

Quality of Life Questionnaire: Landscapes of the Mind

(Adult Version)

The Place of Self-Esteem/Self-Compassion



- I'm compassionate with myself when I'm stressed or make a mistake
- I appreciate qualities in myself
- I feel liked
- I know I'm good at some really important things

Yes
Sometimes
No

The Place of Calm, Ease and Self-Care



- I feel at peace and at ease with myself
- I'm able to let go, relax and just be
- I seek comfort and solace when stressed or in emotional pain
- I'm good at self-care and looking after my body

Yes
Sometimes
No

The Place of Purpose and Meaning



- I know what I want to do with my life
- When I have an idea I follow it through to make it happen
- I persevere when something gets hard
- I am very clear about what and who gives my life meaning

Yes
Sometimes
No

The Place of Passion, Exploring and Adventure



- I'm excited by knowledge and ideas
- I love being alive despite the hard times
- I seek new experiences/opportunities
- I can be spontaneous and passionate

Yes
Sometimes
No

The Place of Awe and Wonder



- I'm able to be 'in the moment' with the beautiful, awesome, emotionally moving
- I relish small pleasures
- I feel nourished by sensorial experience e.g. sounds, sights, smells, textures, tastes
- I feel deeply enriched by what the world has to offer

Yes
Sometimes
No



The Place of Relationship Skills and Repair



- I laugh, play and have fun with my friends/colleagues
- I ask people about their lives, instead of just talking about me
- I'm able to say I'm hurt/be vulnerable and ask for what I need
- I'm able to apologise and resolve arguments

Yes
Sometimes
No

The Place of Love, Empathy and Kindness



- I can be warm and caring
- I feel the pain of others and I can voice my empathy
- I know how to love another in peace not in torment
- I deepen my important relationships over time

Yes
Sometimes
No

The Place of Standing up for Myself and My Needs



- When a relationship is over or damaging I have the courage to leave
- I can be assertive and find my voice if it something doesn't feel right
- I don't put pleasing others before my own needs
- If someone tries to shame me I stand up for myself

Yes
Sometimes
No

The Place of Reflection and Processing Painful Past Experiences



- I stand back and reflect on my life, past, present, future
- I know when painful past experiences are colouring my perception of the present
- I can grieve loss when I'm with an empathic listener
- I put time and effort into addressing my emotional baggage

Yes
Sometimes
No

The Place of Creativity, Industry and Potential



- I can make good things happen
- When I feel creative, I create
- Using my imagination to create something makes me feel good
- I can be in creative flow without self-doubt or needing to be perfect

Yes
Sometimes
No