with God.

DATE: _____

