



# The 'QUALITY OF MY LIFE' Assessment

How often do you take the time to candidly evaluate how you are doing in your life? Most of us believe that things are okay and don't often reflect on how much 'better' it really 'could' be. We often take the 'if it ain't broke don't fix it' approach. But what would we find if we looked?

This assessments represents a bench-mark for a life well-lived and fully experienced. It represents the probable outcomes when we raise the bar and expect more than meritocracy from ourselves and are willing to invest more of ourselves in creating the best life we can. Have a look... how high IS the quality of YOUR life? How high could it be? Take this test once a quarter and strive to increase your score each time. Soon you will find yourself inspiring others.

Check all statements that are true. You get 1 point for each one you check.

**Total SCORE:** \_\_\_\_\_

1. RELATIONSHIPS & ROMANCE	2. HEALTH / SELF CARE / WELL BEING
<ul style="list-style-type: none"> <li><input type="checkbox"/> I'm happy with my significant other or I'm happy being single.</li> <li><input type="checkbox"/> My partner supports my individuality and I his/hers</li> <li><input type="checkbox"/> My partner is my best friend and we treat eachother as such</li> <li><input type="checkbox"/> My partner and I discuss our needs openly and honestly</li> <li><input type="checkbox"/> My partner and I are able to resolve issues honestly and without anger</li> <li><input type="checkbox"/> I feel appreciated and loved</li> <li><input type="checkbox"/> I feel understood and supported</li> <li><input type="checkbox"/> I express my appreciation when something is done for me</li> <li><input type="checkbox"/> There is plenty of romance and intimacy in my relationship</li> <li><input type="checkbox"/> I feel like I can tell my partner 'anything'</li> </ul> <p><b>Score</b> _____</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I never abuse my body with too much alcohol, television, caffeine or drugs.</li> <li><input type="checkbox"/> I maintain a healthy weight for my body type and age</li> <li><input type="checkbox"/> I eat healthy and nourishing foods and exercise regularly</li> <li><input type="checkbox"/> I respect and appreciate my body and take great care of it</li> <li><input type="checkbox"/> I have regular physical and dental exams to maintain my health</li> <li><input type="checkbox"/> I take at least 3 vacations a year where I can rest my body and mind</li> <li><input type="checkbox"/> Life is easy; I have virtually no problems or unresolved matters affecting me</li> <li><input type="checkbox"/> My teeth and gums are healthy and bright; I take great care of them</li> <li><input type="checkbox"/> I have time for the things that matter; I don't rush through life</li> <li><input type="checkbox"/> I reduce stress daily by meditating, taking a long bath, exercising, walking, etc.</li> </ul> <p><b>Score</b> _____</p>
3. LIVING SPACE & ENVIRONMENT	4. GROWTH / SPIRITUALITY
<ul style="list-style-type: none"> <li><input type="checkbox"/> I love my home; I love where it is, the style it is, how it's decorated and how I feel in it</li> <li><input type="checkbox"/> My home makes me feel comfortable and safe</li> <li><input type="checkbox"/> I keep my home clean and clear of visual stress</li> <li><input type="checkbox"/> My home environment is nurturing and functional and reflect 'me'</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know who I am and what really matters to me</li> <li><input type="checkbox"/> My personal values are clear and are reflected in the work I do</li> <li><input type="checkbox"/> I have done the work to resolve issues from my past so they no longer impact my life.</li> <li><input type="checkbox"/> I have grown to be the person I know I was meant to</li> </ul>

<ul style="list-style-type: none"> <li><input type="checkbox"/> I have all the things I need to be comfortable and productive</li> <li><input type="checkbox"/> I participate in activities that are ecologically sound</li> <li><input type="checkbox"/> I do my part in reducing my carbon footprint</li> <li><input type="checkbox"/> I respect my home and the environment</li> <li><input type="checkbox"/> I have created a peaceful respite for myself</li> <li><input type="checkbox"/> I relish the time I spend in my home and in my yard</li> </ul> <p>Score _____</p>	<p>be</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I actively participate in activities that further my Personal Development and Spiritual Evolution</li> <li><input type="checkbox"/> I know and feel that we are all connected and that what I do impacts others</li> <li><input type="checkbox"/> I take time to connect with my spiritual source daily</li> <li><input type="checkbox"/> I am living the life that reflects my purpose for having been born</li> <li><input type="checkbox"/> I am spiritually guided to my highest potential</li> <li><input type="checkbox"/> I live life from my heart; my ego no longer controls me</li> </ul> <p>Score _____</p>
<p><b>5. FUN / RECREATION / JOY</b></p>	<p><b>6. FRIENDS &amp; FAMILY</b></p>
<ul style="list-style-type: none"> <li><input type="checkbox"/> I have plenty of fun and recreation in my life; I am rarely bored</li> <li><input type="checkbox"/> I enjoy and have fun on my weekends or days off</li> <li><input type="checkbox"/> I spend the last hour of my day in the perfect way for me</li> <li><input type="checkbox"/> I find joy in the littlest of things</li> <li><input type="checkbox"/> I typically wake up joyful and excited about the day</li> <li><input type="checkbox"/> I'm a very happy person</li> <li><input type="checkbox"/> I'm able to let go, be spontaneous and laugh easily</li> <li><input type="checkbox"/> I have at least one hour of ME time each day; I spend it in the most fulfilling way</li> <li><input type="checkbox"/> I enjoy my life without the need of stress or adrenaline</li> <li><input type="checkbox"/> I am living the perfect lifestyle for me</li> </ul> <p>Score _____</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> My parents and I are/were close. There is/was nothing unresolved between us</li> <li><input type="checkbox"/> I have a close, healthy and open relationship with my children</li> <li><input type="checkbox"/> I get along with my extended family – there is never drama in the way</li> <li><input type="checkbox"/> I feel loved by my family and they feel loved by me</li> <li><input type="checkbox"/> I have a close circle of safe and fun friends</li> <li><input type="checkbox"/> I have a best friend with whom I can share anything</li> <li><input type="checkbox"/> I participate in a supportive and enriching professional network</li> <li><input type="checkbox"/> I'm friendly and get along with most of my neighbors</li> <li><input type="checkbox"/> I have at least 20 great friends or acquaintances</li> <li><input type="checkbox"/> My friends and family know me well; I do not keep secrets from them</li> </ul> <p>Score _____</p>
<p><b>7. MONEY &amp; FINANCES</b></p>	<p><b>8. BUSINESS/CAREER/LIFE CALLING</b></p>
<ul style="list-style-type: none"> <li><input type="checkbox"/> I am free of any financial stress</li> <li><input type="checkbox"/> I make money because I add value to those that need my services/skills</li> <li><input type="checkbox"/> I have a nest egg equal to ONE year of living expenses</li> <li><input type="checkbox"/> I have reached financial independence or am close to doing so</li> <li><input type="checkbox"/> I find it easy to attract money to me; financial success is not difficult</li> <li><input type="checkbox"/> I always invest a portion of my income in 'wealth creation'</li> <li><input type="checkbox"/> I have no credit card debt; I pay cash for most things or pay off my statements each month</li> <li><input type="checkbox"/> I focus on quality versus quantity; I buy the best possible rather than just 'buy'</li> <li><input type="checkbox"/> I'm confident about the investments I make; I invest wisely.</li> <li><input type="checkbox"/> I believe in giving a portion of what I make to help others or organizations in need</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I feel that I'm doing what I am meant to be doing</li> <li><input type="checkbox"/> I am respected by the people I work/collaborate with</li> <li><input type="checkbox"/> I am on a positive path that provides me increased opportunities</li> <li><input type="checkbox"/> The work I do is fulfilling and enriching and never draining</li> <li><input type="checkbox"/> I enjoy what I do and wake up ready to work every day</li> <li><input type="checkbox"/> My work enriches my life and allows me good balance with my personal life</li> <li><input type="checkbox"/> I enjoy and respect the people I work/collaborate with</li> <li><input type="checkbox"/> My work environment is perfect for me; it provides stimulus and support</li> <li><input type="checkbox"/> The work I do fills my intellectual, social and emotional needs</li> <li><input type="checkbox"/> At the end of my work day I feel energized , fulfilled and have plenty of energy left over</li> </ul>

Score _____	Score _____
<b>9. PERSONAL FOUNDATION/ EFFICIENCY</b>	<b>10. HAPPINESS &amp; PLEASURE</b>
<input type="checkbox"/> I don't spend time with anyone who isn't good for me <input type="checkbox"/> My boundaries are strong enough that people respect me, my needs and what I want <input type="checkbox"/> I don't have a lot of 'incompletes' in my life. I finish projects when I start them. <input type="checkbox"/> I am capable of asking for the things I need <input type="checkbox"/> I don't tolerate things; I resolve issues as they come up <input type="checkbox"/> I am beyond striving for success; I simply enjoy my life and focus on what fulfills me <input type="checkbox"/> I have all the tools (equipment, computer, software, etc.) I need to be efficient <input type="checkbox"/> I work smart and efficiently and have automated all tasks that can be automated <input type="checkbox"/> I don't do any work or tasks that I can have done by someone else <input type="checkbox"/> I don't put things off; I reply to emails as I read them and handle things as they come up or occur to me <input type="checkbox"/> I have SMART goals for all areas of my life and am working towards them	Please write down the 10 things that bring you the most joy and pleasure (even if you don't currently have them). Check off each item you do have. <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Score _____	Score _____

SCORING KEY	
<b>80-100</b> Awesome	<b>WOW!</b> You must have worked hard to have such an awesome life! You should be proud! What an inspiration you must be!
<b>60-79</b> Very good	You're doing great and your efforts are paying off. You're on track for an awesome life so keep up what you're doing and 'DO' more of it. You're a good role model.
<b>50-59</b> Average score	What would happen if you made your life a priority? How would that pay off?
<b>36-49</b> Sub-average	<b>Don't feel bad about these results.</b> Your life is merely a reflection of the things you've done so far. You can always change the direction by doing things differently. What do you need to focus on? What are you teaching from this type of life?
<b>26-35</b> Weak	<b>You CAN do better!</b> The questions are not THAT challenging. What's getting in the way for you? What needs to be healed or removed? You must get serious as you only have ONE lifetime; are you making the most of it? If you have children, what are they learning by watching you? Are you happy with that? Let's have a chat about what's possible for you, about what you truly want to experience and model.
<b>0-25</b> Ouch!	<b>This makes me really sad because... I believe you deserve a better life!</b> What do you attribute this low score to? How does it feel to score this low? If you got the news, that horrible news that this was IT, what would you regret most? Would NOW be the time to work with a coach or mentor who can help you raise your score and change the quality of your life? There is still time! Call me so that we can have a strategy session together and see what's possible for you.