



Quality of Life

Are You Satisfied With Your Life?

The Quality of Life Index includes 25 questions that indicate your quality of life. Instructions: Choose Yes or No for each of these 25 questions. Then, decide if there's a gap between where you are now and where you want to be.

1. I have at least a year's living expenses in the bank or money market fund.
2. I look forward to getting up virtually every morning.
3. I don't spend time with anyone who bugs me or who is using me.
4. I am both pleased and content with my spouse/partner, or happy being single.
5. I take at least 4 vacations a year.
6. I could die this afternoon with no regrets.
7. Life is easy; I have virtually no problems or unresolved matters affecting me.
8. I spend my leisure time totally enjoying my interests; I am never bored.
9. I am on a financial independence track or am already there.
10. I have a circle of friends who I have a blast with, without effort.
11. My work/career is both fulfilling and nourishing to me; I am not drained.
12. I love my home; Its location, style, furnishings, light, feeling and decor.
13. I tolerate very, very little; I'm just not willing to.
14. I am living my life, not the life that someone else designed for me or expected of me.
15. I don't see a cloud on my future's horizon; it looks clear to me.
16. I don't have to work at financial success; it seems to find me with very little effort or pushing.
17. My wants have been satiated; there is little I want.
18. My personal needs have been satisfied; I am not driven or motivated by unmet needs.
19. Weekends (or other days off) are a joy for me.
20. I have more than enough energy and vitality to get me through the day; I don't start dragging.
21. I have designed the perfect way to spend the last hour of the day.
22. I am able to stay present during the day; I don't lose myself to stress, adrenaline, caffeine or other drugs.
23. There is nothing that I am not facing head-on; nothing that I am putting up dealing with.
24. I have designed--and am living--the perfect lifestyle for me right now.
25. I have no financial stress of any kind in my life

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Scoring Key:

Count the total number of items to which you answered "yes."

21-25 Awesome. Congratulations for such a high score and for living such a great life.

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

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

6-10 Yes, there is work to do. Consider hiring a coach to move your life (and your score) forward.

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

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