

FINANCIAL WELLNESS ASSESSMENT

This assessment is designed to gauge financial wellness and serve as a tool in the financial coaching process. Its purpose is to encourage open conversation about money and provide a framework for setting personal financial coaching goals.

THE BASICS

1. Basic Inventory (Yes/No)
 - Do you know your monthly income?
 - Do you know your monthly fixed expenses?
 - Do you know your net worth?
 - Do you monitor your cash flow?
 - Do you know your current level of indebtedness, including both credit card and student loan debt?
 - Do you know your credit score?
 - Do you have short-, mid and long-range financial goals?
 - Do you have a will?
 - Do you use a budget to guide your financial decisions?
- Do you currently have more than three active credit/debit cards?
- Do you think at least weekly about your next large discretionary purchase?
- Is your rent payment/mortgage payment more than 30% of your household income?
- Do you own or lease a vehicle whose total sticker price exceeds 50% of your annual income?

SPENDING AND POSSESSIONS

2. Financial Situation (Strongly Disagree = 1 / Strongly Agree = 5)
 - I am comfortable with my current financial situation.
 - I am comfortable with my level of education debt.
3. Budgeting Practices (Never / Rarely / Sometimes / Often / Always)
 - Do you follow a budget of any kind?
 - Do you plan ahead for large expenses like vacation or holiday spending?
 - Do you make decisions in advance about giving, saving, and spending money?
 - Does your behavior reflect these decisions?
4. How often do you purchase something just to lift your spirits, even though you don't really need it? (Never / Rarely / Sometimes / Often)
5. Spending Habits (Yes/No)
 - Do you make a concerted effort to live within your means?
 - Are you currently behind in paying any of your bills?
 - Do you currently carry a balance on a credit card?
 - In the past year have you ever paid only the minimum due on a credit card?
 - In the past year have you ever paid a late fee on a credit card or an overdraft fee on your checking account?
6. Attitudes about Money (Never / Rarely / Sometimes / Often)
 - How often do you lose sleep worrying about money?
 - How often does money cause tension in your relationship with another person?
 - How often do you consider how your financial actions and decisions impact others?
 - How often do you talk about money with another person?
7. To what extent do you agree with the following statements? (Strongly Disagree = 1 / Strongly Agree = 5)
 - I know the difference between needs and wants, and my spending practices reflect this difference.
 - My giving and spending patterns reflect my deeply held values concerning my relationship with my family, my community, the world and God.
 - I structure my financial life to create resilience. My financial life is sustainable into the future even if unforeseen circumstances bring changes that I did not expect.

GIVING AND SAVING

8. Personal Giving Practices (Yes / No)
 - Do you regularly give away a percentage of your income that you plan in advance?
 - Do you pray about your decision to give? Do you talk about your giving with others?
 - Do you give spontaneously? Do you tithe?
 - If no, have you considered growing your level of giving until you tithe (10%)?
9. Which best describes your approach to giving?
 - Giving is my first priority above all other expenditures.
 - I give after all other bills are paid.
 - I give only if there is something left over.

10. Saving Habits(Yes/No}
- Do you have a savings account?
 - Do you have an emergency fund or savings for meeting emergency financial needs?
 - Are you currently saving for any large expenses such as a home, car or vacation?
 - Are you saving for retirement?
 - Have you set any short-, mid or long-range savings goals?

FAITH AND FINANCE

11. How much would you say your faith affects your use of money?
- Not at all
 - Only a little
 - Somewhat
 - Quite a bit
 - A great deal

If you are single, you have completed the assessment!

COUPLES AND FAMILIES

If you have a spouse/partner but no children, please complete ONLY the Couples section. If you have a spouse/ partner and children, please complete ONLY the Family Section.

COUPLES SECTION

12. How often do you discuss money with your spouse/ partner?
- Daily
 - Weekly
 - Quarterly
 - Annually
 - Never
13. Financial Situation (Strongly Disagree =1/ Strongly Agree =5)
- I am comfortable discussing money with my spouse/ partner.
 - My spouse/partner and I agree on our financial goals and work together to shape our joint financial life .
 - My spouse/partner and I discuss and plan our giving together.

FAMILY SECTION

14. How often do you discuss money with your spouse/ partner AND children?
- Daily
 - Weekly
 - Quarterly
 - Annually
 - Never
15. Financial Situation (Strongly Disagree = 1/ Strongly Agree 5)
- I am comfortable discussing money with my spouse/partner and children.
 - I am comfortable discussing money with my children.
 - My family and I agree on our financial goals and work together to shape our joint financial life.
 - My family and I discuss and plan our giving together.