

The Quality of Life Gauge ©

Client Name Date	
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Please rate your agreement with each statement with 1 = totally disagree and 10 = absolutely agree. Also, indicate if agreeing with this statement is a high/medium/low priority in your life.

	1	2	3	4	5	6	7	8	9	10	Priority in your life		
I am satisfied with the relationships I am building with my family.											High	Medium	Low
I am satisfied with the relationships I am building with my friends.											High	Medium	Low
I am satisfied with the steps I take to be healthy.											High	Medium	Low
I am satisfied with the pursuit of my spiritual goals.											High	Medium	Low
I am satisfied with my present career path.											High	Medium	Low
I am satisfied with the amount of margin (time, financial, etc.) in my life.											High	Medium	Low
I feel joy.											High	Medium	Low
I feel contentment.											High	Medium	Low
I feel I have good balance in my life.											High	Medium	Low
I am satisfied with my personal financial situation.											High	Medium	Low
I am satisfied with the use of my time, talents, and treasures.											High	Medium	Low

