

# Quality of Life Self-Assessment Worksheet

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This worksheet helps you reflect on different areas of your life. Rate each statement from 1 (strongly disagree) to 10 (strongly agree), then reflect on areas you'd like to improve.

## 1. Health

- ☐ I feel physically well and energetic. (1-10)
- ☐ I get regular sleep, exercise, and healthy food. (1-10)

## 2. Emotional Well-being

- ☐ I experience more positive than negative emotions. (1-10)
- ☐ I can manage stress and bounce back from challenges. (1-10)

## 3. Relationships

- ☐ I have people I trust and enjoy spending time with. (1-10)
- ☐ I feel supported and valued in my relationships. (1-10)

## 4. Purpose and Meaning

- ☐ I have goals that are meaningful to me. (1-10)
- ☐ I feel connected to something bigger than myself. (1-10)

## 5. Work and Daily Life

- ☐ I feel engaged and fulfilled by my daily activities. (1-10)
- ☐ I have time for leisure, learning, and rest. (1-10)

## 6. Freedom and Security

- ☐ I feel safe and secure in my daily life. (1-10)
- ☐ I can make choices that reflect my values. (1-10)

## Reflection

Which areas scored lowest for you? Why do you think that is?

What small steps could you take to improve these areas in the next week or month?

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