

# ENDORPHINOMICS

## THE SCIENCE OF HUMAN FLOURISHING

Current Life-Satisfaction Survey			
	Importance	Satisfaction	Focus
<b>Domains and Sub Domains</b>	Step 1	Step 2	Step 3
	<p><b>How important</b> is this element of my life, right now?</p> <p><b>Rate 1 to 3</b></p> <p>1 = low or not at all 2 = moderately 3 = very important</p>	<p><b>How satisfied</b> am I with this element of my life, right now?</p> <p><b>Rate 1 to 10</b></p> <p>1 = very dissatisfied 5 = neutral 10 = very satisfied</p>	<p>Put an X in the box below to mark your biggest Endorphin Gaps</p>
<b>Your Personal OS</b>			
1) Your Aspirations			
2) Your Beliefs			
3) Your Habits			
<b>Your Powers</b>			
4) Your Unique Abilities			
5) Your Character Strengths			
6) Your Health & Vitality			
<b>Your Passions</b>			
7) Your Key Interests			
8) Your Favorite Activities			
9) Your Worthy Causes			
<b>Your Purpose</b>			
10) Transformative Events			
11) Your Values			
12) Role Models			
<b>Positive People</b>			
13) Soul Mates			
14) Family & Friends			
15) Mentors			
<b>Positive Places</b>			
16) Region & Community			
17) Neighborhood & Home			
18) Favorite Places			
<b>Financial Sustainability</b>			
19) Positive Cash Flow			
20) Build Resources			
21) Financial Independence			
<b>Total of lines 1 - 21</b>	(a)		
<b>Divide (a) by 21 to calculate your Life Satisfaction</b>		=	