

## Emotional Net Worth Statement

1. I argue about money with the people I care about.

Never      Rarely      Sometimes      Often

2. I feel stressed about money.

Never      Rarely      Sometimes      Often

3. I lose sleep because of financial concerns.

Never      Rarely      Sometimes      Often

4. I feel unhappy because there's something I'd like to buy that I can't afford.

Never      Rarely      Sometimes      Often

5. I feel envious about what other people own.

Never      Rarely      Sometimes      Often

6. I'm confident that I'm saving enough.

Not at All      Not Much      To Some Degree      To a Great Degree

7. I believe I'm making a difference in the world with the money I donate.

Not at All      Not Much      To Some Degree      To a Great Degree

8. I have a sense of peace about money.

Not at All      Not Much      To Some Degree      To a Great Degree

**9.** My use of money is an expression of my highest priorities and commitments.

Not at All	Not Much	To Some Degree	To a Great Degree
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**10.** I live with a sense of freedom with regard to money.

Not at All	Not Much	To Some Degree	To a Great Degree
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Now review your answers. There's no magic formula for scoring your answers.

Just take a look at how you responded to the questions. Based on those responses, how would assess your overall emotional net worth?

Very Weak	Somewhat Weak	Somewhat Strong	Very Strong
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