

HOW TO IMPROVE THE QUALITY OF YOUR LIFE?

A COMPREHENSIVE APPROACH AND
GUIDE TO WELL-BEING

By

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Dr. Demes' Life Evaluation Questionnaire

This life evaluation tool has been developed by Dr. Demes. It is fully explained in his new book, "How to Improve the Quality of Your Life" (available on www.amazon.com).

Dr. Demes wants this method to be available to everyone in order to help them assess the quality of their lives and take the necessary actions.

This tool works in coordination with other methods present in the book, like "Dr. Demes' Cause-and-Effect Analysis," the "Life Improvement Model," the "Life Prioritization Tool," and "Life Processes and System Analysis Tools."

The life evaluation tool will guide you through a holistic assessment of different aspects of your life.

This questionnaire will allow you to assess where you are so you can know where you are going. Determine your current state regarding the positive aspect of your life and the one that needs improvement is a prerequisite to your quality of life. Nobody has it all in life. At some point in our life, we have to admit that we have things to fix. There is no perfection on this planet earth. If you know a perfect person on this globe, please let me know, I would love to meet that person. We all have some areas in our life that we could change and make better. This life evaluation tool will help you to identify in a systematic way which areas of your life you could improve. Once you know your current state, you

could plan the desired future state you want in your life with regard to its different aspects. This tool includes a range of questions for evaluating the various facets of your life, including the assessment of your capacity to adapt to your environment, your achievement of goals, your value system, your productive function, and the other dimensions of your life.

PRESENTATION OF THE TOOL

The life evaluation tool will help you identify issues in goal setting, your capacity to adapt to your environment, your values, and your production system. It will also show you what needs to be improved in your physical, mental, emotional, spiritual, and relational life. As a benefit, this tool allows you to compare your changes and improvements over time.

Besides, it is a normative and configurational approach where people compare themselves to a set of norms and standards. It is a transparent assessment that will serve as an entry point in your improvement journey. Each item is assessed on a 5-point Likert scale where 1 indicates a low-level of satisfaction or capacity and 5 a high-level of satisfaction or capacity. You will assess yourself on this measuring system: very satisfied, satisfied, neither satisfied nor dissatisfied, dissatisfied, very dissatisfied. Very satisfied corresponds to 5 (the highest score) and very dissatisfied to 1 (the lowest score). For example, an item in the value function corresponds to the following question: “How satisfied are you with your capacity to forgive?”; and the available responses are 5 (very satisfied), 4 (satisfied), 3 (neither satisfied nor dissatisfied), 2 (dissatisfied), and 1 (very dissatisfied). Thus, the higher the rating, the better.

Moreover, once you have chosen an answer or a score, you need to justify the reason why you make that choice. You need to describe the characteristics or primary elements or features of that grading or score using your own terms and expressions. The detail of that description will be useful when you are working on your plan and also to identify a solution that fits your reality.

Table 9.1 presents the standard version of the life evaluation questionnaire.

The following items evaluate your degree of satisfaction or dissatisfaction regarding major areas of your life taking into account the quality of life integrated framework we explained in the previous chapter. The key is to express how you feel about those issues or items on a scale from 1 (very dissatisfied) to 5 (very satisfied). The higher the score, the better. That said, be aware that the score 5 represents a sophisticated improvement level, a “Ferrari” stage, certainly beyond the expectations of some of us.

Once you finish the assessment, you need to analyze the data and take the decision to improve some areas in your life. Remember life is about change. We all need to grow and become better whatever the

level of performance. That is a Continuous Quality Improvement (CQI) approach. That means even if we perform well, we can still be better and better.

TABLE 9.1 LIFE EVALUATION QUESTIONNAIRE

1	2	3	4	5
Very Dissatisfied	Dissatisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied

I. VALUES					
1. Overall satisfaction with the key values adopted in your life?	1	2	3	4	5
Justification					
2. The level of consensus on the values that you feel are essential in your life?	1	2	3	4	5
Justification					
3. Satisfaction with your organizational culture?	1	2	3	4	5
Justification					
4. Life climate?	1	2	3	4	5
Justification					
5. Your satisfaction with your mindset?	1	2	3	4	5
Justification					
6. Satisfaction with prayer habits and practices?	1	2	3	4	5
Justification					
7. Meditation/mindfulness habits and practices?	1	2	3	4	5
Justification					
8. Overall satisfaction with the way you love in general?	1	2	3	4	5
Justification					
9. Satisfaction with the way you love yourself?	1	2	3	4	5
Justification					
10. Satisfaction with the way you love other people?	1	2	3	4	5
Justification					
11. Satisfaction with the way you love God or the source?	1	2	3	4	5
Justification					
12. Satisfaction with the way you use your faith?	1	2	3	4	5
Justification					
13. Satisfaction with your level of faith?	1	2	3	4	5
Justification					
14. Satisfaction with your level of hope?	1	2	3	4	5
Justification					
15. Satisfaction with the way you surrender?	1	2	3	4	5

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I. VALUES					
Justification					
16. Satisfaction with your practice/level of patience?	1	2	3	4	5
Justification					
17. Satisfaction with your belief in miracles?	1	2	3	4	5
Justification					
18. Satisfaction with your level of self-control?	1	2	3	4	5
Justification					
19. Satisfaction with your level of joy and practice?	1	2	3	4	5
Justification					
20. Satisfaction with your peace of mind?	1	2	3	4	5
Justification					
21. Satisfaction with your practice/level of humility?	1	2	3	4	5
Justification					
22. Satisfaction with your practice/level of gentleness?	1	2	3	4	5
Justification					
23. Satisfaction with your practice/level of goodness?	1	2	3	4	5
Justification					
24. Satisfaction with your practice/level of gratitude?	1	2	3	4	5
Justification					
25. Satisfaction with your practice/capacity to forgive?	1	2	3	4	5
Justification					
26. Satisfaction with your practice/capacity serve?	1	2	3	4	5
Justification					
27. Satisfaction with your practice/capacity to give?	1	2	3	4	5
Justification					

II. GOAL SETTING					
1. Overall satisfaction with your purpose in life?	1	2	3	4	5
Justification					
2. Satisfaction with finding your life purpose?	1	2	3	4	5
Justification					
3. Satisfaction with setting written goals for this year?	1	2	3	4	5
Justification					
4. Satisfaction with the way you are moving toward achieving your goals	1	2	3	4	5
Justification					

II. GOAL SETTING					
5. Satisfaction with your level of efficacy in life?	1	2	3	4	5
Justification					
6. Satisfaction with your level or efficiency?	1	2	3	4	5
Justification					
7. Satisfaction with your level of righteousness and practice?	1	2	3	4	5
Justification					
8. Satisfaction with your level of justice and practice?	1	2	3	4	5
Justification					
9. Satisfaction with your level of awareness?	1	2	3	4	5
Justification					
10. Satisfaction with your preparation for eternity/character development?	1	2	3	4	5
Justification					
11. Satisfaction with your feelings of fulfillments?	1	2	3	4	5
Justification					
12. Satisfaction with your learning process in life?	1	2	3	4	5
Justification					
13. Satisfaction with your maturity and growth process in life?	1	2	3	4	5
Justification					
14. Satisfaction with your level of self-knowledge?	1	2	3	4	5
Justification					

III. ADAPTATION TO THE ENVIRONMENT					
1. Overall satisfaction with your capacity to adapt to your environments?	1	2	3	4	5
Justification					
2. Satisfaction with your capacity to acquire needed resources in your environment?	1	2	3	4	5
Justification					
3. Satisfaction with your financial situation?	1	2	3	4	5
Justification					
4. Satisfaction with your connection to the source of abundance and infinite power	1	2	3	4	5
Justification					
5. Satisfaction with your attraction of opportunities?	1	2	3	4	5
Justification					
6. Satisfaction with your level of energy?	1	2	3	4	5
Justification					

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III. ADAPTATION TO THE ENVIRONMENT					
7. Satisfaction with your attraction of the right connections and people?	1	2	3	4	5
Justification					
8. Satisfaction with your community/small group?	1	2	3	4	5
Justification					
9. Satisfaction with your adaptation to the requirements of society?	1	2	3	4	5
Justification					
10. Satisfaction with the way your small group is supporting you?	1	2	3	4	5
Justification					
11. Satisfaction with your capacity to innovate and transform your life?	1	2	3	4	5
Justification					
12. Satisfaction with your capacity to take risks?	1	2	3	4	5
Justification					
13. Satisfaction with your overall satisfaction with your working environment?	1	2	3	4	5
Justification					

IV. PRODUCTION					
1. Overall satisfaction with your level of productivity?	1	2	3	4	5
Justification					
2. Overall satisfaction with the quality of the processes of your life?	1	2	3	4	5
Justification					
3. Satisfaction with the volume of service or goods you produce?	1	2	3	4	5
Justification					
4. Overall satisfaction with your capacity to use the quality improvement methods and tools?	1	2	3	4	5
Justification					

V. DIMENSIONS OF LIFE					
A. Physical Dimension					
1. Overall satisfaction with your physical life?	1	2	3	4	5
Justification					
2. Satisfaction with your health?	1	2	3	4	5
Justification					
3. Satisfaction with your sex life?	1	2	3	4	5
Justification					
4. Satisfaction with your level of exercises/workouts?	1	2	3	4	5

A. Physical Dimension					
Justification					
5. Satisfaction with your nutrition?	1	2	3	4	5
Justification					
6. Degree of satisfaction with your lifestyle/life habits?	1	2	3	4	5
Justification					

B. Spiritual Dimension					
1. Overall satisfaction with your spiritual life?	1	2	3	4	5
Justification					
2. Satisfaction at finding a sense of meaning in life?	1	2	3	4	5
Justification					
3. Satisfaction with the application of spiritual principles in your life?	1	2	3	4	5
Justification					

C. Emotional Dimension					
1. Overall satisfaction with your emotional life?	1	2	3	4	5
Justification					
2. Satisfaction with your ability to overcome worry?	1	2	3	4	5
Justification					
3. Satisfaction with your ability to deal with anger?	1	2	3	4	5
Justification					
4. Satisfaction with your ability to overcome resentment?	1	2	3	4	5
Justification					
5. Satisfaction with your ability to overcome guilt/shame?	1	2	3	4	5
Justification					

D. Mental Dimension					
1. Overall satisfaction with your mental life?	1	2	3	4	5
Justification					
2. Satisfaction with your ability to deal with crisis, problems and difficulties?	1	2	3	4	5
Justification					
3. Satisfaction with your ability to deal with lack of interests in life?	1	2	3	4	5
Justification					

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E. Relational Dimension					
1. Overall satisfaction with your social life?	1	2	3	4	5
Justification					
2. Satisfaction with your interpersonal relations with friends?	1	2	3	4	5
Justification					
3. Satisfaction with your interpersonal relations with family?	1	2	3	4	5
Justification					
4. Satisfaction with your interpersonal relations with co-workers?	1	2	3	4	5
Justification					
5. Satisfaction with your interpersonal relations with neighbors?	1	2	3	4	5
Justification					

How are you going to interpret the scores you get?

There are 80 items in the questionnaire. After answering all the questions, if your score varies between 0 and 160, you are classified into category one. If you get a score between 161 and 240, you are in category two, and between 241 and 400, category three. The end goal is to reach category three where you are satisfied with most of the key areas in your life. If you are in category one that is OK. If you want, you can set your goal to reach category two or three. If you are in category two, you could decide to reach category three (see Table 9.2). If you are already in category three, you may still choose to move to a higher score. For example, if you reach a score of 300, in category three, you can set 350 in the same category as the goal to reach. Wherever you are on the road, there is room for improvement.

Please add a check mark corresponding to your category in Table 9.2.

TABLE 9.2 LIFE EVALUATION: RANKING CATEGORIES

Total Score	Categories	Checkboxes
0-160	Categories 1	
161-240	Categories 2	
241-400	Categories 3	

SYNTHESIS OF THE RESULTS

Once you finish answering the questions, it is time to make a synthesis of the results of your assessment. How many items get a score of 1? How many get a score of 2? How many 3 and so on. Table 9.3 shows the synthesis table.

Please fill Table 9.3, and the total will be filled automatically.

TABLE 9.3 LIFE EVALUATION: SYNTHESIS OF THE RESULTS

Synthesis of the Assessment					
	1	2	3	4	5
Values					
Goal achievement					
Adaptation to the environment					
Production					
Physical dimensions					
Mental dimensions					
Emotional dimensions					
Spiritual dimensions					
Relational dimensions					
Total					

First, select and review one by one all the items or questions where you got less than 3 or the ones for which you are dissatisfied. This list of issues constitutes the key topics and targets of your improvement journey. Read the list several times, and without a lengthy process of reasoning, ask yourself the following question: Where does your intuition tell you to improve? You know where to begin; you just need to let it surface by introspection. I encourage you to meditate or pray before prioritizing your key strategic improvement topics.

Sometimes you need more rational or logical guidance; that is where you can use the prioritization tools presented in Chapter 3 of our book “How to Improve the Quality of Life?”. For example, you may try the life prioritization matrix where you assess each topic with the criteria we introduced to you: the frequency of the problem; severity of the problem; efficacy of the solution; relevance of the solution; acceptability of the solution; and resources available to implement the solution. As a result, you could downsize the list to three to five key priority improvement objectives that you will address in the next

three, six, or twelve months. Or, if you prefer, the timeline for your improvement journey could be shorter, e.g., what I will improve today, next week, or next month.

Now, you have selected the five top improvement areas. Thus far, you know where you are, your actual state, you should also determine where you want to go, your desired future state by choosing a score from one to five. A less satisfying state is 1, 3 is a neutral level and 5 is a higher standard of satisfaction. Once you reach that step, you can fill in the following table (Table 9.4). For the actual state (where you are) and the desired state (where you want to go), you should describe that state in your own terms. Be specific: Describe three to five characteristics of that phase. Write down your answer in the justification box. For example, if during your life evaluation, you have the score 2 for item A, then you could choose for example to move from 2 (the actual state) to 4 (the desired state). The question is what do 2 and 4 mean for you? In the justification section, you should describe the characteristics of your current and desired state in details so that you have descriptive information that will help you during the planning and implementation phase of the changes you will introduce in your life.

Please fill Table 9.4 by writing down your top five improvement areas, your actual state, your desired state, and the justification section.

TABLE 9.4 THE ACTUAL STATE OF YOUR LIFE AND THE DESIRED FUTURE STATE

Where You Are					Items (Areas for Improvement)	Where You Want to Go				
1	2	3	4	5		1	2	3	4	5
					Justification					
1	2	3	4	5		1	2	3	4	5
					Justification					
1	2	3	4	5		1	2	3	4	5
					Justification					
1	2	3	4	5		1	2	3	4	5
					Justification					
1	2	3	4	5		1	2	3	4	5
					Justification					

Please do not hesitate to contact us.

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