



**Family Therapy
Personal and Executive Coaching
Professional Speaking**

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Top Tips on Quality of Life

To start off the New Year, I thought it might be helpful to give you some excerpts from the Quality of Life Survey I offer (copyright Coachville 2001). Peruse these and see where you stand. If you want to do the full survey, email me and I'll send you a PDF copy as an attachment. I'd be happy to support you in making life changes in any/all of these areas. Enjoy!

Family/Relationships

- I am both pleased and content with my spouse/partner, or happy being single.
- I am close to my parent(s), alive or not. There is nothing in the way; nothing problematic between us.
- I am close to my children. There is nothing in the way; nothing problematic between us.
- I am part of a professional network that stimulates me intellectually and emotionally.
- I get along with my neighbors.

Career/Business

- My work/career is both fulfilling and nourishing to me; I am not drained.
- I am on a positive career path that leads to increased opportunities and raises.
- I work in the right field; it has a bright future.
- My work is not my life, but is a rich part of my life.
- My work environment brings out the very best in me because it is so stimulating/supportive.
- At the end of the day I have as much energy as I did when I started the day; I am not drained.

Money/Finances

- I am on a financial independence track or I am already there.
- I don't have to work at financial success; money seems to find me with very little effort.
- I have no financial stress of any kind in my life.
- I carry no credit card debt; I do not over spend.
- I am financially knowledgeable – I know how money is made and lost.

Joy/Delight

- I have designed the perfect way to spend the last hour of my day
- I look forward to getting up virtually every morning.
- I am very, very happy.
- I have at least 1 hour a day that is exclusively for me and I spend it in a chosen way.
- My home brings me joy every time I walk inside.

Effectiveness/Efficiency

- I don't spend time with anyone who bugs me or who is using me.
- I have no problem asking for what I want, from anyone.
- I don't put things off; when it occurs to me I do it, handle it, or have it done
- I know what my goals are, and I am eagerly and effectively making them a reality.
- I don't do errands.

**Want to have these? Join a Quality of Life Coaching Group!
Call Success Coach Andrea Bishop at (828) 687-9998**