

Whole Life Success



Coaching for Success in Life and Work

Quality of Life and Values Inventory

Please review each category and on a scale of 1-10 and highlight your current level of satisfaction (1 = just surviving, 10 = thriving) as well as how important (1=low, 10=high) that area is to you:

1. Career/Employment:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

2. Finances:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

3. Health & Wellbeing:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

4. Personal Growth:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

5. Fun & Recreation:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

6. Family Relations:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

7. Marriage/Couples Intimate Relations:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

8. Parenting/Pregnancy Planning:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

9. Friendships/Social Relations:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

10. Education/Training:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

11. Spirituality/Religion:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

12. Citizenship/Community Life:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

13. Creativity:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

14. Confidence:

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

15. Physical Environment (Home/Work):

Current Quality:

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving

Level of Importance:

1 2 3 4 5 6 7 8 9 10

**Please place down your scores from the
Quality of Life and Values Assessment for each area.**

1. Career/Employment:

Current Quality (surviving to thriving): _____

Level of Importance (low to high): _____

2. Finances:

Current Quality: _____

Level of Importance: _____

3. Health & Wellbeing:

Current Quality: _____

Level of Importance: _____

4. Personal Growth:

Current Quality: _____

Level of Importance: _____

5. Fun & Recreation:

Current Quality: _____

Level of Importance: _____

6. Family Relations:

Current Quality: _____

Level of Importance: _____

What would thriving Family Relations consist of?

7. Marriage/Couples Intimate Relationships:

Current Quality: _____

Level of Importance: _____

8. Parenting:

Current Quality: _____

Level of Importance: _____

9. Friendships/Social Relations:

Current Quality: _____

Level of Importance: _____

10. Education/Training:

Current Quality: _____

Level of Importance: _____

11. Spirituality:

Current Quality: _____

Level of Importance: _____

12. Citizenship/Community:

Current Quality: _____

Level of Importance: _____

13. Creativity:

Current Quality: _____

Level of Importance: _____

14. Confidence:

Current Quality: _____

Level of Importance: _____

15. Physical Environment (Home/Work):

Current Quality: _____

Level of Importance: _____

For the two areas that you are most wanting and willing to make a difference in, please answer the additional questions. (You will have a chance to answer the additional question to all of the areas at a later time).

Area #1 : _____

Current Quality _____

Level of Importance _____

What is the current state of this area in your life?

What is missing or not working for you in this area?

What would you like to create in this area (in the next 12-18 months)?

Area #2 : _____

Current Quality _____

Level of Importance _____

What is the current state of this area in your life?

What is missing or not working for you in this area?

What would you like to create in this area (in the next 12 to 18 months)?