

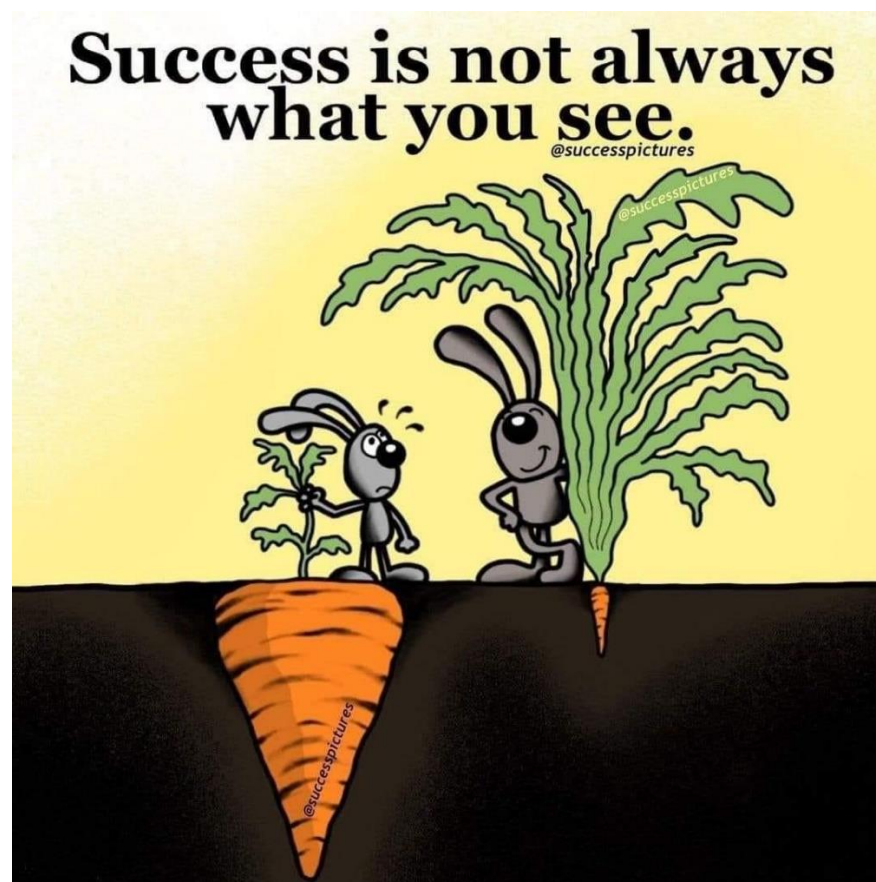
## Life Satisfaction

“Life satisfaction is associated with better physical health, higher performance, and stronger social relationships. How satisfied you are with your life is important for your well-being, easier to answer than how happy you are, and a more meaningful approach to evaluating the quality of your life.

A periodic assessment of your life satisfaction provides you with a mirror on which you can reflect your accomplishments, your desires, and your unfulfilled needs all at once. It provides a global picture of your progress in life in relation to your own expectations, and it becomes a good starting point to begin exploring in more depth what contributes to the quality of your life and what is taking away from it.”

I hope the article is of help to reflect on the day, the week, the month, the past year, seeing all the progress and positive outcomes as well as working through the difficulties and struggles we all go through in life.

<https://www-psychologytoday-com.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/smashing-the-brainblocks/201802/feeling-matters-more-happiness?amp>



#wellbeingweds #mentalhealthmatters #lifesatisfaction #journalthejourney #reflection