

Life Quality Assessment

Rate the quality of each item on a scale of 1 to 10. 1 being poor and 10 being perfect.
Review results and take note of the areas that are great and those that need improvement.
Make a plan to take action and improve where needed.

Date:	Name:											
Value	Rating Scale											
Physical / Emotional Health												
Physical Health	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Quality of Diet	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Level of Fitness	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Level of Happiness	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Financial												
Amount of Wealth	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Current Salary	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Amount of Savings	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Amount of Investments	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Relationships												
Family	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Significant Other	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Parents	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Siblings	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Children	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Friends	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Colleagues	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Co-Workers	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Contribution												
Helping Others in Need	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Charities	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Donations	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Career												
Happiness at Your Job	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Opportunities for Promotion	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Opportunities for More Money	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Work Environment	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Other												
Playtime	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Love/Intimacy	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
"Me" Time	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]