

The Abundant Life League

A Quality of Life Assessment Instrument

INSTRUCTION: Assess the quality of your life in each of the following areas, giving to each item a rating of 1-10, with ten reporting perfection, and one reporting... something a lot less than perfection!

- **Be honest:** Don't beat yourself up, and don't give yourself undue credit.
- Don't spend anymore than 30 seconds thinking about any particular item.

___ Diet (*consider both what you eat and how much/often you eat*)

___ Exercise (*consider both the frequency and the variety of the exercise you get*)

___ Overall state of your health

___ **Relationships:** Family

___ **Relationships:** Friends

___ Work/Employment satisfaction (*whether you work inside or outside the home*)

___ Financial health/stability (*NOT asking whether you're rich!*)

___ **Spiritual Life:** Prayer/Bible Study

___ **Spiritual Life:** Church connection/involvement

___ **Spiritual Life:** Strength of your faith

___ Generosity/Giving to Others (*this includes money, but not ONLY money*)

___ Stress Level (*on average, throughout a week*)

___ Curiosity/Learning (*developing new skills; taking in new and useful information; etc*)

___ Hobbies/Leisure/Playtime

___ Confidence/Optimism about the future

_____ **TOTAL**

SSN (last four digits) _____

Today's Date _____

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___ **Spiritual Life:** Strength of your faith

___ Generosity/Giving to Others (*this includes money, but not ONLY money*)

___ Managing stress (*on average, throughout a week*)

___ Curiosity/Learning (*developing new skills; taking in new and useful information; etc*)

___ Hobbies/Leisure/Playtime

___ Confidence/Optimism about the future

_____ **TOTAL**

We recommend that you complete this form, then seal it in an envelope. In six months, fill out another form, then open the envelope and compare the two assessments. You might continue the practice for the next couple of years to track your progress. *[We also recommend that you come to the next ALL meeting! Third Wednesdays of months, at 6:30 p.m.]*

Today's Date _____