

Self-Assessment—Commit: Creating your Quality of Life Statement.

Briefly, a Quality of Life Statement incorporates your core personal values and your five or six statements of why they are important into a personal narrative. This narrative describes your best imagined life. As before, the process of writing connects your words to a sense of ownership or commitment. As you work with the words, shifting emphasis and getting clearer, that ownership deepens. Ultimately, the purpose of this exercise is to integrate these values into your life. When completed, your Quality of Life Statement serves as an inspiration and an accessible reminder of what is most important.

Parents, even skeptical ones, give this exercise a high grade. Designing how to live life according to what’s most important often generates excitement and infuses people with a sense of new possibilities. It’s as if once they’ve stated their intention and imagined a life lived in alignment with their personal values, they can’t wait to start living it!

To help you get started, Sheila bravely offered to share her process of writing a QLS, with the caveat that this is her process and only offered as an example, not a template. See that example on pages 51–52.

Before you write your own QLS, a few last thoughts:

- Writing in a quiet, undisturbed environment always supports clarity and focus.
- “Truth” is more likely found in your heart (*feeling* your words) than in your head (*thinking* the words).
- Because this is about visions and ideals, don’t concern yourself with practicality and current life circumstances. (You can worry about these later.)
- The values you can envision in your life are the ones you will live.

Using your five or six most important values from page 49–50 as your guide, write your own Quality of Life Statement here.

My Quality of Life Statement

Now, leave this on your desk. Give your feelings and words time to percolate. When you come back to it, ask yourself, How does it resonate? Is this a good format for me? What changes would help? And finally, is this an accurate roadmap of what I want in my life? **Put your Quality of Life Statement in an accessible place and commit to reading it often.**