

## Financial Wellness Pre-Assessment

Thank you for your willingness to participate in this survey as a part of the financial coaching program. In addition to helping us evaluate the effectiveness of the coaching program, the survey is designed to gauge your financial wellness and serve as a tool for you and your coach as you begin your coaching relationship. Its purpose is not to judge your financial wellness but rather to help start your coaching conversation.

We also hope to use the findings of this survey to gauge the effectiveness of the financial coaching program, by helping us understand the needs of the students in the program.

Please respond candidly. Your answers will be discussed with your coach but will be anonymous for any further use. If you have questions about the survey please contact Chick Lane at [clane001@luthersem.edu](mailto:clane001@luthersem.edu) or 651-641-3417. Thank you again for your willingness to participate in the financial coaching program!

## The Basics

First, we'd like to gauge what you know, what you have and what else you would like to learn.

### 1. Please tell us what you now know.

	Yes	No
Do you know your monthly income?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to calculate your monthly income?	<input type="radio"/>	<input type="radio"/>
Do you know your monthly fixed expenses?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to calculate your monthly fixed expenses?	<input type="radio"/>	<input type="radio"/>
Do you know your net worth?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to calculate your net worth?	<input type="radio"/>	<input type="radio"/>
Do you monitor your cash flow?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to monitor your cash flow?	<input type="radio"/>	<input type="radio"/>
Do you know your current level of indebtedness?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to calculate your current level of indebtedness?	<input type="radio"/>	<input type="radio"/>
Do you know your credit score?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to find your credit score?	<input type="radio"/>	<input type="radio"/>

**2.**

	Yes	No
Do you have a savings ear-marked for meeting emergency financial needs?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to create this?	<input type="radio"/>	<input type="radio"/>
Do you have short-, mid-, and long-term financial goals?	<input type="radio"/>	<input type="radio"/>
Do you have a will?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to write a will?	<input type="radio"/>	<input type="radio"/>
Do you have a budget?	<input type="radio"/>	<input type="radio"/>
Would you like more information about how to create a budget?	<input type="radio"/>	<input type="radio"/>

## Spending and Possessions

Now we would like to learn a little bit more about how you budget and spend your money.

### 3. Financial Situation

	Strongly disagree				Strongly agree
I am comfortable with my current financial situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable with my level of education debt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 4. Budgeting Practices

	Never	Rarely	Sometimes	Often	Always
Do you follow a budget of any kind?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you save ahead for large expenses like vacation or holiday spending?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you make decisions in advance about giving, saving and spending money?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does your behavior reflect these decisions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 5. How often do you purchase something just to lift your spirits even though you don't really need it?

- Never
- Rarely
- Sometimes
- Often

## 6. Spending Habits

	Yes	No
Do you make a concerted effort to live within your means?	<input type="radio"/>	<input type="radio"/>
Are you currently behind in paying any of your bills?	<input type="radio"/>	<input type="radio"/>
Do you currently carry a balance on a credit card?	<input type="radio"/>	<input type="radio"/>
In the past year, have you only paid the minimum due on a credit card?	<input type="radio"/>	<input type="radio"/>
In the past year, have you paid a late fee on a credit card or an overdraft fee on your checking account?	<input type="radio"/>	<input type="radio"/>
Do you currently have more than three active credit/debit cards?	<input type="radio"/>	<input type="radio"/>

## 7. Possessions

	Yes	No
Do you think at least weekly about your next large discretionary purchase?	<input type="radio"/>	<input type="radio"/>
Is your rent payment/mortgage payment more than 30% of your household income?	<input type="radio"/>	<input type="radio"/>
Do you have a garage, basement, attic, or storage space filled with stuff that you do not use?	<input type="radio"/>	<input type="radio"/>
Do you own or lease a vehicle whose total sticker price exceeds 50% of your annual income?	<input type="radio"/>	<input type="radio"/>

## 8. To what extent do you agree with the following statements?

	Strongly disagree				Strongly agree
My employment meets my vocational, financial and emotional needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My housing is safe and affordable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My transportation methods adequately balance my needs with the common good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am actively working to manage my debt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 9. Attitudes about Money

	Never	Rarely	Sometimes	Often
How often do you lose sleep worrying about money?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often does money cause tension in your relationship with another person?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you consider how your financial actions and decisions impact others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you talk about money with another person?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 10. To what extent do you agree with the following statements?

	Strongly disagree				Strongly agree
I know the difference between needs and wants, and my spending practices reflect this difference.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My giving and spending patterns reflect my deeply held values concerning my relationship with my family, my community, the world and God.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I structure my financial life to create resilience. My financial life is sustainable into the future even if unforeseen circumstances bring changes that I did not expect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Giving Practices

### 11. Personal Giving Practices

	Yes	No
Do you pray about your decision to give?	<input type="radio"/>	<input type="radio"/>
Do you talk about your giving with others?	<input type="radio"/>	<input type="radio"/>
Do you consult with your pastors or any other stewardship leaders in your congregation about your giving?	<input type="radio"/>	<input type="radio"/>
Do you regularly give away a percentage of your income that you plan in advance?	<input type="radio"/>	<input type="radio"/>
Do you give spontaneously?	<input type="radio"/>	<input type="radio"/>
Do you tithe?	<input type="radio"/>	<input type="radio"/>
If no, have you considered growing your level of giving until you tithe (10%)?	<input type="radio"/>	<input type="radio"/>

### 12. Which best describes your approach to giving?

- First priority above all other expenditures
- After all other bills are paid
- Only if there is something left over

## Faith and Finances

### 13. How much would you say your faith affects your use of money?

- Not at all
- Only a little
- Somewhat
- Quite a bit
- A great deal

### 14. Which of the following statements provide a foundation for your handling of money? (Check all that apply)

- We are blessed to be a blessing to others.
- It will be very hard for a rich person to enter the kingdom of heaven.
- God rewards the righteous with financial security.
- Whether we are rich or poor has little influence on our spirituality.
- Sell all of your possessions and give them to the poor.
- Whatever you ask will be given to you.
- Take care of the widow, the orphan and the resident alien.
- The one who blesses others is abundantly blessed; those who help others are helped.
- You cannot serve both God and money.

### 15. To what extent would you say you agree with the following statements?

	Strongly disagree				Strongly agree
God wants resources to be shared equitably among all people but leaves it up to us to do the sharing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
God gives some people more resources because God thinks they can handle them better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Followers of Jesus should lead very simple lives.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
God's vision for human life involves the creation and multiplication of wealth for all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Everything belongs to God and I am accountable to God regarding that which God has entrusted to my care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't need to worry much about finances because God will provide.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 16. Please tell us your relationship status:

- I am single. (You have completed the survey. Thank you.)
- I have a spouse/partner but no children. (Please complete ONLY the Couples section.)
- I have a spouse/partner and a child or children. (Please complete ONLY the family section.)

## Couples Section

### 17. How often do you discuss money with your spouse/partner?

- Daily
- Weekly
- Quarterly
- Annually
- Never

### 18. Financial Situation

	Strongly disagree				Strongly agree
I am comfortable discussing money with my spouse/partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My spouse/partner and I agree on our financial goals and work together to shape our joint financial life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My spouse/partner and I discuss and plan our giving together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Family Section

### 19. How often do you discuss money with your spouse/partner AND children?

- Daily
- Weekly
- Quarterly
- Annually
- Never

### 20. Financial Situation

	Strongly disagree					Strongly agree
I am comfortable discussing money with my spouse/partner and children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My family and I agree on our financial goals and work together to shape our joint financial life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My family and I discuss and plan our giving together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for for your participation.