



Quality of Life Checkup

Date

Step 1: Rate your current level of satisfaction in each area. (10 = Totally Satisfied)

Health & Fitness: High Quality Food, Self-Care, Exercise	1-10	
Relationships: Friends, Family, Partnerships	1-10	
Money & Finance: Income & Assets, Expenses & Liabilities, Financial Planning	1-10	
Creativity: Creative Expression, Play, Recreation/Entertainment	1-10	
Business & Career: Business Plan, Career Goals, Professional Development	1-10	
Mind & Spirit: Intellectual Development, Reflection, Meditation/Prayer	1-10	
Environments: Home, Work, Vehicle, Community, ...	1-10	