



Quality Life Performance Report for: Chris Coddington


Quality Life Performance

The Quality Life Performance Report is designed to provide a representation of how you are progressing with building a quality life. The following report provides your ranking of 80 items in the categories of Life Purpose, Career, Financial, Health and Recreation, Community, Relationships, Confidence, and Wisdom. Access the insights below to see a representation of how they are progressing with building a quality life.

Section 1: Life Purpose Attributes

Name	Chris Coddington
Your Email	madelyn.villareal@dnabehavior.com
I am clear about who I am	★★★★★★
I recognize the importance of my life journey on who I am	★★★★★☆☆
I have a clear understanding of the influences that drive my choices	★★★★★☆☆
I have a meaningful purpose statement to guide future decisions	★★★★★☆☆
I am focused on pursuing my passions	★★★★★★
My vision and values are clearly defined and communicated	★★★★★★
I have clarity about my goals and future intentions	★★★★★☆☆
I am currently living a standard of life that I want	★★★★★★
I have a healthy spiritual life	★★★★★☆☆
I have a personal legacy that I wish to pass on to others	★★★★★☆☆
Life Purpose	6


Section 2: Career Attributes

I am productively using my strengths every day at work 

I look forward to going to work each day 

I have a similar happiness on working and non-working days 

I have a leader or manager who makes me feel enthusiastic 

I spend time with people I enjoy being around at work 

I am able to live my values at work 

I do not feel burned out by my work 

My role provides an appropriate work life balance 

I am able to live some of my life dreams by going to work 

I am able to take on challenges that I enjoy 

Career Attributes Calculations 6.30

Section 3: Finances Attributes

My financial affairs are in order 

I have a strong financial plan that addresses wealth creation and production 

I have disciplined saving and budgeting habits 

I have solid cash flow to meet my needs 

I have planned for buying life experiences 

I spend money on others instead of always on myself 

- I feel confident about my financial future ★★★★★★
 - I follow through on achieving my financial goals ★★★★★★
 - I regularly review and keep track of key financial information ★★★★★★
 - I have had appropriate financial education to make informed decisions ★★★★★★
- Finance Attributes Calculation 6

Section 4: Health and Recreation Attributes

- I am involved in playing a sport that I enjoy ★★★★★★
 - I exercise regularly during the week ★★★★★★
 - I have an interest outside work ★★★★★★
 - I have sound health that allows me to do the activities I want ★★★★★★
 - I have regular health and dental check up's ★★★★★★
 - I am able to take regular vacations without working ★★★★★★
 - I have regular planned free time ★★★★★★
 - I have enough good sleep each night ★★★★★★
 - I eat healthily on a regular basis ★★★★★★
 - I do not live with high stress ★★★★★★
- Health and Recreation Calculation 6.30

Section 5: Community Attributes

- I participate in activities that involve community giving ★★★★★★
- My community giving is related to my life purpose ★★★★★★
- I have a plan for giving my time, talents and resources ★★★★★★

My giving improves my social life ★★★★★☆

Where I live is good for my community involvement ★★★★★★

I have experienced how my life has grown through community giving ★★★★★☆

My community activities are part of my legacy ★★★★★★

I communicate the value of planned giving to others ★★★★★☆

I believe participating in a planned giving program will make my life better and more meaningful ★★★★★☆

The most important, giving consideration is the worthiness of the cause and not tax benefits ★★★★★☆

Community Attributes Calculation 6.20

Section 6: Relationship Attributes

I am comfortable engaging with others in open dialogue ★★★★★☆

I spend plenty of time each day socializing with friends, family and colleagues ★★★★★☆

I am expanding the connections in my network ★★★★★★

I mix social time with physical activity ★★★★★★

I am deepening my relationships with people I value ★★★★★★

I spend time with people I enjoy being around at work and outside work ★★★★★☆

I have friends, family, colleagues who share my passions ★★★★★☆

I place importance on adapting my communication to others ★★★★★☆

Differences with others are embraced and respected ★★★★★☆

My interactions with others are positive and constructive ★★★★★★

Relationship Attributes Calculation 6.10

Section 7: Confidence Attributes

I believe in myself ★★★★★★

I am confident in the decisions I make ★★★★★★

I could productively use my talents for my multiple careers ★★★★★★

I can delegate responsibility to others and not interfere ★★★★★★

I am comfortable sharing my emotions and feelings ★★★★★★

I am open with ideas and information ★★★★★★

I have financial freedom ★★★★★★

I am able to acknowledge my mistakes ★★★★★★

I am comfortable being transparent with others ★★★★★★

I do not live in fear when things go wrong ★★★★★★

Confidence Attributes Calculation 6.20

Section 8: Wisdom Attributes

I follow policies, procedures and regulations when making decisions ★★★★★★

I monitor my plans based on my life purpose ★★★★★★

I perform appropriate research on the decisions I make ★★★★★★

I have a sounding board to keep me on track ★★★★★★

I am able to make changes in my life when I need to ★★★★★★

I can balance my daily actions with my long-term objectives ★★★★★★

My walk matches my talk in all of my interactions ★★★★★★

I can confront challenges in a timely and effective manner ★★★★★★

I am investing in learning more to increase my skills and competencies in new areas ★★★★★★

I am able to make informed decisions based on my values ★★★★★★

Wisdom Attributes Calculation 6.10

Average Total 5.38

Actual Total Score 496

Your Advisor's Email madelyn.villareal@dnabehavior.com

Quality Life Performance Optimization: Step-by-Step Approach

The overall Quality Life Performance Score out of a maximum score of 7.0 will tell you how well all the key areas of your life are integrated. The objective is to design and invest the time, money, and resources into living a Quality Life Plan whereby the integration of your key life areas is optimized. That will also require having a healthy relationship with money enabling your happiness, success, and well-being to increase while reducing stress.

So, that you can use the feedback summary above, please follow these steps.

Step 1. Identification and Prioritization of Low Scores

- Conduct an initial assessment to identify your current scores for each of the eight (8) primary Quality Life categories.
- Rank the eight categories based on their scores, with the lowest scores getting the highest priority.
- Allocate more time and resources to the lowest-scoring categories to initiate improvement efforts.
- In allocating more time to the lowest-scoring categories you don't let the highest-scoring categories decline.

Step 2. Setting the Target for Optimization

- Establish a clear goal for each category, ideally aiming for a score of 7/7.
- Recognize that while the ultimate goal is perfection, progress is more important than perfection.

Step 3. Incremental Improvement for Mid-Range Scores

- Identify categories with scores between 5 and 7.
- Analyze these categories to understand what's working well and where improvements can be made.

Step 4. Continuous Assessment and Adjustment

- Establish a regular schedule for reassessing your scores in each category.
- Use these assessments to gauge progress and identify new areas that may require attention.

Step 5. Documentation and Reflection

- Reflect on these experiences regularly to glean insights and lessons that can inform future strategies.
- Repeat completion of the Quality Life Performance Discovery every 6 months.