

FINANCIAL EMPOWERMENT SELF-ASSESSMENT

Name:

Date:

Understanding Financial Stress T = Mostly True, F = Mostly False	T	F
I am aware that my financial stress is often rooted in my thoughts rather than my actual financial situation.		
I regularly take a step back to notice and clear anxious thoughts about money before making financial decisions.		
I believe that with a calm and clear mind, I can make better decisions regarding my financial future.		
Creating Financial Clarity T = Mostly True, F = Mostly False	T	F
I have a budget that provides a clear picture of my income, expenses, and savings.		
I feel in control of my financial situation because I regularly track where my money is going.		
When I think about my finances, I feel calm and empowered rather than overwhelmed.		

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Building an Emergency Fund T = Mostly True, F = Mostly False	T	F
I have at least 3-6 months of living expenses saved in an emergency fund.		
I understand that having an emergency fund gives me peace of mind and reduces future financial stress.		
I automate my savings to consistently grow my emergency fund without having to think about it daily.		
Managing Debt Effectively T = Mostly True, F = Mostly False	T	F
I approach debt repayment with clarity, focusing on paying down the highest-interest debts first.		
I do not let my financial situation define my worth and trust that I can manage my debt with a calm mind.		
I believe that small, consistent actions toward paying off my debt will lead to long-term financial freedom.		

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Investing with Confidence T = Mostly True, F = Mostly False	T	F
I feel confident about investing and trust my inner wisdom to guide me in making sound financial decisions.		
I have a diversified investment portfolio that aligns with my long-term financial goals.		
I regularly review my investment strategy from a place of calm and clear thinking rather than fear or anxiety.		
Financial Mindset T = Mostly True, F = Mostly False	T	F
I recognize that financial empowerment is as much about my mindset as it is about practical financial strategies.		
I understand that my thoughts about money shape my financial reality and work on maintaining a positive mindset.		
I approach all financial decisions with a sense of clarity, resilience, and confidence.		

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Scoring T = Mostly True, F = Mostly False	T	F
Mostly True: You are on the path to financial empowerment with a healthy mindset and solid financial strategies in place. Continue refining your approach, and consider working with a coach to further strengthen your financial resilience.		
Mostly False: You may be experiencing financial stress rooted in your mindset. Consider exploring how shifting your thoughts and understanding the principles of Mind, Consciousness, and Thought can transform your financial future.		
Call to Action: If this assessment reveals areas where you're struggling with financial stress, let's talk. Schedule a free discovery call to explore how shifting your mindset can lead to lasting financial empowerment. Together, we can develop a plan to help you achieve your financial goals with clarity and confidence.		