

QUALITY of LIFE

INSTRUCTIONS

How high is your quality of life currently? Take this test, and see how it ranks. You get one point for each statement that is true for you.

After adding up your scores, retake this test every 30 or 90 days and you will likely see progress.

QUALITY OF LIFE ASSESSMENT

- __ 1. I am part of a professional network that stimulates me intellectually and emotionally.
- __ 2. I don't lose sleep over my investments.
- __ 3. I am very close to my children. There is nothing in the way, nothing between us.
- __ 4. I have more than enough time during the day.
- __ 5. I work with the right people.
- __ 6. My home brings me joy every time I walk inside.
- __ 7. My personal values are clear, and my life is oriented around them.
- __ 8. I have at least a year's living expenses in the bank or money market fund.
- __ 9. I could die this afternoon with no regrets.
- __ 10. There is nothing I am not facing head-on, nothing I am putting off dealing with.
- __ 11. At the end of the day, I have as much energy as I did when I started the day; I am not drained.
- __ 12. My body is in great shape.
- __ 13. I look forward to getting up virtually every morning.
- __ 14. I make money because I add enough value to the people who need what I have.
- __ 15. I am on a positive career path that leads

to increased opportunities and raises.

- __ 16. I am at that place in life where I initiate and cause events, not wait for others or events to do so.
- __ 17. I know what my goals are, and I am eagerly and effectively making them a reality.
- __ 18. I don't have a lot of unfinished projects, business, or hanging items; I am caught up.
- __ 19. I have more than enough natural motivation, inspiration, and synergy in my life; I am not stuck.
- __ 20. Whatever health problems I have, I am receiving proper, effective care for them.
- __ 21. I have more than enough energy and vitality to get me through the day; I don't start dragging.
- __ 22. My work is not my life, but it is a rich part of my life.
- __ 23. I have no financial stress of any kind in my life.
- __ 24. The work I do helps to meet my intellectual, social, and/or emotional needs.
- __ 25. I am close to my parent(s), alive or not. There is nothing in the way, nothing between us.

___ Total score (# of checks)

SCORING KEY:

- 21-25** Congratulations for such a high score!
- 16-20** You're doing well!
- 11-15** Not too bad, but may need assistance.
- 6-10** Consider hiring a coach to move your

life forward and reach your goals.

- 0-5** Your score may be low right now, but it can only go up from here. It takes time and desire to raise the quality of your life. Use this test as a blueprint!