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Getting Started ...
 The most important part of getting started is beginning with the correct frame of reference. This attitude or mind-set is made up of two parts:

1 Belief that the MAPS™ process is a successful tool for affecting positive changes that will help the first responder achieve maximum potential.

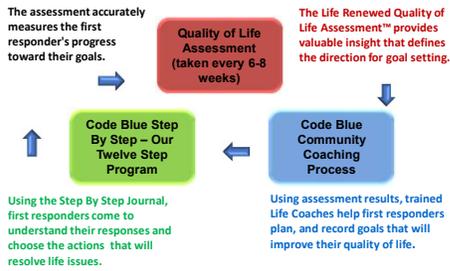
2 Belief that compassionate, open-minded willingness to listen and apply constructive feedback will renew and restore lives.

How Does Code Blue Community Work?

Program Components Include:

Weekly Meetings and Step By Step (12 Step) Journal	Life Renewed Quality of Life Assessment	MAPS Life Coaching
<ul style="list-style-type: none"> • Meet regularly to discuss common issues. • Step By Step Journal • Can work through Step By Step Journal at group meeting or with a Life Coach. 	<ul style="list-style-type: none"> • Confidential • Takes about 20-25 minutes. • Individualized Profile. • Taken at regular intervals • Compares progress 	<ul style="list-style-type: none"> • One-One Coaching • Assessment Profile used as a blueprint to set goals. • Work toward goals and measurable steps

How Do the Components Work Together?



What is the Step By Step Journal and How is it Used?

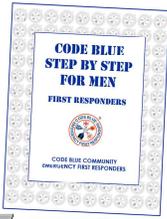
- A first responder can work through the Step By Step Journal independently while attending weekly meetings.
- A first responder can work through the Step By Step Journal while meeting with a Life Coach. In this case, the Quality of Life Assessment™ (QOLA) will provide the first responder with feedback, and help them set and achieve goals. Additionally, they will have an opportunity to talk to their coach and receive face to face mentoring.
- The choice that provides the most help and fellowships is to regularly attend weekly meetings, meet with a life coach and work in the Code Blue Step By Step Journal all together.



Weekly Meetings and Step By Step (12 Step)	Life Renewed Quality of Life Assessment	MAPS™ Life Coaching
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How is Progress Tracked?

The Code Blue Step By Step is also used by the first responder and the Life Coach to record and track Goals and Measurable Steps established by the first responder. It is important to keep a written record of goals and steps taken to measure success and set new goals.



Goal # 1	Type of Goal (short-term)
Renew Relationships.	Social EMOTIONAL Physical Mental
	Career Financial Job Search
Measurable Step 1	
Ask questions to find topics that interest family members. Initiate conversation with wife and kids.	
Measurable Step 2	
Take family to park when I'm off-step for ice cream on the way home.	
Measurable Step 3	
Watch movie with family.	
Measurable Step 4	

This form is found in the Step By Step.

Using the QOLA Report, help the first responder decide on a goal.

Next, help the first responder decide what steps they will need to take to achieve that goal. Goals and steps should be realistic, but should become increasingly more difficult.

Daily, the first responder should mark whether the Step was completed.



What is Life Renewed MAPS™ ?

Life Renewed MAPS™ is a **planning process** that coaches a person into positive behavioral changes. Using data from the Life Renewed Quality of Life™ Assessment, obtainable **goals are created**, helping the first responder **to map out and build a successful life**.

MAPS™ is a four-step process:

- Measure
- Analyze
- Plan
- Succeed



Measure

Measure



The first responder (or family member) begins the program by completing our multiple-choice Life Renewed Quality of Life™ Assessment. The assessment scientifically measures and tracks physical, mental, social, emotional, and spiritual functioning and well being of the participant.



MAPS

Analyze



Once their assessment is completed, it is automatically scored and analyzed. Then our software system generates a personalized assessment profile. With the help of a trained life coach, the first responder reviews the results of the assessment to understand their strengths and challenges.



MAPS

Plan



The Life Coach uses the assessment profile to guide the first responder or family member in developing a Life Map, or plan, with specific goals and steps. The participant works to complete one goal at a time. Easily attainable goals are set in the beginning, but as progress is made more complex goals are set. The Step by Step Journal is used to record and track the goals that are set.



MAPS Succeed



After the second assessment is taken, the compared assessment profiles give the participant an easy to understand, visual picture of their progress. As they complete progressively more challenging goals, their confidence begins to grow. Recording the goals in the Step by Step Journal is important so success can be tracked.



The Role of a Life Coach



Pause here and share what you think it means to be an advocate, or mentor.

The Life Coach Helps the Client:



A Life Coach offers firm, but flexible, support, and guidance.

**Cognitive Restructuring:
What It Is and Why It Works**

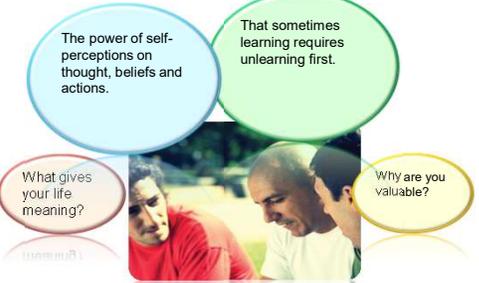
Cognitive restructuring is a technique that enables the participant to identify negative self-beliefs and replace them with truthful, positive self-perceptions.





As the first responders' self-perceptions change, their ability to make good choices and productive lifestyle changes increases. They begin to believe that there is hope and a future for them and that they can achieve positive goals and live a satisfying life.

**The Power of Self-Perception
As a Life Coach I need to know and understand:**



Exploring Positive Self-Beliefs

Describe two positive beliefs or attitudes about yourself by completing these statements:

I am _____

People say that I am _____

Describe two negative beliefs or attitudes about yourself by completing these statements:

I am _____

People say that I am _____

Briefly summarize how positive and negative beliefs and attitudes shape our self-perceptions, actions and overall health:

What is "Cognitive Restructuring" and why does it work? (Participants may refer back to the manual for answers)

As a Life Coach I need to know and understand:

- The power of self-perceptions on thought, beliefs and actions.
- That sometimes learning requires unlearning first.

Life Renewed Maps™ Purpose

The primary purpose of Life Renewed Maps™ is to measurably enhance quality of life.

An improved quality of life and functioning can occur in these areas:



Take some time now to think about what areas in your life you pay the most attention to.

Life Renewed Maps™ Principles

The following principles are a guide for administering Life Renewed Maps™.

- The first responder is the center of focus (not the Life Coach).**
- Transformational change is done one person at a time. Each person is an individual.**
- Change often requires support (Code Blue Community).**
- Change strategies are data-driven. The QOLA should be used to determine areas of need.**
- Achieving a goal is a process. Change does not happen overnight.**

Life Renewed Maps™ Procedures

The following procedures are used by Life Coaches to help achieve desired outcomes and goals:

- Assessment:** Use the assessment profile as a guide to evaluate each person's quality of life, and demonstrate progress.
- Identify Causes for Low Scores:** Use data from the assessment and interview process to help each participant identify specific causes for low scores.
- Identifying Goals:** Through discussion and coaching help the participant recognize what would need to happen to affect change.
- Determine Next Steps:** Help the participant identify specific next steps to achieve goals. Initially steps should be easily attainable to ensure success
- Negotiate:** Determine any additional support needed by the participant and help negotiate acquiring it.
- Support:** The Life Coach needs to support the life change process with **firm, realistic, and supportive** feedback and advocacy.

Attributes of a Life Coach include:



About the Assessment

- Answer each question honestly.
- The assessment will take about 20-30 minutes.
- No one will see the specific answers given for each question.
- Modules are listed as main headings on the assessment profile.
- Most of the time your first thought, or response, is the most accurate.
- Your score will reflect a composite of how you function in a certain area.
- Participants will have a score from each "module", or area, that is assessed.
- Taking an assessment helps you understand the questions participants are asked.



Interpreting Assessment Scores

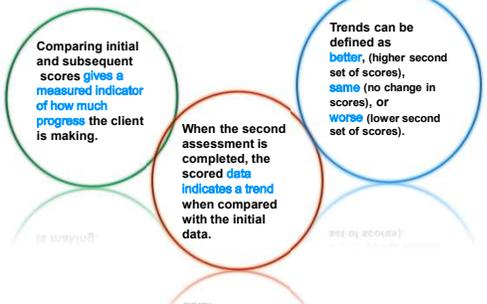
Interpreting the profile scores is not difficult. The USA general population norm is 50*. Higher scores indicate better functioning and lower scores indicate worse functioning.

The initial score is valuable for assessing the strengths and weaknesses of the client for each of these areas: **spiritual, physical, mental, emotional, and social.**

Scores above 50 indicates the person functions better than the USA norm; below 50 indicates the person functions lower than the USA norm. Any score between 45 and 55 is in the average range.

* Norms provide a comparison and are useful only when one assessment has been taken.

It is best to compare the participant to her/his own trended data rather than a population norm.



Sample Assessment:

- Name of Module
- Description of Module
- Date assessment was taken
- Initial Score
- Score for second assessment
- Red number indicates numerical score
- Vertical line indicates 45%-55% average range

The sample assessment report is a bar chart titled "LIFE RENEWED QUALITY OF LIFE REPORT". It has columns for "S", "P", "M", "E", and "S". Each row represents a different assessment category, such as "PERSONAL WELL-BEING", "PERSONAL WELL-BEING". Each bar shows two scores: an initial score and a second score. A vertical line is drawn at the 50% mark, representing the average range. A red number is placed at the end of each bar to indicate the numerical score.

THE ZUNG DEPRESSION INDEX

The Zung Depression Index measures the propensity of the client to suffer from depression.

On this part of the assessment a higher score indicates a greater propensity for depression.

A referral to a health professional is indicated if the scores are in the range of 45 or higher.

No Zung score on the profile means the client is probably not depressed; a score of less than 35 means only a slight propensity for depression.

Important Note:
The Zung is only an index and does not provide a diagnosis of depression. This can only be determined through a more detailed assessment by a trained health professional.

The Initial Life Coaching Interview

After reviewing the assessment results, the Life Coach will conduct an initial personal interview to help pinpoint specific causes for low scores.

If prompted, participants may tend to agree with the Life Coach instead of honestly exploring and identifying actual causes for deficits

At this point it is important that the Life Coach ask the questions on the questionnaire without suggesting answers or prompting.



If the participant seems unable to respond, questions can be re-phrased without prompting answers.

Can be re-phrased as:
Which parts of your body seem to limit your physical activities?



Both questions basically ask the same thing without naming any parts of the body.

The initial interview should be relaxed and friendly.

The coach and first responder need to begin
A relationship of trust

Allow enough time so that *neither the coach or first responder feel rushed.*



Both Coach and First Responder should listen carefully when the other speaks.

Records should be kept about what is discussed without recording personal feelings.

During a weekly Life Coaching meeting you will:

- ✓ Greet the first responder and ask how things are going.
- ✓ Inquire about previously discussed issues.
- ✓ Ask about progress being made on previously set goals and measurable steps.
- ✓ Help the first responder decide if the steps are working, or if they need to be revised.
- ✓ Offer local resources that you know can be helpful in reaching a goal.
- ✓ Meetings to review and discuss progress on goals that have been set should take **no more than 50-60 minutes.**

Remote Training / Individual:

The next activity provides practice using the **Life Coach Interview Notepad.**

You are provided with a sample assessment. Please use this to review the questions in the **Life Coach Interview Note Pad.** It is important to use these questions to complete your initial interview with clients. This should be done at your first meeting after reviewing the QOLA Profile.

Live Training / Small Group:

The next activity provides practice using the **Life Coach Interview Notepad.**

Use the form provided at the end of your workbook now to practice interviewing other prospective Life Coaches in this meeting. Use sample assessment as a guide to make the interview "data-driven".

<p>SPIRITUAL BELIEFS <small>An index of spiritual belief systems.</small></p> <hr/> <p>LIFE PURPOSE INDEX <small>Individual understanding of meaning or purpose in life.</small></p> <hr/> <p>SUPPORT SYSTEM <small>Relationships that expect help in difficult situations.</small></p> <hr/> <p>EMOTIONAL SUPPORT <small>A measure of emotional support available when needed.</small></p> <hr/> <p>TASK SUPPORT <small>Availability of physical assistance for regular duties and chores.</small></p> <hr/> <p>SOCIAL COMPATABILITY <small>Frequency of associations with others who have similar interests and values.</small></p> <hr/> <p>GUIDANCE SUPPORT <small>Evaluation of opportunities to receive counseling or guidance on personal issues.</small></p> <hr/> <p>ZUNG INDEX</p>	<p><small>Notes: Allow for discussion</small></p> <p>Do you feel like you have a relationship with God? _____ Is such a relationship important to you? _____</p> <p>What gives your life purpose/meaning? _____</p> <p>Do you receive support when you need it? _____</p> <p>How often do you socialize with family and friends? _____</p> <p>Who do you talk with about finances, marriage, kids, work, etc.? _____</p> <p>Zung: ____ no ____ yes ____ score</p>
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A word about confidentiality ...

It is ***absolutely essential*** to keep information about participants confidential. Revealing information shared during coaching sessions is unacceptable. All life coaches will be required to sign a confidentiality agreement. There are only two circumstances in which information should be shared:

- If a participant is suicidal.
- If a participant has threatened to harm another person.

If this occurs, a chain of command should be followed, and a program administrator should be notified.

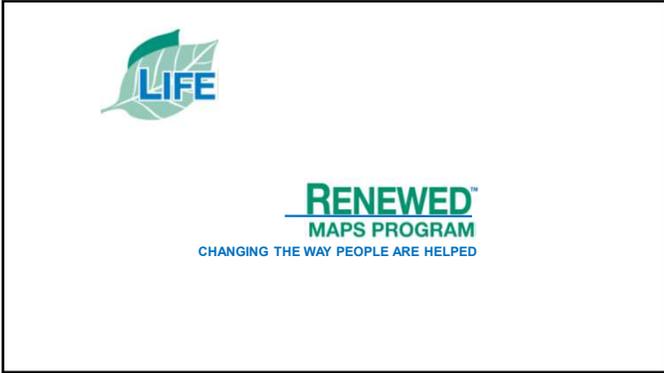
* If the threat is immediate, take necessary action to avoid loss of life.

Take some time now to discuss your thoughts about the importance of confidentiality and about why you should follow the chain of command to notify program administrators.

Congratulations!

You have now completed the
Code Blue
Life Coach Training Program.





The Life Renewed™ Operation Not Forgotten™ Program and the results of its computer-generated Quality of Life Assessment™ software analyses are not substitutes for professional clinical or medical advice, diagnosis, or treatment. Participants in the program and those reviewing the results associated with it therefore should always consult with a doctor or other health care professional for medical advice or information about diagnosis and treatment. Neither Life Renewed™ nor any other party involved in creating, producing, or delivering the Operation Not Forgotten™ program shall be liable for any damages, including without limitation, direct, incidental, consequential, indirect, or punitive damages, arising out of failure to consult health care professionals.

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Life Renewed Quality of Assessment Tutorial
Client / Coach

Double Click on the Client-Coach / LR-QOLA Icon on your desktop.



Type in your **Program Number**, **User Logon**, and your **User Password**

To take an assessment, click on the green button that says **"Take an Assessment"**.

When you are finished, you can print an assessment profile by **Selecting** (double click white box next to selected assessment).

To view or print an assessment profile, you must select at least one, but no more than three assessments. Selecting more than one will allow you to compare current assessment with previous ones.

To Print an Assessment Profile:

Click on the **"Print My Assessment"** button. It will take a minute or two for the Assessment Profile to appear. You will have the option to view the results before printing.

For Life Coaches ...

Coaches may check their client list by clicking the "Coach Maintenance" tab. This tab provides a list of the clients assigned to each coach.



Life Renewed Quality of Life Profile Guide

Your QOLA will take you on a journey of simple, scientific self-discovery. It's free and totally confidential. Our comprehensive assessment covers a wide variety of dimensions from everyday life to the most traumatic experiences.

The Quality Of Life Assessment (QOLA) provides an accurate Profile that includes these dimensions:

Physical Measure of how physical ability impacts your QOL (Quality of Life)	Emotions/Mental Measure of how your thoughts and feelings impact your QOL	Life Experiences Measure of how stress impacts your QOL	Belief System Measure of how your beliefs impact your QOL	Support Systems Measure of how your support systems impact your QOL	Health Behaviors Measure of how daily health habits impact your QOL
1. Physical Functioning	6. Social Functioning	11. Life Experiences Index	13. Spiritual Beliefs Index	15. Support System Support	Exercise, Body Weight Satisfaction
2. Physical Limitations	7. Emotional Health	12. Stress Index	14. Life Purpose Index	16. Emotional Support	Rest, Activity at Work, Sleep
3. Bodily Pain	8. Mental Health			17. Task Support	Love / Trust Relationships, Sexual Contentment
4. Health Perceptions				18. Social Support	Diet, Fruit & Veg Consumption
5. Energy Level				19. Guidance Support	Cigarette, Alcohol or Drug Consumption
9. Composite Physical Health	20. Composite Mental/Emotional Health				See Bill Use

Please see our consent about your health, privacy, tests, help, and support of a licensed medical or professional immediately. The QOLA and the results of the composite personal analyses are not a substitute for professional medical advice, diagnosis, or treatment. Please consult with a doctor or other health care professional for information about diagnosis or treatment.

Quality of life has a number of dimensions including mental and physical health, social interactions, spirituality, and stress. Many instruments have been developed to assess these dimensions, but we know of no other assessment aside from the Life Renewed Quality of Life Assessment™ instrument that combines all these dynamics in one profile.

Dr. Henry Webber, M.D., M.P.H., ACP Fellow, Cabot Fellow

Interpreting Your Personal Profile

- Your QOLA Profile Guide will explain how to evaluate your results, and give you helpful suggestions to enhance your quality of life.
- Your Quality of Life Assessment Profile is completely individualized. The Quality of Life Assessment measures real time functioning in multiple dimensions, so you will not fall into a particular category. Your assessment results are personalized and tell specifically how you are functioning.
- In most instances higher scores indicate better functioning and lower scores indicate an area where you might be facing a challenge. The USA general population norm is 50 percent. Therefore, except for the Zung Index, any score above 50 indicates a person functions better than the USA norm and scores below 50 indicate the person functions lower than the USA norm. **Any score between 45 and 55 is in the average range.** (The average range is indicated on the Assessment Profile by the blue bar in the middle.)
- On the **Life Experiences Dimension**, the score indicates the total number of both positive and negative stress-producing life experiences. **On this dimension, a higher score indicates a greater number of stressful life experiences, but not whether the experiences are positive or negative.** Positive stressors may include experiences such as changing jobs, getting married, moving into a new house, or having a new baby. While these are generally considered happy experiences, they often cause stressed life perceptions.
- On the last page of the assessment you will find an evaluation of your current Health Behaviors. This section is not scored the same as other sections of the assessment. On the Health Behaviors you can score in the positive or negative range. This delineates what challenges you might be facing. Any score on the negative side is an area where you may want to consider steps you may take to achieve a higher quality of healthy living in that area. Example: If you are a heavy smoker, you will score in the negative range for smoking. Steps should be taken to correct this health behavior in order for you to attain optimal health.



The Zung Depression Index

- The one exception is the Zung Depression Index. If you do not exhibit a propensity for depression, there will be no score on the Zung Depression Index. This is a standard depression tool which provides an index useful for determining the impact of life's stresses. The index is used along with other data to determine the potential for depression. **As opposed to other dimensions, on this part of the assessment a higher score indicates a greater propensity for depression, therefore, a lower score, or no score shown on this dimension is preferable. If you show no propensity for depression, a Zung Score will not appear on your Profile Report. A referral to a health professional is indicated if the score is in the range of 45 or higher.**

The Zung is only an index and does not provide a diagnosis of depression. This can only be determined by a qualified health professional.

The Quality of Life Profile Dimensions

There are nineteen quality of life dimensions and fifteen health behaviors assessed by the Quality of Life Assessment. Each dimension provides a personal, real-time evaluation of how you are functioning in that area. **Your Profile Report is completely individualized, so you will not fall into a particular category, or receive a label for aptitudes, skills, or personality traits that describe all individuals in a certain category.** This is specifically about you. No two people receive the same report. The following guide explains how to view your personal analysis found on your Profile Report. You may wish to use this guide as you examine each of your scores to gain a clearer picture of your quality of life and challenges that you might face. It is recommended that you use this guide for interpretation as you review your Assessment Profile.

Later, you will be able to use your Assessment Profile as a blueprint to improve your quality of life. If you find you are facing a challenge in a certain area, ask yourself, "What actions do I need to take in order to make this dimension of my life as good as it could be?" Being proactive and taking control of your life requires honesty and courage. You can achieve a better quality of life.



- 1. PHYSICAL FUNCTION:** This dimension tells how you perform in a range of physical activities that include self-care, walking, climbing stairs, or other more vigorous activities. An average score is between 45 and 55. If you are above 55, then you are capable of vigorous activities. If you fall below 45, you need to assess why you are having difficulty with physical tasks such as walking, climbing, or self care. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 2. PHYSICAL LIMITATIONS:** This dimension illustrates the impact your physical functioning is having on your performance at work, or on daily activities. The average range is between 45 and 55. If you score above 55, then you are well able to handle the physical demands associated with your work, or daily life. If your score is below 45, you may be having difficulty meeting physical demands at work, or in your day to day activities. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 3. BODILY PAIN:** This dimension demonstrates the effect/interference of bodily pain on work or activities inside or outside of the home. An average score is between 45 and 55. If you are above 55 you are probably experiencing little or no regular bodily pain, and there is no interference with work or activities. If your score is below 45, then your work or other activities may be affected by bodily pain. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 4. GENERAL HEALTH PERCEPTIONS:** This dimension deals with how you view your general health, your outlook, and your resistance to illnesses. An average score is between 45 and 55. If you score above 55, you probably have a positive outlook about your health. This may make you more resistant to illness. A score under 45 indicates that you may have concerns about your general health, and your resistance to illness.



- 5. ENERGY LEVEL:** This dimension gives you information about how much energy you have to carry out your daily routine. An average score is between 45 and 55. If you score above 55, then it can generally be stated that you are not experiencing any difficulties in this area. If your score is below 45, then you may be experiencing challenges with frequent fatigue. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 6. SOCIAL FUNCTIONING:** The extent and frequency that health concerns interfere with social activities with friends, or relationships, is specified in this dimension. An average score is between 45 and 55. If you score above 55, your health probably is not affecting your social activities or relationships in a negative way. A score under 45 may indicate that your social activities and relationships may be affected by health concerns. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 7. EMOTIONAL LIMITATIONS:** This dimension indicates the impact of emotional concerns on your performance at work or during other regular activities. An average score is between 45 and 55. If you score above 55, your emotions are probably not affecting your social activities or relationships in a negative way. A score under 45 may indicate that your social activities and relationships may be affected by your emotions. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.
- 8. MENTAL HEALTH:** This is a composite measure of anxiety, possible depression, and loss of behavioral/emotional control as opposed to psychological well-being. An average score is between 45 and 55. If you score above 55, your behavior is probably not being affected by symptoms of anxiety, depression, or loss of control. A score under 45 may indicate that your behavior/relationships may be affected by symptoms of anxiety, depression, or loss of control. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.



9. PHYSICAL HEALTH: This is a composite rating of the effect of physical status, feelings of well-being and bodily pain and their impact on social activities. An average score is between 45 and 55. Scores over 55 indicate generally excellent health, while scores below 45 may indicate you are facing some physical challenges. The steps you need to take to improve may require a change in habits, or a visit to a health care professional. Checking the health behavior section of your profile will help you determine which habits you may need change. You may need to begin with a physical from a health care professional to help determine your direction for improvement.

10. EMOTIONAL/MENTAL HEALTH: The emotional/mental health dimension is a composite of the impact of stress on social, emotional, and mental health. An average score is between 45 and 55. Scores over 55 indicate generally excellent emotional/mental health, while scores below 45 may indicate you are facing some challenges. The steps you need to take to improve may require a change in habits, or a visit to a health care professional.

11. LIFE EXPERIENCES: The Life Experiences Dimension indicates the number of stressful life experiences you have had in the past year, but not whether they were positive, or negative. On this dimension, a higher score indicates a greater number of stress-producing experiences while a lower score indicates a lower number of stress-producing experiences. **Therefore, on this dimension a lower score is preferable.** Examples of positive situations that produce stress might include getting married, moving into a new house, having a baby, or starting at a new job. Think about both positive and negative experiences you have had over the past year and the frequency of each.

My family and coworkers have noticed the change in my attitude. I believe that I can be successful.



12. STRESS INDEX: The Stress Index measures the impact of stress on your social, emotional, mental, and physical health. As discussed in the Life Experiences Dimension above, stress can come from both positive and negative sources; however, whether the source is positive or negative, stress can be detrimental to your mental, emotional, and physical health, and can affect the way you respond to various social situations. On this dimension, a higher score indicates a greater number of stressful experiences, while a lower score indicates fewer stressful experiences. **Therefore, on this dimension a lower score is preferable.**

13. SPIRITUAL BELIEFS: The Spiritual Beliefs Dimension is an index of your spiritual belief system. It does not encourage or favor any belief system, but offers an index of how important spiritual beliefs are in your life. On this dimension, a higher score indicates you are more spiritually-oriented, while a lower score indicates you place less value on spirituality.

14. LIFE PURPOSE INDEX: The Life Purpose Index reflects your individual understanding of the meaning or purpose of life. Again, it does not encourage or favor any belief system, but establishes your own personal feelings and beliefs about how meaningful and fulfilling you find your life. A higher score indicates a feeling of greater meaning and fulfillment, while a lower score indicates fewer feelings of purpose in your life. If your score is below 45, spend some time reflecting, honestly evaluating your present situation, and planning for your future.

15. SUPPORT SYSTEM: Who do you call when you need help with something? Everyone needs a support system for difficult situations or emergencies. This dimension provides you with information about the effectiveness of your support system. If your score is in the average range (45-55) or above, then you have probably prepared for emergencies and have trusted relationships that can step in during a crisis. If your score is below 45, then you need to make a personal emergency plan. Write down whom to call. Talk with family and friends and make arrangements ahead of time.

I am so much more focused on the really important things in life.



16. EMOTIONAL SUPPORT: Who do you call when you just need someone to talk to? Everyone needs a trusted confidant. It may be someone close by that you know well, or someone you communicate with at a distance. It's always better to "talk about it" before things build up. If you score 45 or above on the Emotional Support Dimension then you are probably already communicating effectively. If you score below 45, it is important that you begin sharing your feelings with a trusted friend, confidant, or counselor. Everyone needs to vent sometimes—it's healthier than holding things in.

17. TASK SUPPORT: Have you ever said, "I can't do everything by myself?" If you have, you were right. Super heroes don't really exist. Who do you count on for help with tasks or chores... when you're sick... or have to go out of town... when you have a home maintenance project? It's good to help others when they need it, and it is good for others to pitch in and help you. If you scored 45 or above, you are handling your task support well. If you score below 45, then you need to decide what interests you, and take steps to spend time with others who have the interests and hobbies.

18. SOCIAL COMPATIBILITY: We all enjoy spending time with family, friends or associates who have similar interests and values. It helps us to clarify our values, and broaden the scope of our interests. It's pleasant, refreshing, and rewarding. People need people. If you scored 45 or above, then you probably have hobbies, and interests that you share with others. If you scored below 45, then you need to decide what interests you, and take steps to spend time with others who have the interests and hobbies.

19. GUIDANCE SUPPORT: Sometimes it's good to get a second opinion. Asking someone who is more knowledgeable or experienced can help you make good decisions. If you don't already have someone who can guide you on personal issues (finances, relationships, parenting, career decisions), it is important to find a good advisor. If you scored 45 or above, you probably have people in your life with whom you can discuss personal issues. If your score is below 45, look around and notice who seems to be in the practice where you would like to see yourself. Ask them what they did to get where they are; get their advice. If necessary, get the advice of a professional counselor.

I'm learning a lot about myself and how I can become self-sufficient.



20. HEALTH BEHAVIORS

The next section of your profile will help you understand the significance various health behaviors are having on your feelings of well-being and quality of life. In this section you can score in the positive or negative range. Scores in the positive range indicate factors that are contributing to your good health. The higher the score, the better you are doing in that area. Scores in the negative range specify areas that may be causing health issues. These are things that you may want to consider taking control of and changing.

We trust your QOLA Profile has been helpful for you to have a better understanding of your quality of life. Please continue to take the suggested steps to improve your QOL. We encourage you to take the assessment again in three months to check your progress and success.