

Quality of Life Exercise

Identify the quality of your life today by honestly answering and quantifying the following questions and ranking your fulfillment in the following six (6) areas of your life.

- *Best when answered while watching the video...refer back to video if needed.*
- **Step 1** – answer the following questions and rank them out of 10.

These are
the needs of
the
personality

How much certainty do you have in your life? _____ out 10

How much variety do you have in your life? _____ out of 10

How significant do you feel on average? _____ out of 10

How much sense of connection and or love do you feel on a regular day-to-day basis? _____ out of 10

These are
the needs of
the
spirit

How much growth do you have in your life? How consistently are you growing?
_____ out of 10

How often are you contributing beyond yourself? How much do you contribute?
_____ out of 10

- **Step 2** - Now that you've put a number out of 10 for each of these 6 questions, add up your score to get a total and then divide it by 60. (Example: 44/60 = 73%)

You will get a percentage that should be an accurate representation of the average quality of your life today – Yes, it may not be a number you want to see but this exercises purpose to allow you to identify what areas of your life you can make improvements to rapidly increase your score which is the quality of your life.

Quality of Life Total Score = _____ / 60 = _____ %