

FINANCIAL LITERACY

Financial Fitness Self-Assessment*

Answer the questions with either True or False.

Description	True	False
1. I adhere to a detailed budget.		
2. I calculate my net worth annually and compare it to the prior year.		
3. I am reasonably careful with money.		
4. I can afford everything I need.		
5. I pay myself first.		
6. I understand how to use credit responsibly.		
7. I pay off my credit card balance every month.		
8. I do not spend impulsively—I save up for major purchases.		
9. I have money saved in an “emergency fund”.		
10. I have adequate life and disability insurance.		
11. If there is something I “want” but don’t “need”, I walk away and sleep on it.		
12. I write down my financial goals and have a plan to achieve them.		
13. I track my spending so I know where my money is going.		
14. I am using an RESP to save for my children’s education.		
15. I know where I am going and how to get there.		
16. I do not “gamble” with my savings by taking excess risk.		
17. I try to shop carefully, using coupons and waiting for sales.		
18. I keep well informed for everyday financial decisions.		
19. My spouse and I present a united front on financial issues.		
20. Money is not a taboo topic in my house.		

*Inspired by Financial Attitudes Exercise in Client-Centered Life Planning by Michael R. Curtis, 2005.

Results:

- Less than 10 Trues - you have some work to do!
- 10-15 Trues - you are in fairly good financial health. Keep working on it!
- 15-18 Trues - Congratulations, you are in excellent financial health!