

ASPECTS OF MY LIFE QUESTIONNAIRE

		Always True	Mostly True	Sometimes True	Rarely True	Never True
1A	I eat a healthy balanced diet	4	3	2	1	0
1B	I earn enough money to support my needs and wants	4	3	2	1	0
1C	I have a good relationship with my partner	4	3	2	1	0
1D	I am using my talents to the full at work	4	3	2	1	0
1E	I am willing to take risks	4	3	2	1	0
2A	I do not smoke	4	3	2	1	0
2B	I have adequate insurance	4	3	2	1	0
2C	I have good relationships with my family	4	3	2	1	0
2D	I know my strengths and weaknesses	4	3	2	1	0
2E	I have enough self-confidence	4	3	2	1	0
3A	I take enough exercise to stay healthy	4	3	2	1	0
3B	I spend no more than I can afford	4	3	2	1	0
3C	I have good relationships with my friends	4	3	2	1	0
3D	I enjoy my job	4	3	2	1	0
3E	I have no regrets	4	3	2	1	0
4A	I have regular health checks	4	3	2	1	0
4B	I use credit cards sensibly	4	3	2	1	0
4C	I remember important birthdays and other special occasions	4	3	2	1	0
4D	I like to learn new things and rarely feel bored	4	3	2	1	0
4E	I am optimistic about my future	4	3	2	1	0
5A	I do not take unnecessary drugs	4	3	2	1	0
5B	I am living in the right house for me, reflecting my preferred lifestyle and tastes	4	3	2	1	0
5C	I spend enough time with my partner	4	3	2	1	0
5D	I am in the right job	4	3	2	1	0
5E	I think positively	4	3	2	1	0
6A	I visit the dentist regularly	4	3	2	1	0
6B	I have an adequate pension	4	3	2	1	0
6C	I take regular holidays with my partner/family	4	3	2	1	0
6D	I spend sufficient time on my chosen hobbies	4	3	2	1	0
6E	I feel in control of my emotions	4	3	2	1	0
7A	I find time to relax	4	3	2	1	0
7B	I save for the future	4	3	2	1	0
7C	I do not feel responsible for other people's happiness	4	3	2	1	0
7D	I have a career plan in line with my goals	4	3	2	1	0
7E	I can deal with difficult situations without getting seriously depressed	4	3	2	1	0

8A	Healthy living is a way of life to me, not a series of fads	4	3	2	1	0
8B	I budget for all my expenses	4	3	2	1	0
8C	I have a good social life	4	3	2	1	0
8D	I enjoy the challenge of new experiences and take a positive view of my mistakes	4	3	2	1	0
8E	I find enough time for myself to do the things I want to do	4	3	2	1	0
9A	I have a good sleeping pattern	4	3	2	1	0
9B	I do not lend or borrow money to/from family and friends	4	3	2	1	0
9C	I only say yes to things I want to do	4	3	2	1	0
9D	I have enough qualifications for my career plan	4	3	2	1	0
9E	I know what I want out of life	4	3	2	1	0
10A	I am pleased with my appearance	4	3	2	1	0
10B	I am paid a fair wage	4	3	2	1	0
10C	I get the support I need from family and friends when I experience triumphs and disasters	4	3	2	1	0
10D	My workplace provides a happy environment	4	3	2	1	0
10E	I can look in the mirror and say I am doing the best I know how with my life	4	3	2	1	0

SCORES

No	Physical Health	Finances	Relationships	Work and Leisure	State of Mind
	A	B	C	D	E
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					

A	Physical Health	The aspect of your life concerned with your physical health and fitness
B	Finances	The financial aspect of your life, including earning, spending and saving – having enough to live life your way
C	Relationships	The aspect of your life concerned with relationships with other people, including partners, family and friends
D	Work and Leisure	The aspect of your life concerned with using your talents, both at work and in your hobbies – giving you a sense of satisfaction
E	State of Mind	Your overall sense of wellbeing throughout the ups and downs of life

