

# Quality of Life 25

## Instructions

1. Check the box if the statement is consistently true for you.
2. If the statement doesn't apply to you, please change it so that it does, or replace it with a different one that fits within that category.
3. Add up your scores. Check back every 30 or 90 days and you will likely see progress, even if you aren't focusing directly on this program.
4. Work with a coach to help you get through the challenging items.

## Quality of Life Assessment

- 1. I have at least a year's living expenses in the bank or money market fund.
- 2. I look forward to getting up virtually every morning.
- 3. I don't spend time with anyone who bugs me or who is using me.
- 4. I am both pleased and content with my spouse/partner, or happy being single.
- 5. I take at least 4 vacations a year.
- 6. I could die this afternoon with no regrets.
- 7. Life is easy; I have virtually no problems or unresolved matters affecting me.
- 8. I spend my leisure time totally enjoying my interests; I am never bored.
- 9. I am on a financial independence track or am already there.
- 10. I have a circle of friends who I have a blast with, without effort.
- 11. My work/career is both fulfilling and nourishing to me; I am not drained.
- 12. I love my home: its location, style, furnishings, light, feeling and decor.
- 13. I tolerate very, very little; I'm just not willing to.
- 14. I am living my life, not the life that someone else designed for me or expected of me.
- 15. I don't see a cloud on my future's horizon; it looks clear to me.
- 16. I don't have to work at financial success; it seems to find me with very little effort or pushing.
- 17. My wants have been satiated; there is little I want.
- 18. My personal needs have been satisfied; I am not driven or motivated by unmet needs.
- 19. Weekends (or other days off) are a joy for me.
- 20. I have more than enough energy and vitality to get me through the day; I don't start dragging.
- 21. I have designed the perfect way to spend the last hour of my day.
- 22. I am able to stay present during the day; I don't lose myself to stress, adrenaline, caffeine or other drugs.
- 23. There is nothing that I am not facing head-on; nothing that I am putting up dealing with.
- 24. I have designed – and am living – the perfect lifestyle for me right now.
- 25. I have no financial stress of any kind in my life.

\_\_\_ Total score (# of checked boxes)

## Scoring Key:

**21-25** Awesome. Congratulations for such a high score and for living such a great life.

**16-20** You're doing well. 16-20 is a very good score.

**11-15** You're doing okay. You're about half way there.

**6-10** Yes, there is work to do. Consider hiring a coach to move your life (and your score) forward.

**0-5** You are not alone. It takes time and desire to raise the quality of your life. Use this test as a starting blueprint.