# Zufriedenheitsbarometer

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Körper** | | | | | | | | | | |
| Ernährung | | | | | | | | | | |
| Bewegung | | | | | | | | | | |
| Trinkmenge | | | | | | | | | | |
| Gewicht | | | | | | | | | | |
| Schlaf | | | | | | | | | | |
| Haut/Haare | | | | | | | | | | |
| Gesundheit | | | | | | | | | | |
| **Seele** | | | | | | | | | | |
| Zeit für mich | | | | | | | | | | |
| Partnerschaft | | | | | | | | | | |
| Kinder | | | | | | | | | | |
| Freunde | | | | | | | | | | |
| Arbeit/Schule | | | | | | | | | | |
| Kreativität | | | | | | | | | | |
| Mein Denken | | | | | | | | | | |
| Wohlbefinden | | | | | | | | | | |
| **Geist** | | | | | | | | | | |
| Meine Beziehung zu Gott | | | | | | | | | | |
| Meine Gebete | | | | | | | | | | |
| Bibellesen | | | | | | | | | | |
| Meine Kirche/Gemeinde | | | | | | | | | | |
| Glaube | | | | | | | | | | |
| Mein Zeugnis | | | | | | | | | | |
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