

A Person Generated Index[®] of Quality of Life

Step 1: Identifying Areas We would like you to think of the areas of your life that are most important to you. Please write up to FIVE areas in the boxes below	Step 2: Scoring Each Area In this part we would like you to score the areas you mentioned in step 1. This score should show how you felt about this area over the past MONTH. Please score each area out of 10 using this scale: 10 = Exactly as you would like to be 9 = Close to how you would like to be 8 = Very good but not how you would like 7 = Good, but not how you would like 6 = Between good and fair 5 = Fair 4 = Between poor and fair 3 = Poor but not the worst you could imagine 2 = Very poor but not the worst you could imagine 1 = Close to the worst you could imagine 0 = The worst you could imagine	Step 3: Spending Points We want you to 'spend' 10 points to show which areas of your life you feel are most important to your overall quality of life. Spend more points on areas you feel are most important to you and less on areas that you feel are not so important. You don't have to spend any points on an area. You can't spend more than 10 points in total.		
<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>
<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>
<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>
<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>
<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>	→	<input style="width: 100%; height: 100%;" type="text"/>
Remember total Must add up to 10 points				