

The Good Life Inventory

Your Score: 1 (low) – 7 (high)

Key Characterizations of the *Good Life*

- _____ 1. I'm living my own version of the *Good Life*.
- _____ 2. I regularly say "no" to the less important things in my life and "yes" to my real priorities.
- _____ 3. I keep the small promises I make to myself.
- _____ 4. I go to sleep most nights feeling that this was a well-lived day.
- _____ 5. I have a regular time and place to renew myself.

Place

- _____ 6. I'm living in my ideal place
- _____ 7. I feel at home in my home.
- _____ 8. I feel like I belong in my community.
- _____ 9. I have options in the place I live to do the things I love to do.
- _____ 10. My place makes me happy.

People

- _____ 11. I have at least one person who truly listens to me.
- _____ 12. I regularly have "courageous conversations" with people.
- _____ 13. I share my life dreams with the people I'm closest to.
- _____ 14. I'm spending the right amount of time with my friends.
- _____ 15. My relationships make me happy

Work

- _____ 16. I am doing work that fully engages my talents.
- _____ 17. I am using my talent toward something I am passionate about.
- _____ 18. I work in an environment which fits my values.
- _____ 19. I regularly receive rewards that matter to me.
- _____ 20. My work makes me happy.

Purpose

- _____ 21. I have a clear reason to get up in the morning.
- _____ 22. I have a healthy spiritual life.
- _____ 23. I am doing what I was meant to do.
- _____ 24. My work serves the world in some distinct way.
- _____ 25. My purpose makes me happy.

- _____ 26. I have defined how much money is enough for me.
- _____ 27. I'm satisfied with how I spend my time and money.
- _____ 28. I know where I'm headed on life's journey.
- _____ 29. I feel like I'm fully living my life.
- _____ 30. My life makes me happy.

_____ Total Score

Adapted with author permission from **REPACKING YOUR BAGS: Lighten Your Load for the Good Life** by Richard J. Leider and David A. Shapiro, [Berrett-Koehler, 2012-3d Edition]