

### Activity: Quality of Life Index

The only way companies can determine if their business is growing or drying up is to track their current level of performance. Similarly, in order to measure improvements in your personal life, you need to start by evaluating the health of your life right now.

Fill out this self-assessment questionnaire to come up with a number representing your current quality of life. Be sure to record your answer either in a notebook or on your computer, and keep it somewhere safe. Later, you'll complete the Quality of Life Index again, and you'll want to be able to look back at this initial score so that you can measure your progress since beginning the program.

*How satisfied are you with the way you are currently living your life?*

For each of the following items, please rate yourself on a scale of one to five (1 = not at all satisfied, 3 = neutral, 5 = very satisfied).

- 1) My overall quality of life: \_\_
- 2) How I manage my time: \_\_
- 3) My daily stress level: \_\_
- 4) My daily productivity level: \_\_
- 5) My physical health: \_\_
- 6) My sense of purpose/direction in life: \_\_
- 7) How well I am fulfilling my various roles (e.g., mother/father, husband/wife, son/daughter, employee, friend): \_\_
- 8) How successfully I am attaining my career goals: \_\_
- 9) How well I am adding value to my community: \_\_
- 10) How much effort I devote to self-improvement: \_\_

**Add up your numbers for a total Quality of Life score (between 10-50):** \_\_

If you scored between 10 and 25, this means that you're living primarily in the **Crisis Zone**. You probably feel as though your life is spinning out of control. Don't worry. The methods you'll find in these pages will help you put out the fires and reclaim your role as

active manager of your life.

If you scored between 26 and 40, then you're living in the **Complacency Zone**. You may think that everything is going relatively smoothly, but chances are there's trouble brewing not far beneath the surface. You've got to engage now if you want to reach your full potential and find greater life satisfaction down the road.

If you scored between 41 and 50, you're living in the **Purpose Zone**. This is where you want to be. Congratulations, you're a good CEO already! But there's always room for improvement. I'm sure you can think of new skills you'd like to develop, people whose needs you could be doing a better job of meeting, and far-reaching goals that you'd like to achieve.