

## Quality of Life Assessment



QUALITY OF LIFE ASSESSMENT

Short Version:

Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

	<b>Life Area for Quality-of-Life Assessment Form (Short)</b>	<b>Current level of satisfaction in this life area 0/10</b>	<b>Importance of this life area for you 0/10</b>
1	<b>Job or other Daily Occupation</b>		
2	<b>Finances</b>		
3	<b>Family Relationships (Other than partner)</b>		
4	<b>Relationships with Friends</b>		
5	<b>Relationship with Partner</b>		
6	<b>Use of Leisure Time</b>		
7	<b>General Physical Health</b>		
	<b>Level of Physical Fitness &amp; Exercise</b>		
8	<b>Feeling Relaxed and in Good Mental Health</b>		
9	<b>Feeling In Control of your Life</b>		
10			

Long Version:

Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Area for Quality of Life Assessment Form (Long)	Current level of satisfaction in this life area 0/10	Importance of this life area for you 0/10
<p>1 Where you live (geographical location)</p> <p>2 Nature of Accommodation, Rent/Own, House/Flat etc</p> <p>3 Nature of Work or Daily Occupation</p> <p>4 Relationships in Work/Daily Occupation</p> <p>5 Your Level of Income</p> <p>6 Your Level of Savings</p> <p>7 Amount of Contact with Family</p> <p>8 Quality of Contact with Family</p> <p>9 Amount of Contact with Friends</p> <p>10 Quality of Contact with Friends</p> <p>11 Amount of Time Spent Doing Leisure Activities</p>		

Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Life Area for Quality of Life Assessment Form (Long-Continued)

Current level of satisfaction in this life area 0/10

Importance of this life area for you 0/10

- 12 How you use your Leisure Time
- 13 Looking Attractive
- 14 Having A Partner
- 15 Quality of Relationship with Partner
- 16 Being in Good Physical Health
- 17 Being Physically Fit and Exercising
- 18 Feeling Relaxed and in Good Mental Health
- 19 Feeling in Control of your Life
- 20 Feeling that your Life has Purpose
- 21 Living in Accordance with Values (Moral-Spiritual-Religious)

**Add up all scores in a column and divide by 21 to achieve average**

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Embrace Your Lessons

 **NICOLLE HANSELMANN**