

# Financial Health Quiz

**Here's a short quiz to help you figure out whether you're financially on track to live your best life, and if not, where your vulnerable spots are:**

- The AIM is to GET THE LOWEST SCORE.
- Yes, that's right! The less you check, the financially healthier you are.
- You'll see that some answers have 1 point assigned and others have 2 points assigned - that's because some are considered more important to your financial health than others.
- For each question you answer “Yes” you get 1 or 2 points. If you answer “No” then you get 0 points for that question. At the end count all your points for your score.

- You worry that you may not have enough saved for retirement. (2 points)
- You have lost sleep because of financial concerns at least once in the last two weeks. (1 point)
- You don't feel comfortable speaking about your financial situation and concerns with your partner or closest family members. (2 points)
- You feel overwhelmed with managing your finances. (2 points)
- You don't know how much money you are spending on a weekly basis. (1 point)
- You delegate most of the financial responsibilities to your partner or a 3rd party. (2 points)
- You have a credit card debt balance over \$2,000 that you have carried over for more than 3 months. (2 points)
- You've not had a raise or promotion at work in the past 3 years. (1 point)
- You have trouble negotiating for deals or saying no when it comes to spending money that you don't want to spend. (1 point)
- You don't have emergency savings of at least 3 months in your bank account. (2 points)

# Financial Health Quiz

- You have non-mortgage debt of over \$30,000. (2 points)
- You don't know how to create an investment portfolio that meets your needs. (2 points)
- You're not sure what questions to ask a bank or financial advisor when it comes to your savings or investments. (1 point)
- You do not know how much savings you will need in retirement and you are 45 years of age or older. (2 points)
- You don't have life insurance, you have dependents, and you are not independently wealthy. (2 points)
- You don't have a will/estate plan, and you're over 30 years of age or have dependents. (1 point)

## Your Total Score

0-5  
points

Congratulations! Pat yourself on the back for being in good financial shape. You may want to spend an hour reading up on the areas where you scored points but be sure to reward yourself because you're on your way to living a financially empowered life! 🍷👏

6-12  
points

You should be proud of the progress you have made. Take this opportunity to take preventive measures by focusing on the areas where you feel most financially vulnerable. Educate yourself and tackle the gaps. Don't forget to leverage your strengths, as you have many!

13-20  
points

The alarm bells are ringing. 🕒 You have some gaping holes in your financial plan that are very likely to spill over into the areas where you're doing okay. It's time to address your finances properly and put a plan in place to avoid a negative domino effect. It all starts with my Money Masterclass.

21-26  
points

Girlfriend, we need to seriously talk, and we need to get you a plan PRONTO! Here's the thing: It's never too late. Learning and addressing your financial wealth today is your superpower. You absolutely must attend my Money Masterclass. Muster up the courage, get your head out of the sand and start today! You got this! 🎯😊