



Quality of Life 100

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.

	Family/Relationships		Career/Business
<input type="checkbox"/>	I am both pleased and content with my spouse/partner or happy being single.	<input type="checkbox"/>	My work/career is both fulfilling and nourishing to me; I am not drained.
<input type="checkbox"/>	I have a circle of friends who I have a blast with, without effort.	<input type="checkbox"/>	I am on a positive career path that leads to increased opportunities and raises.
<input type="checkbox"/>	I am very close to my children. There is nothing in the way, nothing between us.	<input type="checkbox"/>	I am highly regarded for my expertise by my manager, clients and/or colleagues.
<input type="checkbox"/>	I am part of a professional network that stimulates me intellectually and emotionally.	<input type="checkbox"/>	I work in the right industry or field; it has a bright future.
<input type="checkbox"/>	I have at least 20 friends and colleagues who live outside my country of residence.	<input type="checkbox"/>	My work is not my life, but it is a rich part of my life.
<input type="checkbox"/>	I am close to my parent(s), alive or not. There is nothing in the way, nothing between us.	<input type="checkbox"/>	My work environment brings out the very best in me because it is stimulating and/or supportive.
<input type="checkbox"/>	I have a best friend and treat him or her extremely well.	<input type="checkbox"/>	I look forward to going to work virtually every day.
<input type="checkbox"/>	I enjoy my family/extended family; we have worked through any dysfunction/past problems.	<input type="checkbox"/>	I work with the right people.
<input type="checkbox"/>	I get along well with my neighbors.	<input type="checkbox"/>	At the end of the day, I have as much energy as I did when I started the day; I am not drained.
<input type="checkbox"/>	I am loved by the people who mean the most to me.	<input type="checkbox"/>	The work I do helps to meet my intellectual, social, and/or emotional needs.
	Choose an item.		Choose an item.

	Money/Finances		Joy/Delight
<input type="checkbox"/>	I have at least a year's living expenses in the bank or money market fund.	<input type="checkbox"/>	I spend my leisure time totally enjoying my interests; I am never bored.
<input type="checkbox"/>	I don't have to work at financial success; money seems to find me with very little effort or pushing.	<input type="checkbox"/>	I have designed the perfect way to spend the last hour of my day.
<input type="checkbox"/>	I invest at least 10 percent of my income/earnings in my ability to increase/expand that income.	<input type="checkbox"/>	I am very, very happy.
<input type="checkbox"/>	When I buy something, I buy the best possible quality.	<input type="checkbox"/>	I have at least an hour a day that is exclusively for me, and I spend it in a chosen way.
<input type="checkbox"/>	I am financially knowledgeable – I know how money is made and lost.	<input type="checkbox"/>	I easily take delight in the smallest things.
<input type="checkbox"/>	I am on a financial independence track or am already there.	<input type="checkbox"/>	Weekends (or other days off) are a joy for me.
<input type="checkbox"/>	I have no financial stress of any kind in my life.	<input type="checkbox"/>	I look forward to getting up virtually every morning.
<input type="checkbox"/>	I do not carry credit card debt; I do not overspend.	<input type="checkbox"/>	I have designed – and am living – the perfect lifestyle for me right now.
<input type="checkbox"/>	I don't lose sleep over my investments.	<input type="checkbox"/>	I am able to stay present during the day; I don't lose myself to stress or adrenaline.
<input type="checkbox"/>	I make money because I add enough value to the people who need what I have.	<input type="checkbox"/>	My home brings me joy every time I walk inside.
	Choose an item.		Choose an item.



	Effectiveness/Efficiency		Personal Foundation/ Responsibility
<input type="checkbox"/>	I don't spend time with anyone who bugs me or who is using me.	<input type="checkbox"/>	I love my home: its location, style, furnishings, light, feeling, and décor.
<input type="checkbox"/>	I have no problem asking for exactly what I want, from anyone.	<input type="checkbox"/>	I tolerate very, very little; I'm just not willing to.
<input type="checkbox"/>	Whatever can be automated is automated.	<input type="checkbox"/>	My wants have been satiated; there is little I want.
<input type="checkbox"/>	I reply to all emails as I read them; I don't maintain an inventory of unanswered emails.	<input type="checkbox"/>	There is nothing I am dreading or avoiding.
<input type="checkbox"/>	I know what my goals are, and I am eagerly and effectively making them a reality.	<input type="checkbox"/>	I have resolved the stresses and key issues of my upbringing and past events.
<input type="checkbox"/>	I have more than enough energy and vitality to get me through the day; I don't start dragging.	<input type="checkbox"/>	My boundaries are strong enough that people respect me, my needs, and what I want.
<input type="checkbox"/>	I have all of the right tools, equipment, computers, software and peripherals that I need to work well.	<input type="checkbox"/>	I don't see a cloud on my future's horizon; it looks clear to me.
<input type="checkbox"/>	Whatever can be delegated is delegated.	<input type="checkbox"/>	My personal needs have been satisfied; I am not driven or motivated by unmet needs.
<input type="checkbox"/>	I don't put things off; when it occurs to me, I do it, handle it, or have it done.	<input type="checkbox"/>	My personal values are clear, and my life is oriented around them.
<input type="checkbox"/>	I don't do errands.	<input type="checkbox"/>	I don't have a lot of unfinished projects, business, or hanging items; I am caught up.
	Choose an item.		Choose an item.

	Personal Development and Evolution		Self-Care/ Well-Being
<input type="checkbox"/>	I could die this afternoon with no regrets.	<input type="checkbox"/>	I take at least four vacations a year.
<input type="checkbox"/>	There is nothing I am not facing head-on, nothing I am putting off dealing with.	<input type="checkbox"/>	My teeth and gums look great and are in top condition.
<input type="checkbox"/>	I have more than enough natural motivation, inspiration, and synergy in my life; I am not stuck.	<input type="checkbox"/>	I eat food for sustenance and pleasure, not for emotional comfort.
<input type="checkbox"/>	I have progressed beyond the notion of beliefs.	<input type="checkbox"/>	Whatever health problems I have, I am receiving proper, effective care for them.
<input type="checkbox"/>	I have learned to take the path of least resistance as I accomplish my goals.	<input type="checkbox"/>	I am not abusing my body with too much alcohol, television, caffeine or drugs.
<input type="checkbox"/>	I am living my life, not the life that someone else designed for me or expected of me.	<input type="checkbox"/>	I reduce stress daily by meditating, taking a long bath, exercising, walking, or the like.
<input type="checkbox"/>	I attract success; I don't have to strive for it or chase it.	<input type="checkbox"/>	Life is easy; I have virtually no problems or unresolved matters affecting me.
<input type="checkbox"/>	I am evolving, not just improving, because I continually experiment.	<input type="checkbox"/>	I have more than enough time during my day.
<input type="checkbox"/>	I am at that place in life where I initiate and cause events, not wait for others or events to do so.	<input type="checkbox"/>	My body is in great shape.
<input type="checkbox"/>	I am beyond striving for success; I simply enjoy my life and focus on what fulfills me.	<input type="checkbox"/>	There is nothing I am doing that is messing up my mind or heart.
	Choose an item.		Choose an item.



	Happiness Please write down the 10 things that make you the happiest, whether you currently have these things in your life or not. Check off each item that you do.		Pleasure Please write down the 10 things that give you the greatest pleasure, whether you currently do these things in your life or not. Check off each item that you do.
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	Choose an item.		Choose an item.

SCORING KEY

- 90-100: Awesome. Congratulations for having such a great life.
- 80-89: Excellent! Your score is very high—this is a tough test.
- 70-79: Very good. You’re definitely on track for a high-quality life.
- 60-69: Pretty good. You are making progress, but there’s work to be done.
- 50-59: Average score. Why not make your quality of life a priority and score 10 more points in the next month?
- 40-49: This is nothing to feel badly about, but you’ll probably need to make some real changes to improve your life.
- 30-39: Weak. The questions are challenging, but not that challenging. What’s up with you?
- 20-29: Okay, let’s get serious. You have one lifetime. Why aren’t you making the most of it?
- 10-19: What’s this about? Is it a temporary condition or have you just not paid attention to your life yet?
- 0-9: Ouch! Why do you think your score is in this range? Could it be low self-esteem or emotional stress?

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