

# The Quality of Your Life & Work-Article and Self Quiz

THE QUALITY OF YOUR LIFE AND WORK...Article  
and A COOL TOOL  
to help you measure both!

[Irene Becker](#) | [www.justcoachit.com](http://www.justcoachit.com) | [Qblog](#)

*Helping smart people & organizations communicate and lead  
forward*

*smarter, faster & happier is what I do best!*

[google-translate]



**Pain lurks behind the skyrocketing rates of divorce, discord, aggression, violence that plague our society.**

Pain that we each feel when we realize that for all the wonders of modern technology, for all the bells and whistles at our disposal that would have been unimaginable to our great grandparents, most people cannot say that they are living

lives or working at jobs or careers that make them feel satisfied, fulfilled on purpose.

## **Sometimes we are so busy doing, that we forget about being.**

We are so busy looking at our lives and our careers through the looking glass of the financial bottom line, or comparing what we have or what we do with others, that we have forgotten about the human bottom line. Why is this human bottom line important? Because it is the human bottom line that drives the ultimate success or failure of our relationships, our careers and our lives.

## **We cannot build a better life, a better business or a better organization with brains and agility alone.**

Success means a unique balance of independence and interdependence, a platform of increased communication, collaboration, flexibility and creativity that cannot be bought or acquired, rather it must be learned by using the very changes and challenge we face to help us learn to communicate better, collaborate more and to ignite the flexibility and creativity that will help us let go of pain and embrace our power to transform the problems we face into the strategies and solutions we need.

## **What is the human bottom line in your life and your work?**

**Have you established relationships where communication, collaboration, flexibility and creativity flow? If not now, when?**

## **Self Test: THE QUALITY OF YOUR LIFE AND WORK SELF TEST**

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### **Instructions**

1. Check the box if the statement is consistently true for you.
2. If the statement doesn't apply to you, please change it so that it does, or replace it with a different one that fits within that category.
3. Add up your section and total scores.
4. Check back every 30 or 90 days and you will likely see progress, even if you aren't focusing directly on this program.
5. Work with a coach to help you get through the challenging items.

### **Family & Relationships**

1. I am both pleased and content with my spouse/partner, or happy being single.

2. I am close to my parent(s), alive or not. There is nothing in the way; nothing between us.

3. I have a circle of friends who I truly enjoy, without any effort.

4. I have a best friend and treat him/her extremely well.

5. I am very close to my children. There is nothing in the way.

6. I enjoy my family/extended family; we have worked through any dysfunction and past problems.

7. I am part of a professional network that stimulates me intellectually and emotionally.

8. I get along well with my neighbors.

9. I have at least 20 friends and colleagues who live outside of my country of residence.

10. I am loved by the people who mean the most to me.

**Section score (Number of checked boxes)**

## Career & Business

\_\_\_ 11. My work/career is both fulfilling and nourishing to me; I am not drained.

\_\_\_ 12. I am highly regarded for my expertise by my manager, clients and/or colleagues.

\_\_\_ 13. I am on a positive career path that leads to increased opportunities and raises.

\_\_\_ 14. I work in the right industry or field; it has a bright future.

\_\_\_ 15. I look forward to going to work virtually every day.

\_\_\_ 16. My work is not my life, but it is a rich part of my life.

\_\_\_ 17. I work with the right people.

\_\_\_ 18. My work environment brings out the very best of me because it is wonderfully stimulating and/or very supportive.

\_\_\_ 19. At the end of the day, I have as much energy as I did

when started the day; I am not drained.

\_\_\_ 20. The work I do helps to meet my intellectual, social and/or emotional needs.

\_\_\_ **Section score (Number of checked boxes)**

### **Money & Finances**

\_\_\_ 21. I have at least a year's living expenses in the bank or money market fund.

\_\_\_ 22. I am on a financial independence track or am already there.

\_\_\_ 23. I don't have to work at financial success; money seems to find me with very little effort or pushing.

\_\_\_ 24. I have no financial stress of any kind in my life.

\_\_\_ 25. I invest at least 10% of my income/earnings in my ability to increase/expand that income.

\_\_\_ 26. I do not carry credit card debt; I do not overspend.

\_\_\_ 27. When I buy something, I buy the best possible quality.

\_\_\_ 28. I don't lose sleep over my investments.

\_\_\_ 29. I am financially knowledgeable – I know how money is made and lost.

\_\_\_ 30. I make money because I provide more than enough value to the people/customers who need what I have.

\_\_\_ **Section score (Number of checked boxes)**

#### **4. Joy and Delight**

\_\_\_ 31. I spend my leisure time totally enjoying my interests; I am never bored.

\_\_\_ 32. Weekends (or other days off) are a joy for me.

\_\_\_ 33. I have designed the perfect way to spend the last hour of my day.

\_\_\_ 34. I look forward to getting up virtually every morning.

35. I am very, very happy.

36. I have designed – and am living – the perfect lifestyle for me right now.

37. I have at least an hour a day that is exclusively for me and I spend it in a chosen way.

38. I am able to stay present during the day; I don't lose myself to stress or adrenaline.

39. I easily take delight in the smallest things.

40. My home brings me joy every time I walk inside.

**Section score (Number of checked boxes)**

## **5. Effectiveness & Efficiency**

41. I don't spend time with anyone who bugs me or who is using me.

42. I have more than enough energy and vitality to get me



through the day; I don't start dragging.

43. I have no problem asking for exactly what I want, from anyone.

44. I have all of the right tools, equipment, computers, software and peripherals that I need to work well.

45. Whatever can be automated, is automated.

46. Whatever can be delegated, is delegated.

47. I reply to all emails as I read them; I don't maintain an inventory of unanswered emails.

48. I don't put things off; when it occurs to me, I do it, handle it, or have it done.

49. I know what my goals are and I am eagerly and effectively making them a reality.

50. I don't do errands, except by exception.

**Section score (Number of checked boxes)**

## **Responsibility & Foundation**

\_\_\_ 51. I love my home: Its location, style, furnishings, light, feeling.

\_\_\_ 52. My boundaries are strong enough that people respect me, my needs and what I want.

\_\_\_ 53. I tolerate very, very little; I'm just not willing to.

\_\_\_ 54. I don't see a cloud on my future's horizon; it looks clear.

\_\_\_ 55. My wants have been satisfied; there is little I want.

\_\_\_ 56. My personal needs have been satisfied; I am not driven or motivated by unmet needs.

\_\_\_ 57. There is nothing I am dreading or avoiding.

\_ 58. My personal values are clear; I am oriented around them.

\_\_\_ 59. I have resolved the stresses and key issues of my

upbringing and past events.

\_\_\_ 60. I don't have a lot of unfinished projects, business or hanging items; I am caught up.

\_\_\_ **Section score (Number of checked boxes)**

### **Personal Development & Evolution**

\_\_\_ 61. I could die this afternoon with no regrets.

\_\_\_ 62. I am living my life, not the life that someone else designed for me or expected of me.

\_\_\_ 63. There is nothing that I am not facing head-on; nothing that I am putting off dealing with.

\_\_\_ 64. I attract success; I don't have to strive for it or chase it.

\_\_\_ 65. I have more than enough natural motivation, inspiration and synergy in my life; I am not stuck.

\_\_\_ 66. I am evolving, not just improving, because I continually experiment.

\_\_\_ 67. I have progressed beyond the notion of beliefs.

\_\_\_ 68. I am at that place in life where I initiate and cause events, not wait for others or events to do so.

\_\_\_ 69. I have learned to take the path of least resistance as I accomplish my goals.

\_\_\_ 70. I am beyond striving for success; I simply enjoy my life and focus on what fulfills me.

\_\_\_ **Section score (Number of checked boxes)**

### **Self-care & Vitality**

\_\_ 71. I take at least 4 vacations a year.

\_\_ 72. Life is easy; I have virtually no problems or unresolved matters affecting me.

\_\_\_ 73. My teeth and gums look great and are in top condition.

74. I have more than enough time during my day.

75. I eat food for sustenance and pleasure, not for emotional comfort.

76. I am not abusing my body with too much alcohol, television, caffeine or drugs.

77. Whatever health problems I have, I am receiving proper, effective care for them.

78. My body is in great shape.

79. I reduce stress daily by meditating, taking a long bath, exercising, walking, etc.

80. There is nothing I am doing that is messing up my mind or heart.

**Section score (Number of checked boxes)**

## Happiness & Contentment

Please write down 10 situations, routines or scenarios that make, or would make, you the happiest and most content.

\_\_\_ 81. \_\_\_\_\_

\_\_\_ 82. \_\_\_\_\_

\_\_\_ 83. \_\_\_\_\_

\_\_\_ 84. \_\_\_\_\_

\_\_\_ 85. \_\_\_\_\_

\_\_\_ 86. \_\_\_\_\_

\_\_\_ 87. \_\_\_\_\_

\_\_\_ 88. \_\_\_\_\_

\_\_\_ 89. \_\_\_\_\_

\_\_\_ 90. \_\_\_\_\_

\_\_\_ Section score (Number of checked boxes)

**Pleasure & Excitement**

**Please write down 10 activities that you truly enjoy, whether you currently do these things in your life or not.**

\_\_\_ 91. \_\_\_\_\_

\_\_\_ 92. \_\_\_\_\_

\_\_\_ 93. \_\_\_\_\_

\_\_\_ 94. \_\_\_\_\_

\_\_\_ 95. \_\_\_\_\_

\_\_\_ 96. \_\_\_\_\_

\_\_\_ 97. \_\_\_\_\_

\_\_\_ 98. \_\_\_\_\_

\_\_\_ 99. \_\_\_\_\_

\_\_\_ 100. \_\_\_\_\_

\_\_\_ **Section score (Number of checked boxes)**

\_\_\_ **Total score (Number of checked boxes)**

**Scoring Key:**

**90-100.** Awesome. Congratulations. Incredible.

**80-89.** Excellent! Your score is very high – this is a tough test.

**70-79.** Very good. You're definitely on track. Keep going

**60-69.** Pretty good, but there is some work to do.

**50-59.** Average score. Why not make your quality of life a priority and score 10 more points in the next month?

**40-49.** You may need to make some important changes.

**30-39.** Weak. What's up with this? Make yourself a priority.

**00-29.** Hello? Anybody home?

**Is it time to REACH- Redirect-empower-actualize-communicate  
and harvest YOUR potential to lead forward?**

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insightful and inspiring keynote?**

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**Irene Becker, Chief Success Officer, Just Coach It-The 3Q  
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