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Quality of Life Index - 25 questions that indicate your quality of life.

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Instructions

Circle Y (for Yes) or N (for No) for each of these 25 questions. Then, add up the number of Yes' and score yourself using the scoring key below.

- Y - N 1. I have at least a year's living expenses in the bank or money market fund.
- Y - N 2. I look forward to getting up virtually every morning.
- Y - N 3. I don't spend time with anyone who bugs me or who is using me.
- Y - N 4. I am both pleased and content with my spouse/partner, or happy being single.
- Y - N 5. I take at least 4 vacations a year.
- Y - N 6. I could die this afternoon with no regrets.
- Y - N 7. Life is easy; I have virtually no problems or unresolved matters affecting me.
- Y - N 8. I spend my leisure time totally enjoying my interests; I am never bored.
- Y - N 9. I am on a financial independence track or am already there.
- Y - N 10. I have a circle of friends who I have a blast with, without effort.
- Y - N 11. My work/career is both fulfilling and nourishing to me; I am not drained.
- Y - N 12. I love my home: Its location, style, furnishings, light, feeling and decor.
- Y - N 13. I tolerate very, very little that would drain my energy.
- Y - N 14. I am living my best life, the one I designed for myself.
- Y - N 15. I don't see a cloud on my future's horizon; it looks clear to me.
- Y - N 16. Financial success seems to find me with very little effort or pushing.
- Y - N 17. My wants have been satiated; there is little I want.
- Y - N 18. My personal needs have been satisfied; I am not driven by unmet needs.
- Y - N 19. Weekends (or other days off) are a joy for me.
- Y - N 20. I have more than enough energy and vitality to get me through the day.
- Y - N 21. I have designed the perfect way to spend the last hour of my day.
- Y - N 22. I am able to stay present during the day; I don't lose myself to stress, adrenaline, or other drugs.
- Y - N 23. I face issues head-on and deal with them directly.
- Y - N 24. I have designed -- and am living -- the perfect lifestyle for me right now.
- Y - N 25. I have no financial stress of any kind in my life.

___ Number of Y's

___ Number of N's

----- 25 maximum

Scoring Key:

21-25 Y's. Awesome! Congratulations for such a high score and for living such a great life.

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

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

6-10 Y's. Yes, there is work to do. Consider hiring a coach to move your life forward.

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

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Coaching Results

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