

Life Assessment Questionnaire

The assessment is divided into eight sections. This is mainly to make the questionnaire more manageable and not just one long list but it may also help you to identify patterns.

The scores do not add up to 100; it's not a matter of calculating percentages of happiness/unhappiness. The number of questions in a section does not necessarily reflect its relative importance in life and there is no fixed target score for each section. This questionnaire is merely a tool to help you to assess where you are.

If the question is not relevant to you and there is no issue for you, tick the box. The point is to identify areas that are problems for you.

The eight sections are:

My Home

My Relationships

My Health

My Work

My Money

My Spiritual Life

My Cultural Life

My Self

My Home

- I live in a house/flat that I love
- I live in a geographical location that I chose/would choose
- I am happy living with the people I do/living alone
- I can relax at home
- My home is clean and tidy
- There is nothing around my home that I could happily live without
- I have enough space in my home
- I feel safe in my home and the surrounding area
- The noise level in my home is right for me
- The temperature in my home is comfortable
- My pets and/or plants are healthy and well looked-after
- I am up-to-date with my washing and ironing
- The appliances and equipment in my home all work well
- I am not putting up with anything about my home (e.g., a cracked window, a door handle that has fallen off)
- My papers, receipts, bank statements and so on are all neatly filed
- I make my bed every day
- I wash my bedsheets at least once in six weeks
- Friends/guests feel comfortable in my home
- My garden is neat and tidy so I can enjoy it OR I have easy access to open, green space for recreation
- My car is in good condition (runs reliably, has everything working, is clean inside and out) OR I have no trouble getting to where I want to go by public or other transport

My score on _____ (date) is _____ / 20

My Relationships

- I am happy with my situation (single/married/co-habiting/in a relationship)
- There are people in my life who love me unconditionally
- I have no unfinished business with my parents, my siblings or anyone else
- I have all the friends I want
- I regularly spend time with people who value me and give me as much as I give them
- There is nobody in my life who drains me
- There is always somebody I can turn to when I'm feeling low
- I do not feel responsible for everybody around me
- The people in my life stimulate me and make me laugh
- I can be myself in all my relationships

My score on _____ (date) is _____ / 10

My Health

- I have no pain in my body
- I can breathe deeply without wheezing
- I see well (with glasses or contact lenses if I need them)
- I hear well (with an aid if I need it)
- My teeth are in good condition and I go to the dentist every six months
- My blood pressure is at a healthy level
- My cholesterol is at a healthy level
- I do not smoke
- I do not take illegal drugs or abuse prescribed medicines
- I make a consistent effort to eat and drink healthily
- I do not generally drink more alcohol than the legal guideline suggests
- There are often days when I drink no alcohol at all
- I rarely drink coffee, tea or carbonated drinks (less than 3 times a week)
- I rarely eat chocolate (less than 3 times a week)
- I rarely consume sugar (less than 3 times a week)
- I drink at least a litre of water every day
- I take at least half an hour's exercise 3 times a week
- I am roughly the right weight for me
- I have no habits that I don't like
- I get the right amount of sleep for me

My score on _____ (date) is _____ / 20

My Work

- My job is satisfying and fulfilling
- My job challenges and stretches me
- What I do has meaning and purpose
- If I do not actually look forward to going to work, I certainly have no feeling of foreboding about it
- I have a good relationship with my boss/staff
- I have good relationships with my colleagues and/or clients
- I have people around me who support, encourage and inspire me to give of my best
- I am not afraid of making a mistake at work
- I have the resources I need to do my job properly
- I rarely have time off work because of illness
- My job is secure (I have no worries about being made redundant or the business going bust)
- My current salary seems fair (considering my age, skills, experience and how hard I work)
- I am happy with my current salary
- I have good prospects for promotion (/expanding my business)
- I have the space and support to develop and grow at work
- People listen to me and value my input
- I am productive; I do not spend more time working on something than the task merits
- I meet deadlines without undue stress
- My work environment is comfortable, clutter-free and conducive to creative work
- I stop work for lunch
- I do not consistently work more than 8 hours a day
- I do not work at weekends
- I take all my holiday entitlement/at least 4 weeks' holiday a year
- My journey to and from work is stress-free
- When I get home, I am rarely too drained and exhausted to enjoy my evening

My score on _____ (date) is _____ / 25

My Money

- I have enough money to live as I want to
- I do not worry about money
- I enjoy spending money
- My monthly expenditure does not exceed my income
- I know how much money I have got
- I am in control of my finances
- If I lost my job (/principal source of income), I would have enough money to live on for at least 3 months
- I have no debts (except a mortgage)
- I have adequate insurance
- I am up-to-date with my taxes and all my bills

My score on _____ (date) is _____ / 10

My Spiritual Life

- I am at peace with myself
- I am at peace with the world
- I am at peace with the past
- There is nothing I do that I know is wrong (e.g., malicious gossip, stealing, an extra-marital affair)
- I go to church (/other place of worship) as often as I want to
- I regularly take time out of my life to be quiet/pray/meditate
- I feel connected to God
- My life has a purpose beyond the mundane
- I do something valuable, even if small, to help other people (e.g., voluntary work, local politics, collecting or fundraising for charity)
- I give some money every month to charity or a good cause

My score on _____ (date) is _____ / 10

My Cultural Life

- I go to the theatre/concerts/the cinema/art galleries as often as I want to
- I discuss the big issues of life with my friends and family; we do not just exchange news, gossip and smalltalk
- I travel as much as I (really) want to
- I have an absorbing, challenging, fulfilling hobby (e.g., amateur dramatics, learning a language, playing a musical instrument, playing bridge or chess, canoeing)
- I explore my talents in all areas that appeal to me (e.g., singing, drawing, juggling, DIY, dress-making)
- I do not feel ignorant in general knowledge or any area that interests me
- There is beauty in my life
- I listen to the music I want to listen to, as often as I want to
- I read as much as I want to
- I frequently come into contact with new people

My score on _____ (date) is _____ / 10

My Self

- I like who I am inside
- I like my body and look after it
- My skin is in good condition
- My hair is in good condition and as I want it
- My nails are in good condition and as I want them
- My posture is good
- I wear clothes I feel good in
- I have no trouble getting up in the mornings
- I have no regrets
- I live in the present, not the past or the future
- I live in the real world, not a fantasy life
- There is nothing missing from my life (e.g., love, culture, fun)
- I laugh out loud almost every day
- I watch no more than 5 hours of television a week
- I feel life treats me fairly
- I know I deserve to be happy
- My life is not ruled by shoulds
- I give enough time and energy to my hobbies that they satisfy me
- I can say no when necessary
- I have as much privacy and time to myself as I want
- I go out as often as I want to
- There is nothing in my day-to-day life that scares me
- However, I do regularly venture out of my comfort zone to try new things
- I enjoy my life
- I believe I can fulfil my dreams

My score on _____ (date) is _____ / 25