



Satisfaction Index

Excerpted from the best seller

*“Every Time I Diet I Gain 5 Pounds, Step Into Your True Self And Shed Your Baggage”
by Galina Knopman*

One of the first tools I use with my clients is call the **Satisfaction Index**. I use it to help with thinking not only about today, but for visualizing dreams and personal goals in the short term, say six months from today, and further down the road a ways to 30 years from now.

Visualizing your future is important; it is one of the first steps to take toward achieving your goals and gaining perspective about dieting.

Before taking the Satisfaction Index, reflect on the following questions:

Self-Assessment For Insight 3.1

3.1.1 What do I visualize when I look forward in my own life?

3.1.2 What do I want for myself?

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3.1.3 When I reflect on what got me to where I am today, what role did my dreams play?

3.1.4 What happened to those dreams?

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It's time to start dreaming again. This time, use the **Satisfaction Index** and the whole VPS method to help you think through how to make those dreams happen.

The **Satisfaction Index** provides a scale for defining where you see yourself right now, and then directs your view forward, gaining perspective as you look, to how you would like to feel about yourself in the short- and long-term future. It's a wonderful tool to help you to move from perhaps a feeling of powerlessness about your future to being able to hold your future in your hands, changing the question from "How do I lose weight?" to "How do I achieve my personal life goals?" of which losing weight may be only one aspect.

Circle the number on to indicate your answers, or write them down in your journal. Use the scale of 1 to 10, with 1 being totally dissatisfied and 10 being totally satisfied.

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Where on this satisfaction index am I today?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in six months?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in one year?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in two years?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in five years?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in 10 years?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in 15 years?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in 20 years?

1 2 3 4 5 6 7 8 9 10

Where on this satisfaction index is a reasonable goal to be in 30 years?

1 2 3 4 5 6 7 8 9 10

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