

Financial *Life* Planning
INSTITUTE



FINANCIAL DIAGNOSIS

Self-Assessment

PURPOSE

Diagnosis is essential to understanding and improving your relationship with money. The Financial Diagnosis Self-Assessment and Workbook are designed to help you increase personal awareness of the many aspects of your financial wellbeing.

DIRECTIONS

For each of the 40 statements, quickly choose the response that best reflects your feelings or behavior. Your first reaction is what you should record. Write the number of your selection in the right hand column. When you have completed all 40 statements, add the numbers in each section, and record the subtotal in the place provided. On the last page, add the subtotal for your Wealth-Care Total.

SECTION 1 FINANCIAL SENSORY SYSTEM

NUMBER

1.	<i>My financial life is a source of frustration and inner conflict.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
2.	<i>Financial matters are of no interest to me.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
3.	<i>I have not yet identified specific financial goals.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
4.	<i>I don't have a good understanding of the important financial issues that need to be addressed at this stage of my life.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
5.	<i>I will consider an investment only when I'm guaranteed not to lose any money.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
6.	<i>I am attracted to get rich quick tips and ideas.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
7.	<i>I feel that at this point in my life,</i>	<ul style="list-style-type: none"> 1. I am way behind where I expected to be financially 2. I am somewhat behind where I expected to be financially 3. I am about where I expected to be financially 4. I am ahead of where I expected to be financially 5. I am way ahead of where I expected to be financially 					
8.	<i>I worry about not having enough money in later life.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	

SECTION 1 Subtotal

SECTION 2 FINANCIAL RESPIRATORY SYSTEM

NUMBER

9.	<i>My financial records are not well-organized.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
10.	<i>I have not yet gotten the help I need to assess my financial picture.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
11.	<i>The way I manage money is not consistent with my priorities in life.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
12.	<i>This is how long I estimate it will take before I will be able to live the life I want:</i>	1. I have no idea	2. Over 10 years	3. 6-10 years	4. 1-5 years	5. I'm there now	
13.	<i>In regard to my saving habits,</i>	<ul style="list-style-type: none"> 1. I overspend and have too much debt to save 2. I spend what I earn and there is none left over to save 3. I save when I can 4. I save regularly, but not enough 5. I save regularly, and adequately to meet my goals 					
14.	<i>I frequently make purchases spontaneously.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
15.	<i>I am not taking full advantage of my tax advantaged retirement plan opportunities such as IRA's, 401(k) s, deferred compensation, etc.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
16.	<i>I don't check my progress towards meeting my financial goals on a regular basis.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	

SECTION 2 Subtotal

SECTION 3 FINANCIAL IMMUNE SYSTEM

NUMBER ▼

17.	<i>I am not well protected against major financial loss caused by extended illness, disability, long-term care, or downturn in the stock market.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
18.	<i>If I were to miss a month's pay, I would experience serious financial problems.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
19.	<i>I do not feel that I have skills, knowledge, and/or talents that are transferable and in demand in the job market.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
20.	<i>In the past, I have not been creative in finding ways to earn extra income when I have needed or wanted it.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
21.	<i>I feel defeated when I think about my financial future.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
22.	<i>If I were to lose half of my income, I could not successfully navigate the transition.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
23.	<i>I feel I don't have the skills and knowledge needed to build financial security.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
24.	<i>I'm easily confused or intimidated by financial terminology or jargon.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
SECTION 3 Subtotal							

SECTION 4 FINANCIAL CARDIO SYSTEM

NUMBER ▼

25.	<i>Financial issues cause a lot of tension in a relationship that is important to me.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
26.	<i>I experience a lot of frustration when discussing financial matters with certain family members.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
27.	<i>I am concerned about the impact of meeting the costs of higher education.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
28.	<i>I often feel squeezed between the competing financial needs and wants of family members (spouse/partner, children, parents, etc.).</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
29.	<i>I don't feel don't comfortable talking with financial professionals (i.e., accountants, bankers, investment representatives, etc.) about my financial matters.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
30.	<i>I don't feel confident in my ability to evaluate the accuracy and appropriateness of the financial advice I receive.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
31.	<i>I don't have helping others and/or supporting causes as a major goal for my money.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
32.	<i>Charitable giving is not currently an essential element of my financial plan.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree	
SECTION 4 Subtotal							



33.	<i>If I could, I would change the kind of work I do.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
34.	<i>I do not engage in paid or unpaid "work" that gives my life a sense of purpose.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
35.	<i>I have a difficult time clarifying what is most important to me.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
36.	<i>I've spent a lot of money trying to find happiness.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
37.	<i>I feel I do not spend adequate time with the people I love.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
38.	<i>I feel like my life revolves around making money.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
39.	<i>I am not motivated to take charge of my financial life.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
40.	<i>I am not committed to discovering my emotional roadblocks to achieving financial wellbeing.</i>	1. Always agree	2.	3. Halfway agree	4.	5. Never agree		
						SECTION 5	Subtotal	

In each of the five sections, add the numbers to determine subtotal scores. The maximum subtotal for each section is 40.

Next, enter the subtotal in the grid below and add together for your Wealth-Care Total. The maximum Wealth-Care Total is 200.

Section 1 Subtotal

Section 2 Subtotal

Section 3 Subtotal

Section 4 Subtotal

Section 5 Subtotal

Wealth-Care Total

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