

Quality of Life 100

How high is your quality of life currently?

Take this test, and see how it ranks.

Enter a "One" (you get one point) for each statement that is true for you.

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

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

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

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

Subtotal Score:	
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Happiness		Pleasure	
Please write down the 10 things that make you the happiest, whether you currently have these things in your life or not. Assign one point to each item that is actively present.		Please write down the 10 things that give you the greatest pleasure, whether you currently do these things in your life or not. Assign one point to each item that is actively present.	
Score		Score	

Total Score:	
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SCORING KEY:

- 90-100 Awesome. Congratulations for having such a great life.
- 80-89 Excellent! Your score is very high—this is a rough 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?