

DSI Version 1.2

Name: _____ Date: _____

This is a list of possible elements of a healthy life. Please identify the importance of these areas for you and your satisfaction with them by making a mark on the dotted lines. Some areas are likely to be more or less important to you. Optional: Add a comment to explain your ratings. At the conclusion of the survey, you will be asked to identify the areas that are most important for you overall and those you would like to focus on now.

Personal Level

Thoughts: Accurate and effective thinking, focus, and comfort with beliefs and attitudes	
Importance	
←----->	
Low	High
Satisfaction	
←----->	
Comments:	
Emotions: Identifying and expressing a range of feelings, not feeling blocked or overwhelmed	
Importance	
←----->	
Low	High
Satisfaction	
←----->	
Comments:	
Body & physical health: Fitness, flexibility, and balance; a feeling of energy and wellness	
Importance	
←----->	
Low	High
Satisfaction	
←----->	
Comments:	
Creativity & Play: Engaging in arts, crafts or personal expression; being carefree, having fun	
Importance	
←----->	
Low	High
Satisfaction	
←----->	
Comments:	

Relationships

Overall Relationships: Being accepted by a group, being assertive, "having your needs met"	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Friendships: Maintaining long-term close friendly relationships	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Romance/significant other: Having a safe, trusting and satisfying personal relationship	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Sexuality: Having a safe and enjoyable sexual life and identity	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Parenting/Mentoring: Providing for children, being a role model, sharing in parenting tasks	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Work and Career

Livelihood: Having steady work, being appropriately compensated, "Making ends meet"	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	
Performance: Fulfilling your role and tasks, working to your potential, excelling	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	
Career: Having meaningful and fulfilling work, using your unique skills	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

In the Community

Service: Helping others, contributing time or resources, making a positive difference	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	
Civic life: Engaged in local community organizations or government	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Advocacy: Empowered, promoting social or environmental justice, having clear objectives	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Nature & Sustainability

Connection with nature: Contact with the outdoors, green spaces, and other species	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Being a Naturalist: Knowledge of local ecosystem, weather patterns, and natural history	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Sustainability: Comfort with your level of consumption and ecological footprint	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Wisdom & Transcendence

Maturity: Living appropriately for your stage of life, "being on the right track"	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Self Acceptance: Being satisfied with who you are, respecting all parts of yourself	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Spirituality / Soul: Finding meaning, feeling connected to something larger, being at peace	
Importance	
←-----→	
Low	High
Satisfaction	
←-----→	
Comments:	

Summary

Reviewing all the levels: Priority, Focus, Next Steps, and Questions
<p>Most Important Areas:</p> <p>Areas you would like to focus on now:</p> <p>Next Steps?</p> <p>Questions?</p> <p>General Comments about this survey?</p>