

Strides for a Better Quality of Life

Quality of Life: Self-Assessment



Fill out the below table for what you do around each of the three domains (Being, Belonging, Becoming):

What I do (fill in) 			
BEING	Physical Being	Being physically able to get around	
		The balanced meals I eat	
	Psychological Being	Worrying less, reduce stress	
		The mood I am usually in	
	Spiritual Being	The hope I have for the future	
		My own values of what is right and wrong	
BELONGING	Physical Belonging	The place I live in	
		The neighborhood or community I live in	
	Social Belonging	Being close to those around me	
		Having a partner or someone you can rely on	
	Community Being	Being able to get professional services (medical, social, etc.)	
		Having enough money	
BECOMING	Practical Being	The things around my house	
		The work I do at a job or going to school	
	Leisure Being	The outdoor activities I do (walks, cycling, etc.)	
		The indoor activities I do (TV, reading, etc.)	
	Growth Being	Improving my physical health and fitness	
		Being able to cope with changes in my life	