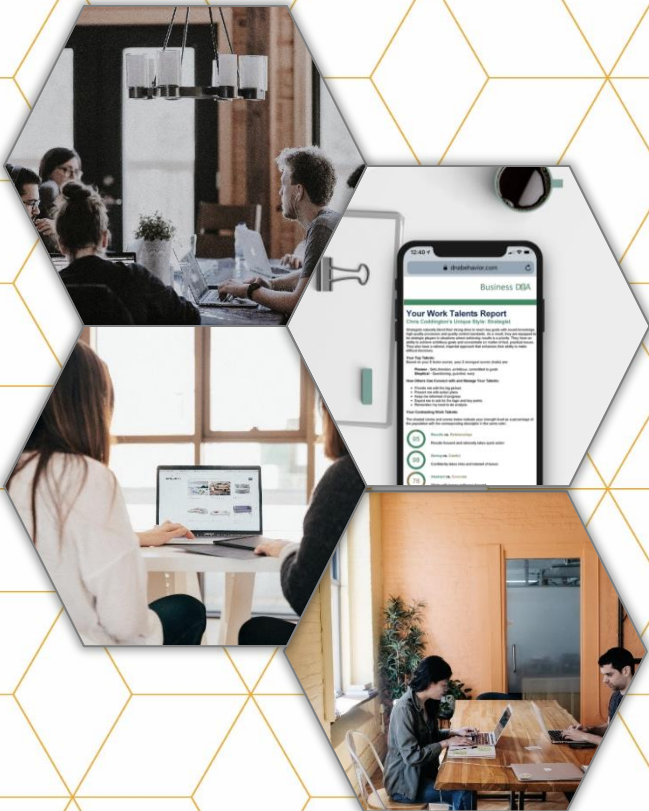


Quality Life Performance Discovery



Quality Life Performance Discovery

Building your DNA Quality Life Performance Plan requires knowledge of your current Quality Life strengths and struggles, and the setting of goals to manage your Quality Life Performance Balance.

Rate each of the 80 Quality Life Performance attributes in 8 keys areas.

**The scores are reflected as "Self Rating", using the criteria below:
 1=Not at all | 2= Hardly at all | 3= To a small extent | 4= Average | 5= To a moderate extent |
 6 = For the most part | 7 = To a very great extent**

Life Purpose Attributes	Category	Self Rating	Opportunity
I am clear about who I am	Life Purpose		
I recognize the importance of my life journey on who I am	Life Purpose		
I have a clear understanding of the influences that drive my choices	Life Purpose		
I have a meaningful purpose statement to guide future decisions	Life Purpose		
I am focused on pursuing my passions	Life Purpose		
My vision and values are clearly defined and communicated	Life Purpose		
I have clarity about my goals and future intentions	Life Purpose		
I am currently living a standard of life that I want	Life Purpose		
I have a healthy spiritual life	Life Purpose		
I have a personal legacy that I wish to pass on to others	Life Purpose		
Career Attributes			
I am productively using my strengths every day at work	Career		
I look forward to going to work each day	Career		
I have a similar happiness on working and non-working days	Career		
I have a leader or manager who makes me feel enthusiastic	Career		
I spend time with people I enjoy being around at work	Career		
I am able to live my values at work	Career		
I do not feel burned out by my work	Career		
My role provides and appropriate work life balance	Career		
I am able to live some of my life dreams by going to work	Career		
I am able to take on challenges that I enjoy	Career		
Finances Attributes			
My financial affairs are in order	Financial		
I have a strong financial plan that addresses wealth creation and production	Financial		
I have disciplined saving and budgeting habits	Financial		
I have solid cash flow to meet my needs	Financial		
I have planned for buying life experiences	Financial		
I spend money on others instead of always on myself	Financial		
I feel confident about my financial future	Financial		
I follow through on achieving my financial goals	Financial		
I regularly review and keep track of key financial information	Financial		
I have had appropriate financial education to make informed decisions	Financial		
Health and Recreation Attributes			
I exercise regularly during the week	Health&Rec		
I am involved in playing a sport that I enjoy	Health&Rec		
I have an interest outside work	Health&Rec		
I have sound health that allows me to do the activities I want	Health&Rec		

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I have regular health and dental check up's	Health&Rec
I am able to take regular vacations without working	Health&Rec
I have regular planned free time	Health&Rec
I have enough good sleep each night	Health&Rec
I eat healthily on a regular basis	Health&Rec
I do not live with high stress	Health&Rec
Community Attributes	
I participate in activities that involve community giving	Community
My community giving is related to my life purpose	Community
I have a plan for giving my time, talents and resources	Community
My giving improves my social life	Community
Where I live is good for my community involvement	Community
I have experienced how my life has grown through community giving	Community
My community activities are part of my legacy	Community
I communicate the value of planned giving to others	Community
I believe participating in a planned giving program will make my life better and more meaningful	Community
The most important giving consideration is the worthiness of the cause and not tax benefits	Community
Relationship Attributes	
I am comfortable engaging with others in open dialogue	Relationship
I spend plenty of time each day socializing with friends, family and colleagues	Relationship
I am expanding the connections in my network	Relationship
I mix social time with physical activity	Relationship
I am deepening my relationships with people I value	Relationship
I spend time with people I enjoy being around at work and outside work	Relationship
I have friends, family, colleagues who share my passions	Relationship
I place importance on adapting my communication to others	Relationship
Differences with others are embraced and respected	Relationship
My interactions with others are positive and constructive	Relationship
Confidence Attributes	
I believe in myself	Confidence
I am confident in the decisions I make	Confidence
I could productively use my talents for my multiple careers	Confidence
I can delegate responsibility to others and not interfere	Confidence
I am comfortable sharing my emotions and feelings	Confidence
I am open with ideas and information	Confidence
I have financial freedom	Confidence
I am able to acknowledge my mistakes	Confidence
I am comfortable being transparent with others	Confidence
I do not live in fear when things go wrong	Confidence

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Wisdom Attributes	
I follow policies, procedures and regulations when making decisions	Wisdom
I monitor my plans based on my life purpose	Wisdom
I perform appropriate research on the decisions I make	Wisdom
I have a sounding board to keep me on track	Wisdom
I am able to make changes in my life when I need to	Wisdom
I can balance my daily actions with my long-term objectives	Wisdom
My walk matches my talk in all of my interactions	Wisdom
I can confront challenges in a timely and effective manner	Wisdom
I am investing in learning more to increase my skills and competencies in new areas	Wisdom
I am able to make informed decisions based on my values	Wisdom