

## **FINANCIAL WELLNESS ASSESSMENT TOOL**

Congratulations for taking time to assess your financial wellness. Answering the following questions truthfully will give you an idea of your current financial status. Analyzing your spending habits will allow you to see where your money is going, enable you to institute changes, and prevent you from making a financial commitment before you are ready. No matter what your results are, financial counseling is FREE at Army Community Service and can assist you in finding solutions that will benefit you, your family, and your career.

<b>FINANCIAL WELLNESS ASSESSMENT</b>	<b>YES</b>	<b>NO</b>
1. Are your debts making your home life unhappy?		
2. Do you have difficulty paying all your monthly bills each month?		
3. Does emotional or impulse spending ever create financial problems for you?		
4. Do you spend money that hasn't been budgeted for in your spending plan?		
5. Do you borrow money to pay off your debts or pay for items you used to pay for with cash?		
6. Are you paying bills with money designated for something else?		
7. Are you paying more than 20% of your income to pay debts (excluding car & mortgage/rent)?		
8. Are you tapping your savings to pay your bills?		
9. Is your savings cushion for emergencies less than one month's pay?		
10. Have you ever taken cash advances from one credit card to make payments on other credit cards?		
11. Do you generally pay only the minimum due on credit card and/or loan balances?		
12. Do you borrow money or extend the time it takes to pay off debts?		
13. Are you unsure of how much debt you have?		
14. Are you at or near most of your credit card limits?		
15. Do you take out a new loan before the old loan is paid off?		
16. Are you pawning items or using check-cashing operations/payday loan services?		
17. Are you often or always late in paying your bills?		
18. Do creditors call you regarding late payments or threaten garnishment, repossession, or cancellation of credit?		

### **Results and Advice:**

**\* If you answered "YES" to any of questions 1-9, you may be headed for financial trouble.**

Your answers indicate your financial situation is not necessarily a sign of impending doom, but you need to watch your spending and savings practices. Cut back on credit usage and be alert for other over extension signs.

**\* If you answered "YES" to any of questions 10-15, you are in financial trouble.** Eliminate credit usage and get your spending under control before your financial situation gets worse. You are encouraged to seek assistance from the Family Support Center in developing a realistic budget and debt repayment plan.

**\* If you answered "YES" to any of questions 16-18, you are in financial crisis.** It is imperative to get your spending under control right away. Before your financial situation becomes worse, put your credit cards away and stop all unnecessary spending. Recommend you immediately seek professional financial assistance by contacting the Family Support Center.

***For financial assistance, contact the ACS at 533-2437***