

SESLOC Money Coaches

SELF-ASSESSMENT

Name: _____

Current Credit Score (optional): _____

My financial goals or reason for a SESLOC Money Coach 1:1 session is: _____

How Financially Healthy Are You?

Take this quick quiz to find your Financial Health Score. The quiz contains five sections: Spend, Save, Borrow, Plan, and Overall Preparedness & Confidence.

For each question, circle the answer that most closely matches your financial situation, then write your score in the orange box. Use the scale at the end of the quiz to review your Financial Health Score.

SPEND

1. Over the past year, how would you describe your spending patterns relative to income and expenses?						
	Spend much less than income	Spend a little less than income	Spend about equal to income	Spend a little more than income	Spend much more than income	
Score (circle one):	5	4	3	2	1	

2. Over the past year, which of the following statements best describes how well your household is keeping up with your bills and credit card payments?				
	Pay all bills and credit card payments on time and in full	Pay most bills and credit card payments on time and in full	Struggle to keep up with bills and credit card payments	
Score (circle one):	5	3	1	

SAVE

3. How many months would you be able to live off of your savings? Exclude savings that are set aside in retirement accounts or the sale of assets. Consider basic monthly expenses such as housing, food, taxes, and healthcare.						
	More than a year	More than 6 months	4 – 6 months	1 – 3 months	Less than a month	
Score (circle one):	5	4	3	2	1	

4. Consider a long-term financial goal you have (buying a home, starting a business, retirement). How confident are you that you could reach these goals in the time frame that you hope to achieve them?					
	Very confident	Confident	Slightly confident	Not at all confident	
Score (circle one):	5	4	2	1	

BORROW

5. As of today, how would you describe the debt your household currently has? Please consider money owed on bank loans, student loans, mortgages, medical debt, past-due utilities, etc., money owed to friends and family, and any credit card balances you carried over from the previous month.					
	Do not have any debt	About the right amount of debt	Have a bit too much debt	Have far too much debt	
Score (circle one):	3	2	1	0	

6. What percentage of your monthly income goes to your debt payments? Please consider money owed on bank loans, mortgages, student loans, medical debt, past-due utilities, etc., money owed to friends and family, and any credit card balances you carried over from the previous month.					
	Under 25%	25% - 50%	50% - 75%	75% - 100%	
Score (circle one):	3	2	1	0	

7. What is your household's credit score?					
	Excellent	Good	Fair	Poor	I don't know my score
Score (circle one):	4	3	2	1	1

PLAN

8. Do you take steps to maintain or improve your credit score?				
	Yes, I take active steps	No, I do not take active steps	I do not need to improve my score	
Score (circle one):	4	1	5	

9. How far in advance does your household plan for upcoming financial obligations or opportunities?(for example, annual bills, life events such as weddings, large purchases, etc.)					
	More than a year	Between a year and six months	Less than six months	We do not plan ahead for large expenses	
Score (circle one):	5	3	2	0	

OVERALL PREPAREDNESS & CONFIDENCE

10. How confident are you that the insurance policies your household owns will provide you with enough support in case of an emergency? Please consider your health insurance, home/rental insurance, life insurance and disability insurance.						
	Very confident	Somewhat confident	Only slightly confident	Not at all confident	I don't have insurance	
Score (circle one):	5	4	3	1	1	

11. How possible would it be for your household to come up with \$3000 in the next month to deal with an emergency?						
	Very possible	Somewhat possible	Not very possible	Not at all possible	I don't know	
Score (circle one):	5	4	2	1	1	

Add up all of the numbers in the orange boxes to get your score out of 50	TOTAL:	___ / 50
--	---------------	-----------------

Review Your Financial Health Score:

To assess your overall score, add all the orange scores and write the total at the end of the quiz. To get your financial health score, multiply your number by 2.

