

Step 1: Identifying areas	Step 2: Scoring each area step	Step 3: Spending points
<p>We would like you to think of the FIVE most important areas of your life that are affected by your condition.</p> <p>Please write up to FIVE areas in the boxes below.</p>	<p>In this part we would like you to score the areas you mentioned in Step 1. This score should show how you felt about this area over the past MONTH. <u>Please score each area out of 10</u> using this scale:</p> <p>10= Exactly as you would like to be 9= Close to how you would like to be 8= Very good, but not how you would like 7= Good, but not how you would like 6= Between good and fair 5= Fair 4= Between poor and fair 3= Poor but not the worst you could imagine 2= Very poor but not the worst you could imagine 1= Close to the worst you could imagine 0= The worst you could imagine</p>	<p>We want you to “spend” 10 points to show which areas of your life you feel are most important to your overall quality of life.</p> <p>Spend more points on areas you feel are most important to you and less on areas that you feel are not so important.</p> <p>You don’t have to spend any points on an area.</p> <p>You can’t spend more than 10 points in total.</p>
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Getting started-> Evaluate your quality of life and identify areas for improvement