

100 Keys to a High Quality of Life

Dreams can come true.

You can LOVE the LIFE you LIVE!

Happiness & Joy are
your birthright!



72006 Sasamat • Vancouver, BC • V6R 4P2
Tel: 604-473-9884 • 1-800-610-0970 • Fax: 604-473-9885
www.Teresia.com



Teresa LaRocque, Master Certified Coach

TLC Teresa LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

Do you have a minute? Let's talk....

So, your back aches and your job bores you to tears.... The car is leaking oil and you haven't had a vacation in three years.... Who knows when you'll have time for a conversation with your spouse, not to mention a workout, and you can't remember the last time you had a day without caffeine.

Dare I ask, “How's life?”

Hmmm.... Not as good as it could be?

Life is what we make of it, but sometimes, when it things get heavy or hurried, all we seem to make is a big mess!

How much control do you have over your quality of life? A lot! If you're suffering from low energy or enthusiasm, or if you just want to make sure you're running your life as well as you can, the following pages can help you identify the things that are compromising your enjoyment of life.

Quality of life can gradually slip away when we don't actively protect it. But with a little time and attention, you can craft an ideal life that keeps you energized, relaxed and happy.

When you're committed to a high quality of life, you:

- Optimize your life for greater joy and satisfaction, and fewer headaches.
- Consciously construct your relationships to be healthier, more supportive and enjoyable.
- Define where you want to go in life, the steps to get there, and what you need to make it happen.
- Deal with problems, irritations and energy drains as they occur – not later.
- Devote the most time and energy to the things that payoff the most.
- Take care of yourself and those around you.

Are you ready to take your life to the next level? Invest 15 minutes in the following Quality of Life Assessment and find out how.

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

100 Keys to a High Quality of Life

Instructions Circle Y (for Yes) or N (for No) for each of these questions. Then, add up the number of “Yes” answers and refer to the scoring key below.

Relationships

1. I am pleased and content with my spouse/partner, or happy being single. Y__ N__
2. I am close to my children, parents and others family members, alive or not. There is nothing in the way; nothing between us. Y__ N__
3. I have a circle of friends who I can easily have a blast with. Y__ N__
4. I have a best friend and treat him/her extremely well. Y__ N__
5. I put relationships before tasks and things. Y__ N__
6. I am problem-free with people. Y__ N__
7. My life is full of people who stimulate me and fill me up; they don't drain me. Y__ N__
8. I have let go of the “Lone Ranger Mentality” and I am comfortable asking for help and support when I need it. Y__ N__
9. I trust those who are close to me. Y__ N__
10. I have a great network of personal and professional connections. Y__ N__

Career/Business

11. My work is not my life, but it is a rich part of my life. Y__ N__
 12. My work is energizing to me. At the end of the day, I am not drained. Y__ N__
 13. I generally look forward to going to work and find it fulfilling. Y__ N__
 14. I love my work space and enjoy the people in it. They bring out the best in me. Y__ N__
 15. I am clear on my priorities each day. Y__ N__
 16. I have instant access to professional guidance and strategic support. Y__ N__
 17. I am highly regarded in my career, and I position myself as an expert in my field or industry. Y__ N__
 18. I am on a career path that leads to increased opportunities and income. Y__ N__
-

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

19. The work I do helps to meet my intellectual, social and/or emotional needs. Y__ N__

20. I have professional goals that I am excited about. Y__ N__

Financial Matters

21. I have no financial stress of any kind in my life. Y__ N__

22. I earn what I am worth. Y__ N__

23. I am saving 20% of what I make Y__ N__

24. I don't let money control me. Y__ N__

25. I do not carry credit card debt; I do not overspend. Y__ N__

26. I have at least a year's living expenses in the bank or a liquid investment. Y__ N__

27. I don't have to work at financial success; money seems to find me with very little effort or pushing.
Y__ N__

28. When I buy something, I buy the best possible quality. Y__ N__

29. I am financially knowledgeable. Y__ N__

30. I have a strong relationship with a qualified financial advisor. Y__ N__

Joy/Delight

31. Weekends (and other days off) are a joy for me; I am never bored. Y__ N__

32. I have designed – and am living – the perfect lifestyle for me right now. Y__ N__

33. I look forward to nearly every day. Y__ N__

34. I am very, very happy. I easily take delight in little things. Y__ N__

35. I have at least an hour a day that is exclusively for me and I spend it in a chosen way. Y__ N__

36. I am able to stay present during the day; I don't lose myself to stress or adrenaline. Y__ N__

37. I spend most of my time on things I am good at and enjoy. Y__ N__

38. I have realistic goals that excite me. Y__ N__

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

- 39. I take time to celebrate – people, accomplishments, special moments and myself. Y__ N__
- 40. My actions are aligned with my priorities. How I spend time reflects what’s important to me. Y__ N__

Effectiveness/Efficiency

- 41. I have more than enough energy and vitality to get me through the day; I don’t drag. Y__ N__
- 42. I have all of the right tools, equipment, computers, software and peripherals that I need to work well. Y__ N__
- 43. Whatever can be automated or delegated has been automated or delegated. Y__ N__
- 44. I don’t maintain an inventory of unanswered or unread emails. Y__ N__
- 45. I don’t put things off; when it occurs to me, I do it, handle it, or have it done. Y__ N__
- 46. I know what my goals are and I am making them a reality. Y__ N__
- 47. I maintain a reserve of time. Y__ N__
- 48. I employ systems and processes to leverage my time and energy, both at work and in my personal life. Y__ N__
- 49. I am focused on results – accomplishing vs. being busy. Y__ N__
- 50. I am committed to being my personal best and I do something around it every day. Y__ N__

Personal Foundation

- 51. I love my home: Its location, style, furnishings, light, feeling and decor. It brings me joy every time I walk inside. Y__ N__
 - 52. How I start my day sets me up to win. Y__ N__
 - 53. My boundaries are strong enough that people respect me, my needs and what I want. Y__ N__
 - 54. I don’t see a cloud on my future’s horizon; it looks clear to me. Y__ N__
 - 55. My personal needs and wants are generally satiated; there is little I want or need. Y__ N__
 - 56. My personal values are clear and my life honors them. Y__ N__
-

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

57. There is nothing I am dreading or avoiding. Y__ N__

58. I have resolved the main issues of my past. Y__ N__

59. I don't have a lot of unfinished projects, business or hanging items; I am caught up. Y__ N__

60. I take at least 4 vacations a year. Y__ N__

Personal Evolution

61. I could die today with no regrets. Y__ N__

62. I have no incomplete communications in my life. Y__ N__

63. I am living my own life, not the life that someone else designed for me or expected of me. Y__ N__

64. I have more than enough natural motivation, inspiration and synergy in my life; I am not stuck.
Y__ N__

65. I initiate events. I don't wait around for others to do so. Y__ N__

66. I don't spend time with anyone who bugs me or who is using me. Y__ N__

67. I am clear on my values, and I have designed my life to honor them. Y__ N__

68. My past is not affecting my present. Y__ N__

69. I tolerate very, very little. If something needs fixing or adjusting, I do it. Y__ N__

70. I don't wear facades. What people see is what they get. Y__ N__

Self-Care/Well-Being

71. I regularly get enough rest. Y__ N__

72. My body is in great shape. I exercise regularly in a way I really enjoy. Y__ N__

73. Whatever health problems I have, I am receiving proper, effective care for them. Y__ N__

74. I am not abusing my body with too much television, alcohol, nicotine, caffeine or drugs. Y__ N__

75. My teeth and gums look great and are in top condition. Y__ N__

76. I eat food for sustenance and pleasure, not for emotional comfort. Y__ N__

77. I seldom experience strong emotional reactions and I am usually in a good mood. Y__ N__

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

78. I have more than enough time during my day. Y__ N__

79. I reduce stress daily (by meditating, taking a long bath, exercising, walking, etc.). Y__ N__

80. I am not in any pain. Or, my pain is managed in a healthy, reliable way. Y__ N__

Happiness

Happiness is highly subjective. What makes me happy may do nothing for you, and vice versa. The important thing is to know *what makes you happy* – so you can do more of it! Y__ N__

What 10 things make you the happiest?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Next to each one, indicate (Yes or No) whether you currently have this in your life.

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

Giving to Others

When we have big holes in our quality of life, any spare energy usually goes to managing those. But when we have a high quality of life, there’s energy left over to contribute to others. When we do, we get a tremendous boost of energy, confidence, joy and fulfillment... which contributes to a higher quality of life!

10 Ways You Contribute to Others

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Next to each one, indicate (Yes or No) whether you have done this in the past 3 months.

Total Number of YES Answers (100 points possible) ____

Total Number of NO Answers (100 points possible) ____

SCORING KEY:

86-100 YES Awesome! This is a tough test and you scored above average. I congratulate you for making your quality of life a priority and living in a way that consistently makes you feel good.

60-85 YES This is the range that most people fall into. You’re definitely on track, but you have some work to do. What will you tackle first?

45-59 YES Okay, let’s get serious. You have one life to live... why aren’t you making the most of it? Make your quality of life a priority and try to score 10 more points in the next month.

0-44 YES It’s time to take a serious look at your patterns and the effect they have on you. Even little

Teresia LaRocque, Master Certified Coach
TLC Teresia LaRocque Coaching & Associates
“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

changes could make a big improvement in your quality of life. Identify 5 things that you could change that would have a big payoff and make a personal commitment to invest some effort in those directions.

Give yourself the gift of creating a world class support team!

Did anyone ever teach you how to have a great quality of life? Probably not!
One of the biggest reasons people let their quality of life slip away is simply because they don't have enough support in their life. A support person can encourage you to honor your personal priorities when time gets tight, remind you to take care of yourself when you start to slip, and help you find strategies to resolve your most persistent challenges.

Do you have adequate support in your life? Most people don't. If that rings true for you, consider the impact it would make on your quality of life to have someone in your corner, helping you take your life to the next level.

If you're not living your ideal life yet, and you'd like to explore the possibility of engaging a coach – to support your efforts, identify your options, and provide tools to support your success – I invite you to visit my website, www.Teresia.com.

I look forward to partnering up with you,



Teresia LaRocque MC

Teresia LaRocque, Master Certified Coach

TLC Teresia LaRocque Coaching & Associates

“COACHING PEOPLE TO LIVE THE LIFE THEY TRULY DESIRE”

ABOUT THE AUTHOR

Teresia LaRocque, a pioneer in the booming profession of personal coaching and founder of Teresia LaRocque Coaching and Associates, is well known for her ability to help people develop very successful careers and rich and fulfilling personal lives.

Teresia has coached a wide variety of people, from self-employed entrepreneurs to professionals, managers and executives. Her work has been covered widely in the Vancouver media, including *B.C. Business Magazine*, *The Province* and *The Vancouver Sun*.

As the *first recipient of the International Coach Federation’s Master Coach Credential in Canada* and cofounder for the Vancouver International Coach Federation chapter, Teresia is dedicated to ensuring the personal and professional success of her clients.

Her background includes work with Anthony Robbins and Associates as a coach and trainer (1994 – 1995). This experience was the catalyst to launch her business in January 1996.

Her 14 years of coaching and training experience, her training through Coach University, as well as her successful entrepreneurial career have given her great insight into all aspects of business and what it takes to achieve desired results.

In 2005, she was named one of three finalists of the “*Canadian Coach of the Year Award*.” In continued support of the coaching profession, Teresia accepted the role of Director of Training and a mentor coach with Erickson College in 2006.

Committed to walking her talk, Teresia knows what it takes to have a successful business and a richly balanced life. Her lifestyle and philosophy is based on a firm foundation of personal excellence, integrity, balance and living life to the fullest.

