

# Aging Fabulously!™ Lifestyle Appraisal

Your Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## *Are You Aging Fabulously?™*

Are you living your dream life? A dream life begins and ends with good health. It's easier than you think. Set aside a few quiet moments and think about your life as it is today. Then, take a few calming breaths and complete your appraisal.

The lifestyle appraisal is your measure of satisfaction in key balanced-living dimensions. Our goal is to encourage you to think about everyday choices that move you closer to being *fabulously* satisfied in most areas of your life.

## Rating Scale

**5 – Fabulously Satisfied!**

**4 – Very Satisfied**

**3 – Somewhat Satisfied**

**2 – Somewhat Dissatisfied**

**1 – Presently Dissatisfied**

**0 – I Need to Pay Closer Attention**

\_\_\_\_\_ General Health  
\_\_\_\_\_ Happiness Level  
\_\_\_\_\_ Energy Level  
\_\_\_\_\_ Mood Stability  
\_\_\_\_\_ Self-Confidence  
\_\_\_\_\_ Self-Love  
\_\_\_\_\_ Self-Control  
\_\_\_\_\_ Sense of Purpose  
\_\_\_\_\_ Sense of Time

\_\_\_\_\_ Spirituality  
\_\_\_\_\_ Emotional Awareness  
\_\_\_\_\_ Relationships  
\_\_\_\_\_ Mental Abilities  
\_\_\_\_\_ Physical Fitness  
\_\_\_\_\_ Nutrition  
\_\_\_\_\_ Sleep Quality  
\_\_\_\_\_ Relaxation  
\_\_\_\_\_ Recreation

Congratulations! Being genuinely aware of your level of satisfaction is the first step in the direction of an Aging Fabulously!™ Lifestyle. Our experienced lifestyle counselors can help you increase your ratings in every dimension of skillful living. That's our job!

**Ask about our**  
**Healthy Living Made Easy!™ Wellness Education Series**  
**Learn more at [www.agingfabulously.com](http://www.agingfabulously.com)**