



QUALITY OF LIFE 100

INSTRUCTIONS

- Circle the number if the statement is consistently true for you.
- 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.
- Add up your section and total scores.
- Check back every 30 or 90 days and you will likely see progress, even if you aren't focusing directly on this program.
- Work with a coach to help you get through the challenging items.

1. FAMILY & RELATIONSHIPS

- I am both pleased and content with my spouse/partner, or happy being single.
- I am close to my parent(s), alive or not. There is nothing in the way; nothing between us.
- I have a circle of friends who I truly enjoy, without any effort
- I have a best friend and treat him/her extremely well.
- I am very close to my children. There is nothing in the way.
- I enjoy my family/extended family; we have worked through any dysfunction and past problems.
- I am part of a professional network that stimulates me intellectually and emotionally.
- I get along well with my neighbors.
- I have at least 20 friends and colleagues who live outside of my country of residence.
- I am loved by the people who mean the most to me.
_____Section score (Number of circled lines)

2. CAREER & BUSINESS

- My work/career is both fulfilling and nourishing to me; I am not drained.
- I am highly regarded for my expertise by my manager, clients and/or colleagues.
- I am on a positive career path that leads to increased opportunities and raises.
- I work in the right industry or field; it has a bright future.
- I look forward to going to work virtually every day.
- My work is not my life, but it is a rich part of my life.
- I work with the right people.
- My work environment brings out the very best of me because it is wonderfully stimulating and/or very supportive.
- At the end of the day, I have as much energy as I did when I started the day; I am not drained.
- The work I do helps to meet my intellectual, social and/or emotional needs.
_____Section score (Number of circled lines)

3. MONEY & FINANCES

- I have at least a years living expenses in the bank or money market fund.
- I am on a financial independence track or am already there.
- I don't have to work at financial success; money seems to find me with very little effort or pushing.
- I have no financial stress of any kind in my life.
- I invest at least 10% of my income/earnings in my ability to increase/expand that income.
- I do not carry credit card debt; I do not overspend.
- When I buy something, I buy the best possible quality.
- I don't lose sleep over my investments.
- I am financially knowledgeable -- I know how money is made and lost.
- I make money because I provide more than enough value to the people/customers who need what I have.
_____Section score (Number of circled lines)

4. JOY AND DELIGHT

- I spend my leisure time totally enjoying my interests; I am never bored.
- Weekends (or other days off) are a joy for me.
- I have designed the perfect way to spend the last hour of my day.
- I look forward to getting up virtually every morning.
- I am very, very happy.
- I have designed -- and am living -- the perfect lifestyle for me right now.
- I have at least an hour a day that is exclusively for me and I spend it in a chosen way.
- I am able to stay present during the day; I don't lose myself to stress or adrenaline.
- I easily take delight in the smallest things.
- My home brings me joy every time I walk inside.
_____Section score (Number of circled lines)

5. EFFECTIVENESS & EFFICIENCY

- I don't spend time with anyone who bugs me or who is using me.
- I have more than enough energy and vitality to get me through the day; I don't start dragging.
- I have no problem asking for exactly what I want, from anyone.
- I have all of the right tools, equipment, computers, software and peripherals that I need to work well.
- Whatever can be automated, is automated.
- Whatever can be delegated, is delegated.
- I reply to all emails as I read them; I don't maintain an inventory of unanswered emails.
- I don't put things off; when it occurs to me, I do it, handle it, or have it done.
- I know what my goals are and I am eagerly and effectively making them a reality.
- I don't do errands, except by exception.
_____Section score (Number of circled lines)

6. RESPONSIBILITY & FOUNDATION

1. I love my home: Its location, style, furnishings, lighting & feeling.
2. My boundaries are strong enough that people respect me, my needs and what I want.
3. I tolerate very, very little; I'm just not willing to.
4. I don't see a cloud on my horizon; it looks clear.
5. My wants have been satisfied; there is little I want.
6. My personal needs have been satisfied; I am not driven or motivated by unmet needs.
7. There is nothing I am dreading or avoiding.
8. My personal values are clear; I am oriented to them.
9. I have resolved the stresses and key issues of my upbringing and past events.
10. I don't have a lot of unfinished projects, business or hanging items; I am caught up.

_____ Section score (Number of circled lines)

7. PERSONAL DEVELOPMENT & EVOLUTION

1. I could die this afternoon with no regrets.
2. I am living my life, not the life that someone else designed for me or expected of me.
3. There is nothing that I am not facing head-on; nothing that I am putting off dealing with.
4. I attract success; I don't have to strive for it or chase it.
5. I have more than enough natural motivation, inspiration and synergy in my life; I am not stuck.
6. I am evolving, not just improving, because I continually experiment.
7. I have progressed beyond the notion of beliefs.
8. I am at that place in life where I initiate and cause events, not wait for others or events to do so.
9. I have learned to take the path of least resistance as I accomplish my goals.
10. I am beyond striving for success; I simply enjoy my life and focus on what fulfills me.

_____ Section score (Number of circled lines)

8. SELF-CARE & VITALITY

1. I take at least 4 vacations a year.
2. Life is easy; I have virtually no problems or unresolved matters affecting me.
3. My teeth and gums are in top condition.
4. I have more than enough time during my day.
5. I eat food for sustenance and pleasure, not for emotional comfort.
6. I am not abusing my body with too much alcohol, television, caffeine or drugs.
7. Whatever health problems I have, I am receiving proper, effective care for them.
8. My body is in great shape.
9. I reduce stress daily by meditating, taking a long bath, exercising, walking, etc.
10. There is nothing I am doing that is messing up my mind or heart.

_____ Section score (Number of circled lines)

9. HAPPINESS & CONTENTMENT

Please write down 10 situations, routines or scenarios that make, or would make, you the happiest & content.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

_____ Section score (Number of completed lines)

10. PLEASURE & EXCITEMENT

Please write down 10 activities that you truly enjoy, whether you currently do these things in your life or not.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

_____ Section score (Number of completed lines)

_____ Total score

SCORING KEY:

- 90-100 Awesome. Congratulations. Incredible.
- 80-89 Excellent! You scored very high on a tough test.
- 70-79 Very good. You're on track. Keep going.
- 60-69 Pretty good, but there is some work to do.
- 50-59 Average score. Why not make your quality of life a priority and score 10 more points in the next month?
- 40-49 You may need to make some important changes.
- 30-39 Weak. What's up? Make yourself a priority!
- 00-29 Hello? Anybody home?

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This assessment is brought to you by:

Quality of Life



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