



# Summit Wealth Management

## Determine Your Current Life Satisfaction

NAME										DATE					
Circle the number that most closely matches your current feelings about each Happiness Component. Work quickly and select the first number that comes to mind without thinking about it too much.															
1. How important is identifying and living in alignment with each of these 18 Happiness Components to you? 0 = Not important   1 = Important   2 = Very Important					2. How satisfied are you that you are living in alignment with each of your 18 Happiness Components Now? Dissatisfied   -5   -4   -3   -2   -1 Satisfied   +1   +2   +3   +4   +5										
<b>'HAPPINESS COMPONENTS'</b>										We'll Score For you					
<b>Your Strengths</b>															
1. Natural Talents	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
2. Learned Skills	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
3. Health & Energy	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
<b>Your Passions</b>															
4. Interests	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
5. Favorite Activities	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
6. Important Causes	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
<b>Your Purpose</b>															
7. Values	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
8. Beliefs	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
9. Faith	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
<b>Positive People</b>															
10. Family & Friends	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
11. Business & Education	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
12. Civic & Spiritual	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
<b>Positive Environments</b>															
13. Home	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
14. Work & Volunteer	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
15. Community & Region	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
<b>Sustainability</b>															
16. Present	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
17. Ideal Future	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=
18. Future Generations	0	1	2	X	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5	=

Please complete and return via email to [tcipra@summitwealthmanagement.com](mailto:tcipra@summitwealthmanagement.com) or by fax 847-925-1800