

# Quality-of-Life Assessment

Monique Martineau for Coaching, Keynotes & Workshops

## Quality-of-being is foundational for quality-of-life.

This will assist you in increasing awareness about your quality-of-life satisfaction. Use your first gut response, while remaining aware of over-thinking or rationalizing. Rate your **current level of satisfaction** from 1 to 10 in each area: 10 represents 100% satisfaction. 1 represents no satisfaction.

### Quality-of-Being

#### *Physical*

- \_\_\_\_\_ Vitality / energy
- \_\_\_\_\_ Health
- \_\_\_\_\_ Sleep
- \_\_\_\_\_ Relaxation / breaks
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Nutrition
- \_\_\_\_\_ Weight / BMI (Body Mass Index)
- \_\_\_\_\_ Blood pressure level
- \_\_\_\_\_ Cholesterol level

#### *Emotional*

- \_\_\_\_\_ Stress level
- \_\_\_\_\_ Angry, anxious, apathetic
- \_\_\_\_\_ Attitude / mood
- \_\_\_\_\_ Passion / excitement
- \_\_\_\_\_ Contentment / peace of mind
- \_\_\_\_\_ Grounded / centered

#### *Mental*

- \_\_\_\_\_ Stimulated / challenged
- \_\_\_\_\_ Focus / concentration
- \_\_\_\_\_ Thoughts of anger, anxiety, avoidance
- \_\_\_\_\_ Limiting thoughts of self  
(i.e., I should be better at...)
- \_\_\_\_\_ Limiting thoughts of others  
(i.e., S/he is wrong.)
- \_\_\_\_\_ Limiting thoughts of situations  
(i.e., Things should be different.)

#### *Overall Quality-of-Being*

- \_\_\_\_\_ Work-life balance
- \_\_\_\_\_ Daily enjoyment

### Life Purpose

- \_\_\_\_\_ Career engages strengths and interests
- \_\_\_\_\_ Provide meaningful, rewarding service
- \_\_\_\_\_ Professional development
- \_\_\_\_\_ Personal / spiritual development
- \_\_\_\_\_ Giving back

### Relationships

- \_\_\_\_\_ Romantic partner
- \_\_\_\_\_ Family
- \_\_\_\_\_ Friends / community
- \_\_\_\_\_ Coworkers / associates

### Prosperity

- \_\_\_\_\_ Living within your means
- \_\_\_\_\_ Good debt to income ratio
- \_\_\_\_\_ Retirement / investments
- \_\_\_\_\_ Funds for leisure / philanthropy

### Physical Environment

- \_\_\_\_\_ Home
- \_\_\_\_\_ Work
- \_\_\_\_\_ Car

### Leisure

- \_\_\_\_\_ Self-care
- \_\_\_\_\_ Hobbies / sports
- \_\_\_\_\_ Entertainment / fun
- \_\_\_\_\_ Vacations

### \_\_\_\_\_ Overall Quality-of-Life

Try a complimentary consultation / session to explore and increase your levels of satisfaction. Coaching works. That's why it's so popular.

Contact Monique for more information.