**Accountability and Contentment Survey**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Does Not Describe Me** |  | **Sometimes**  **Describes Me** | |  | **Always Describes Me** |
| **0** | **1** | **2** | **3** | **4** | **5** |

Rank each statement from 0 - 5 depending on how accurately it describes you.

\_\_\_\_\_1. I maintain close contact with the people I love.

\_\_\_\_\_2. I get along well with my family.

\_\_\_\_\_3. My life is full of love.

\_\_\_\_\_4. The way I use my talents is a great help to others.

\_\_\_\_\_5. I am known for cooperation, even when I’m not in charge.

\_\_\_\_\_6. My work utilizes my talents well.

\_\_\_\_\_7. I have at least three very close friends I spend time with regularly.

\_\_\_\_\_8. I am a good friend.

\_\_\_\_\_9. People call me when they need help.

\_\_\_\_\_10. I get great satisfaction from being kind to others.

\_\_\_\_\_11. I truly would rather give than receive.

\_\_\_\_\_12. I am sensitive to others feelings and needs.

\_\_\_\_\_13. My life is full of stimulating activities.

\_\_\_\_\_14. I make it a point to create exciting challenges for myself.

\_\_\_\_\_15. I have many interests that I pursue.

\_\_\_\_\_16. I take good care of myself.

\_\_\_\_\_17. I make it a point to take time to relax and have fun.

\_\_\_\_\_18. I am in good shape.

\_\_\_\_\_19. I am known for my pleasant personality.

\_\_\_\_\_20. I can always see the bright side of any situation.

\_\_\_\_\_21. I have faith that everything is going to work out fine.

\_\_\_\_\_22. I function well in stressful times.

\_\_\_\_\_23. I am great at prioritizing time and energy.

\_\_\_\_\_24. I can easily delay gratification to get the job done.

\_\_\_\_\_25. I bring calm to any situation.

\_\_\_\_\_26. I have just enough stress in my life to make it interesting.

\_\_\_\_\_27. I rarely overbook myself and I usually have plenty of time.

\_\_\_\_\_28. I feel good about the way my life is going.

\_\_\_\_\_29. I’d rather be happy than right.

\_\_\_\_\_30. I am optimistic about my future.

**Total score out of a possible 150.**

How would you describe your current (within the past two weeks) level of contentment?

When is/was the most contented time of your life?

List three circumstances that lower your contentment level most often. (e.g. relationship problems, financial difficulties, work stress, health)

1.

2.

3.

How often do these occur?

What would make your life more content?

What is the first step in making that happen?