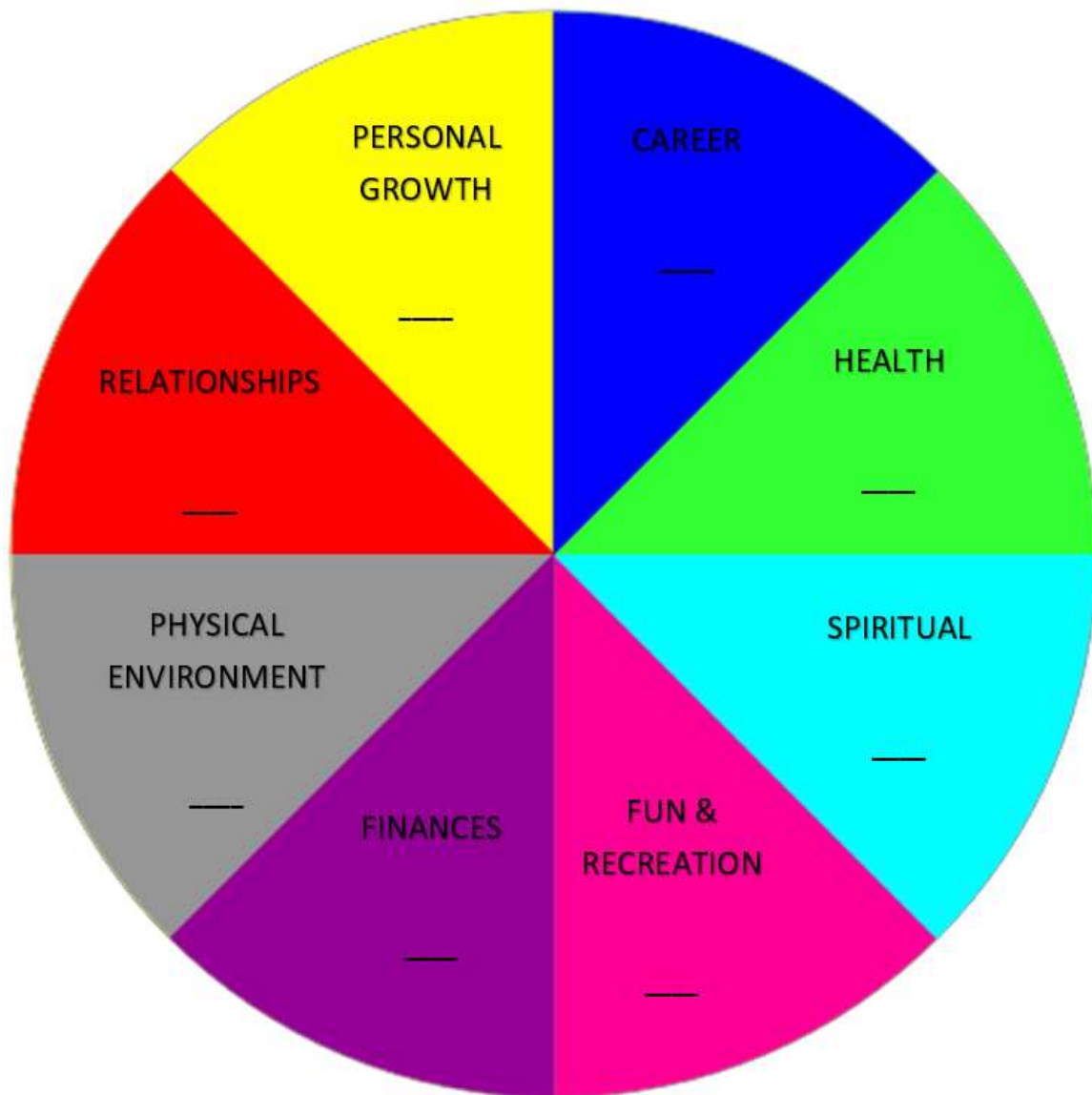


## Quality of Life Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_



This tool is a great starting point to identify 1) your perception about your current life and 2) what areas you want to focus on that could make the biggest impact to shift your life.

Instructions: Read the phrases below and place the # of points on the line next to each phrase that you can answer YES to. If it's a No or MAYBE, leave it blank. Total the points and fill in the wheel above.

## **PHYSICAL ENVIRONMENT**

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- My home represents a vision of who I am or want to become. \_\_\_\_\_
- If someone walked into my physical spaces, they would know without asking, my passions, dreams, goals, and things I love/enjoy. \_\_\_\_\_
- I live and work in a place where I can thrive. \_\_\_\_\_
- I know where everything is in my home and office, and I can put my hands on what need in less than one minute. \_\_\_\_\_
- I feel safe in my home and neighborhood. \_\_\_\_\_
- My physical environments are clean and clutter free. \_\_\_\_\_
- I have access to physical environments outside the home and office that are designed to create the moods/emotions I enjoy (e.g., gym, library, restaurants, etc.). \_\_\_\_\_
- I know my neighbors by name, and we get along well. \_\_\_\_\_
- My home, office and possessions inspire and add energy to me vs expire and drain my energy. \_\_\_\_\_
- My physical space is an honest expression of my true self (e.g., colors, furniture, artwork, etc.). \_\_\_\_\_

## **RELATIONSHIPS**

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- I reciprocal supportive relationships with family & friends is supportive of me. \_\_\_\_\_
- I have clear boundaries that my relationships know, respect and I enforce. \_\_\_\_\_
- I am very close to my children. There is nothing in the way. \_\_\_\_\_
- I have access to the people and resources at the level I aspire to attain and I leverage them. \_\_\_\_\_
- I am comfortable being my authentic self in all my relationships. \_\_\_\_\_
- I feel loved by the people who mean the most to me. \_\_\_\_\_
- I am pleased and content with my current relationship status. \_\_\_\_\_
- I have a healthy relationship with my romantic partner and healthy sex with him/her. \_\_\_\_\_
- I don't spend time with anyone who is using me. \_\_\_\_\_
- I enjoy my family; I have worked through our dysfunctions. \_\_\_\_\_

## **CAREER/BUSINESS**

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- My work/career/business are both fulfilling and nourishing to me. \_\_\_\_\_
- I am on a positive career path that leads to increased opportunities and raises. \_\_\_\_\_
- I am highly regarded for my expertise by my manager(s), clients and/or colleagues. \_\_\_\_\_
- My work/career/business is heading in the right direction. \_\_\_\_\_
- My work is not my life, but it is a rich part of my life. \_\_\_\_\_
- My work environment brings out the very best in me because it is stimulating and supportive. \_\_\_\_\_
- I am satisfied with my current level of income. \_\_\_\_\_
- The work I do helps meet my intellectual, social and/or emotional needs. \_\_\_\_\_
- I am doing the work/career/business I always wanted to do. \_\_\_\_\_
- I have the balance I desire between my free time and my work/career/business. \_\_\_\_\_

## **PERSONAL GROWTH**

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- I am living the life I always wanted to live. \_\_\_\_\_
- I am evolving because I continually seek ways to grow. \_\_\_\_\_
- I read often/attend webinars/workshops/seminars to expand my mind and beliefs so I can evolve. \_\_\_\_\_
- I enjoy trying new experiences and learning new things. \_\_\_\_\_

- I am comfortable stretching beyond my comfort zone in order to learn and grow. \_\_\_\_\_
- I take full responsibility for my choices in life. I don't blame others when I make mistakes. \_\_\_\_\_
- I have no problem asking for exactly what I want from anyone. \_\_\_\_\_
- I know what my goals are, and I eagerly and effectively making them a reality. \_\_\_\_\_
- What can be delegated is. \_\_\_\_\_
- I don't put off things longer than a week; I do it, handle it or have it done. \_\_\_\_\_

## **FINANCES**

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- I understand money and manage my finances well. \_\_\_\_\_
- I invest at least 10% of my income/earnings in my ability to increase/expand that income. \_\_\_\_\_
- When I buy something, I buy the best possible quality. \_\_\_\_\_
- I can pay my bills monthly on time/without borrowing money or living off of others. \_\_\_\_\_
- I have passive income, so I am not solely dependent on income/retirement. \_\_\_\_\_
- I have healthy boundaries on loaning friends and family money. \_\_\_\_\_
- I am financially set up for future growth in wealth. \_\_\_\_\_
- I do not lose sleep over my investments. \_\_\_\_\_
- I do not carry credit card debt. I do not overspend. \_\_\_\_\_
- I am protected with insurance, an emergency fund, a savings account to cover at least 1 year living expenses and a retirement fund. \_\_\_\_\_

## **FUN/LEISURE & RECREATION**

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- I am satisfied with my level of activity. \_\_\_\_\_
- I have hobbies that I enjoy. \_\_\_\_\_
- I take at least 2 vacations a year. \_\_\_\_\_
- I am open to learning a new hobby. \_\_\_\_\_
- I belong to a non-religious social group whose mission and vision are to give back regularly. \_\_\_\_\_
- I read/play sports/listen to music that have nothing to do with work/education regularly. \_\_\_\_\_
- I schedule time off regularly without anything planned. \_\_\_\_\_
- I enjoy my time off. \_\_\_\_\_
- I am comfortable with the amount of quality time I spend with my family & friends. \_\_\_\_\_
- I am comfortable with the balance I created between fun and helping others. \_\_\_\_\_

## **HEALTH/SELF-IMAGE**

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- I am able to stay present during the day; I don't lose myself to stress or adrenaline. \_\_\_\_\_
- I eat well and exercise regularly. \_\_\_\_\_
- I receive regular medical care and address all my medical concerns. \_\_\_\_\_
- I get the right amount of sleep to wake up alert, refreshed and energized. \_\_\_\_\_
- My emotions do not control my eating. \_\_\_\_\_
- I respect and love myself. \_\_\_\_\_
- I am aware of my mental and emotional triggers from the past and I rarely overreact when they are triggered. \_\_\_\_\_
- I know my self-worth (strengths, talents, skills) and I leverage them. \_\_\_\_\_
- I have at least 3 hours a week exclusively for me, and I have a regular self-care routine. \_\_\_\_\_
- I have had both dental and physical exams in the past 12 months. \_\_\_\_\_

## SPIRITUAL

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- I am comfortable with the amount of time I spend praying and/or mediating. \_\_\_\_\_
- I practice servant leadership giving my times and talents to others. \_\_\_\_\_
- I am connected with my innerme. \_\_\_\_\_
- I am satisfied with my relationship with a higher power. \_\_\_\_\_
- I have a spiritual advisor/mentor. \_\_\_\_\_
- I know how to get aligned with the present moment. \_\_\_\_\_
- I am committed to a daily practice that centers me (i.e. meditation, yoga, prayer, sports, etc.). \_\_\_\_\_
- I live with abundance each day (of happiness, health, wealth, love, etc.). \_\_\_\_\_
- I respect others spiritual beliefs and I don't force my beliefs on others, even though I might disagree.
- \_\_\_\_\_  
I feel connected to all human beings, animals, and nature. \_\_\_\_\_

If you found this helpful and would like coaching, feel free to contact me for a free 30 min-consultation. If an accountability partner would not be helpful right now but you know someone who could benefit from the additional support, please share this wheel.