



Quality of Life 100 Checklist

As a Graduate of Coach U's Coach Training Program since 2001 (this usually takes 18-24 months of extensive study (200 hours of class), resulting in the best trained coaches of any coach training and development program) and an awardee of the **Coach U Designation of Coach U Certified Graduate** (this professional designation represents one of the highest levels of achievement in the coaching field. The Coach U Certified Graduate designation is awarded only after an extensive review and certification process.), I am happy to periodically offer Coach U Checklists that are intended to be of additional service for you on both your personal and professional paths.

In this Quality of Life 100 Checklist, you have an opportunity to self-assess in 10 major areas of your life, to freshly gauge where you currently stand, and to uncover possible areas for growth and improvement. Just as it is wise to get a physical health check up on a regular basis, this Quality of Life 100 Checklist offers you the opportunity to “check your vital signs” and determine what you can do for a “cleaner bill of health”.

We congratulate you, in advance, for investing your time for yourself. This exercise is intended to serve your sense of fulfillment and the accomplishment of your goals for 2016 & beyond. If you have any questions or suggestions or would like further guidelines, please feel free to contact me at 925-609-6441 or don@donsardella.com. Better yet, [contact us here](#) to schedule a FREE 30-minute Coaching Consultation.



FREE 30 MIN. COACHING CALL [Contact us here](#) to schedule a **FREE 30-minute Coaching Consultation**.

We guarantee you'll gain at least one excellent idea to help you improve your quality of life!

Please feel free to contact me at 925-609-6441 or don@donsardella.com

Visit us at donsardella.com

Thank you.

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.

_____ **Current Score**

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 have a blast with, without 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; nothing between us.
- I enjoy my family/extended family; we have worked through any dysfunction/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**

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 to stimulating and/or 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**

3. Money/Finances

- I have at least a year's 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 add enough value to the people who need what I have.

_____ **Section Score**

4. Joy/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 littlest things.
- My home brings me joy every time I walk inside.

_____ **Section Score**



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.

____ Section Score

6. Personal Foundation/Responsibility

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

____ Section Score

7. Personal Development and Personal Evolution

- I could die this afternoon with no regrets.
- I am living my life, not the life that someone else designed for me or expected of me.
- There is nothing that I am not facing head-on; nothing that I am putting up dealing with.

- I attract success; I don't have to strive for it or chase it.
- I have more than enough natural motivation, inspiration and synergy in my life; I am not stuck.
- I am evolving, not just improving or evolving, because I continually experiment.
- I have progressed beyond the notion of beliefs.
- I am at that place in life where I initiate and cause events, not wait for others or events to do so.
- I have learned to take the path of least resistance as I accomplish my goals.
- I am beyond striving for success; I simply enjoy my life and focus on what I fulfills me.

____ Section Score

8. Self-Care/Well-Being

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

____ Section Score

9. 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.

- _____
- _____
- _____
- _____
- _____



- _____
- _____
- _____
- _____
- _____

____ Section Score

10. 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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- _____
- _____

____ Section Score

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 HQ life.

60-69. Pretty good. You are making progress, but there's work.

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?

