

Quality of Life Index

25 questions that indicate your quality of life.

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.

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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; I'm just not willing to.
Y - N 14. I am living my life, not the life that someone else designed for me or expected of me.
Y - N 15. I don't see a cloud on my future's horizon; it looks clear to me.
Y - N 16. I don't have to work at financial success; it 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 or motivated 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; I don't start dragging.
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, caffeine or other drugs.
Y - N 23. There is nothing that I am not facing head-on; nothing that I am putting up dealing with.
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 (and your score) 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.