

"Pulse Check" Your Quality Life Sustainable Performance Index

Performance Pathway (PP)

Rate yourself currently from 1 [Low] to 5 [High] for each item below

I have a purposeful approach	
I enjoy work and play	
I have sound health and sleep well	
I give back to others	
I have a written financial plan	

Total (Maximum 25):

Confidence (C)

Rate yourself currently from 1 [Low] to 5 [High] for each item below

I make committed decisions	
I have planned free time	
I have self belief	
I have a solid cashflow	
I have financial freedom	

Total (Maximum 25):

Estimate Your DNA Quality Life Sustainable Performance Index (SPI)

$$\text{DNA Sustainable Performance Capacity Index} = \text{PP} + (\text{EE} \times 2.4) + \text{C} + \text{W}$$

Your Raw Score: + + + =

PP (EE x 2.4) C W Maximum Score =135

EE x 2.4 Calculation		
EE		
5	x2.4	= 12
10	x2.4	= 24
15	x2.4	= 36
20	x2.4	= 48
25	x2.4	= 60

- To determine your SPI, refer to your Raw Score using the table at the bottom of this sheet
- Find the relative population percentage and the T-score applicable to your SPI

Emotional Engagement (EE)

Rate yourself currently from 1 [Low] to 5 [High] for each item below

I adapt my communication	
I lead engaging conversations	
I am expanding my connections	
I am present with family and friends	
I am approachable	

Total (Maximum 25):

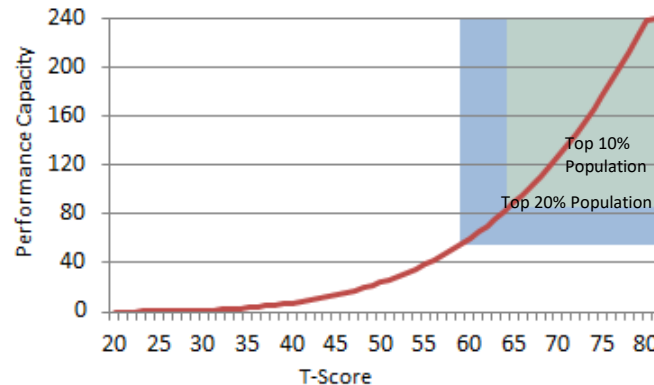
Wisdom (W)

Rate yourself currently from 1 [Low] to 5 [High] for each item below

My walk matches my talk	
I listen to advice	
I am a clear thinker	
I invest in my skills	
My values guide decisions	


Total (Maximum 25):

Sustainable Performance Index (SPI)




* Raw Score	27-35	36-44	45-53	54-62	63-71	72-80	81-89	90-98	99-107	108-116	117-125	126-134	135
SPI Score	.1	.5	1	4	8	15	27	43	65	96	136	188	240
T-Score	20	25	30	35	40	45	50	55	60	65	70	75	80
Pop %	1%	1%	2%	7%	16%	31%	50%	69%	84%	93%	98%	99%	99.9%


“Pulse Check” Your Quality Life




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Total (Maximum 25):	



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Total (Maximum 25):	

Live with Meaning™

Know Yourself for Unlocking Your Potential to Build a Quality Life