



Quality of living

Take the following evaluation to check your quality of life. Then, define where you could be focusing to make your life even more gorgeous!

Self-care

- ☐ I take time for myself, on a regular basis.
- ☐ I trust my own judgment.
- ☐ I voice my opinion.
- ☐ I eat healthy food.
- ☐ I exercise regularly.
- ☐ I get sufficient sleep.
- ☐ I receive regular health checks.
- ☐ I express my creativity.
- ☐ I expand my knowledge bank.

Family/Relationship

- ☐ I am happily in contact with my parents regularly.
- ☐ I am content and pleased with my partner or I'm happy being single.
- ☐ I have close healthy relationships with my children.
- ☐ I have supportive friends and we connect frequently.
- ☐ I am loved by those who mean the most to me.
- ☐ I can get along with people and speak my truth easily and in a loving way.
- ☐ I am open and comfortable meeting new people.
- ☐ I can ask for support from my friends when I need it.
- ☐ I clear up any misunderstanding to make my relationships harmonious

Home

- ☐ I live in a home where my needs are met.
- ☐ I love my surrounding.
- ☐ My home is a place I love to come home to.
- ☐ There is no clutter in my home, I regularly let go of objects etc I no longer desire.
- ☐ I am proud of my home and am happy for people to visit me.
- ☐ The maintenance of my home is always complete.
- ☐ I easily pay my rent/mortgage.
- ☐ There is no area in my home I dislike.
- ☐ My home is my haven.





Relationships

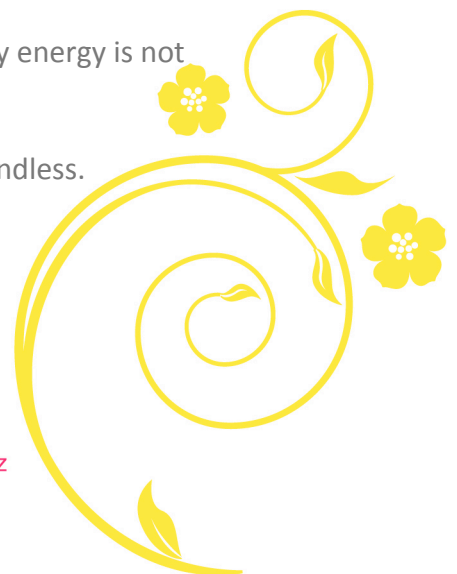
- The relationship, I have with myself is the most important and defines how others will treat me.
- I have supportive friendships, where we enrich each other's lives.
- I can be myself fully; there is nothing I can't say to my close friends.
- I have no relationships that drain my energy
- I am aware that giving and receiving are both important to maintain close friendships.
- I am comfortable meeting new people and I'm open to new friendships.
- I easily clear up any issues in all my relationships.
- I could bump into anyone from my past and feel comfortable.
- I am open to the possibilities when it comes to relationships.

Finances/Money

- I have a healthy relationship with money.
- I am paid very well for what I do.
- I spend my money wisely and feel comfortable with the purchase's I make.
- I have savings in my bank account for emergencies/holidays etc.
- I have a financial plan and I'm sticking to it.
- I know I can retire without worrying.
- I don't lose sleep over money.
- I am paid on time, as I know my worth.
- I feel comfortable talking about money.

Career

- I work at a job I love
- My job allows me to express my strengths and creativity.
- My job is just one, important part of my life.
- My income is constantly increasing.
- I am highly regarded for my expertise by my boss/colleagues/customers.
- I look forward to going to my job.
- I feel great, when I leave my job at the end of each day, my energy is not drained.
- My work is rewarding to myself and my family
- I am in a positive career path, where my possibilities are endless.





Letting Go

- I have forgiven past hurts.
- I communicate what's going on for 'me' without blaming.
- I understand that by forgiving, I'm not condoning people's behavior.
- I set myself free when I 'clean up' unresolved matters (things still on my mind).
- I easily clear up issues, that are not good for my well-being.
- I understand by forgiving, I'm living in the present moment.
- It is easy for me distinguish between my 'stuff' and there's.
- I have forgiven myself.
- When small things stress me, I deal with them quickly so they don't get big.

Efficiency

- I complete my 'to do' lists.
- I have more than enough energy throughout my day.
- I reply to emails/return calls ASAP, nothing is left piling up.
- I take regular steps to achieve my goals.
- I have everything I need to work well.
- I have systems in place to make my life run smoothly.
- I delegate when needed, I don't take on others responsibilities.
- I don't put things off.
- I am very comfortable asking for what I need, from everyone.

Once you have distinguished, what areas work well and what could be better, create an action plan and make each area of your life gorgeous!

