

INTRODUCTION:

Eminent psychologists and economists are exploring happiness in a scientifically robust way. While many definitions of happiness abound, Michael B. Frisch PhD, a psychologist and author of “Quality of Life Therapy”, has a succinct definition. “Happiness is the fulfillment of cherished goals, wishes and needs in valued areas of our lives.” This implies that subjective wellbeing is purposeful and is an ongoing process that requires strategic planning. In other words, it requires “rigour and vigour” on our part.

Based on Michael B. Frisch’s work, AQB has developed this questionnaire as a mindful strategy that encompasses both broad vision and concrete action in current key domains of our lives. Within the universal domains on the questionnaire, we need to identify and evaluate – at least annually - our levels of satisfaction in those domains that are a personal priority in order for us to decide where and how to allocate our personal and financial resources to enable us to flourish.

THE PROCESS:

Table 1:

- Identify your level of satisfaction in the key domains of your life in Table 1 by entering either H (High), M (Medium) or L (Low). If a domain does not apply to you, enter “Not Applicable”.
- Prioritise these domains by entering those that are highest priority for this year on Table 1. You may prioritise as many as you wish. Some of the areas that you ranked as Low and Medium Satisfaction are ones you may need to focus on, but you may also wish to include some High Satisfaction areas that you want to maintain and develop.

Table 2:

- Transfer your priority ranking to Table 2. You may wish to add more rows, depending on the number of priorities you transfer.
- Develop an “ACTion Plan” for your highest priorities (as many as you want to) in order to turn this into a strategy for the ensuing year. ACT is an acronym for the components of your ACTion plan:
 - “A” : achievable goals for the coming year
 - “C” : concrete and specific activities that translate goals into specific actions
 - “T” : time frame targets - specific short, medium and longer term targets to be met by year end.
- Attach a monetary value: Healthy finances are essential to living an optimal life. The financial impact of our life plans is therefore included as inflow amounts, outflow amounts, or neutral where no significant financial consideration impacts on the ACTion plan.
- Review as often as you wish to as a monitoring process during the year. Although you complete your plan individually, it could enhance the process if you set time aside to share the plan with significant people in your life. This can help to align families in terms of common goals and to understand what may be wishes, needs or cherished goals of other family members. If done in the spirit of love and listening, it can develop and strengthen relationships.

Table 1

KEY DOMAINS OF LIFE	CURRENT SATISFACTION (High / Medium / Low / N/A)	PRIORITY RANKING
HEALTH		
Physical health: (weight, fitness, conditions)		
Financial wellbeing: (earnings, possessions, debt and future security)		
Emotional health: (stress, anxiety, self-esteem and related concerns)		
Spiritual: (a religious, spiritual or values-based belief system)		
PURSUIITS		
Work: (your career at home or at your place of work and includes what you do, earn and how you get on with colleagues)		
Rest and relaxation: (enjoying down-time e.g. TV, reading)		
Exercise: (keeping fit e.g. gym, walking, sport)		
Community engagement: (other than friends or relatives – helping causes or communities)		
Cultural and creative: (involvement in creative thinking / work or enjoying arts etc)		
Further learning/skills development: (formal or informal study, reading or courses)		
ENVIRONMENT		
Home: (your house or apartment and how content you are with its appearance, size and regular costs)		
Neighbourhood: (the suburb, neighbours, safety and tidiness issues)		
Geographical location: (this include the city, province or country, and people, safety and resources)		
RELATIONSHIPS		
Significant other / spouse / partner: (an intimate / romantic relationship with related physical and emotional components)		
Children: (your evaluation of how you feel you manage and invest in these relationships)		
Friends: (people outside of your family with whom you share experiences and enjoy time)		
Relatives: (other family members with whom you are involved and share time)		



Table 2

Rank	Domain	ACTion Plan	Financial Impact outflow/inflow/neutral	Review
1.		A		
		C		
		T		
2.		A		
		C		
		T		
3.		A		
		C		
		T		
4.		A		
		C		
		T		

NAME: DATE: DATES OF REVIEWS:

EXAMPLE: Table 2 can be completed in the following way:

Rank	Domain	ACTion Plan	Financial Impact outflow/inflow/neutral	Review
1.	Relationship with children	A: Strengthen contact with child living overseas C: Plan visit for Dec 2012, Skype 1x per week/send surprise parcel quarterly T: Set up regular skyping time by end Jan Send parcel by end March Open holiday fund by end Jan	Visit : approx R40,000 Parcel: R300 x 3 Skype: neutral	Review by end Jan