

Net Lifestyle Satisfaction Worksheet

Date: _____

PART: MY WORK

Define your work:

Rate Your Work Satisfaction: _____ (0= 100=)

Rate the Importance of Your Work: _____ (0= 100=)

Percentage of Psychophysical Energy Consumed By Work _____ (0 to 100%)

Changes you would like to make in your WORK:

none uncertain

Rate the Importance of these Changes/Uncertainty: _____ (0= 100=)

WORK Summary

$$\frac{\text{_____}}{\text{satisfaction rating}} + \frac{\text{_____}}{\text{importance rating}} \times \frac{\text{_____}}{\text{Energy Percentage}} = \frac{\text{_____}}{\text{WORK NET}}$$

CHANGES

none yes uncertain Importance Rating_____