

QUALITY OF LIFE INVENTORY

BEING (Do I love myself?)

Physical: Do I love my body? How do I encourage and maintain my physical safety and health?

- Hygiene/grooming:
- Exercise:
- Nutrition:
- Sleep/Rest:

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

Psychological: Do I love my mind? How do I encourage and maintain helpful thoughts and moods and cope with less helpful ones?

- What skills and processes do I use to adjust to change?
- Am I able to function cognitively to keep myself safe?
- How do I handle my unhelpful thoughts?
- How do I respond to the ups and downs of my emotions?
- How do I control my unhelpful impulses?

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

Spiritual: Do I love my God? How do I encourage and maintain a view of the universe that celebrates life?

- What do I value?
- What do I believe?
- How do I make decisions about what actions to take?

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

BELONGING (Do I love my world?)

Physical: Do I love where I am? How do I encourage and maintain a sense of feeling at home in my environment?

- Home:
- Work/School:
- Community:

Is there a special place I love and visit?

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

Social: Do I love this person? How do I encourage and maintain mutual feelings of enjoyment, respect and love with important individuals in my life?

- Partner/spouse:
- Children:
- Extended family:
- Coworkers/colleagues:
- Friends:

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

Community: Do I love these people? How do I encourage and maintain a feeling of being included and a part of the important groups in my life?

- Neighbors:
- Coworkers/colleagues:
- Clubs/interest groups:

Two strengths I have are:

- 1.
- 2.

Two things I'd like to change are:

- 1.
- 2.

