

## Quality of Life - How Do You Rate Your Quality of Life? What Could Make It Better?

*On a scale of 1 to 10, where 1 is "terrible" and 10 is "great!",  
how would you rate your life right now?*

1    2    3    4    5    6    7    8    9    10

*What is one thing you wish or think could be better to make your quality of life increase?*

**#1**

*What is another thing you wish or think could be better to make your quality of life increase?*

**#2**

*And a third thing you wish or think could be better to make your quality of life increase?*

**#3**

**Comments:**

**Discuss with your primary care doctor ways you can improve your overall quality of life to one more than what you rated it.**

**For example, if you said "5", try to aim for a "6". Even if you said your were a "10", try to work toward an "11". Or if you were "-1", try to figure out how to get to a "0".**