

# Quality of Life

## Personal Rubric

**Directions:** Choose 5 criteria which you think determine better quality of life. Write these in the left column. For each criteria, differentiate between Bad and Good. (ie: If your criteria was *"time spent with excellent teachers"* then a 1 might be *"less than 1 hour a day"*, a 2 might be *"2 to 3 hours a day"* and a 3 might be *"more than 3 hours a day"*. Once you have finished your rubric, rate the quality of your life. The highest score would be 15 and the lowest would be 5.



Criteria	1 (Bad)	2	3 (Good)