

HOW'S YOUR MONEY HEALTH?

TAKE THIS QUICK TEST TO UNDERSTAND YOUR RELATIONSHIP WITH MONEY

How many of the characteristics below show up in your life? And how often do you experience them? If you tick the 'often' box to more than three statements, you may benefit from a conversation to understand your relationship with money. Visit <http://mindfulmoneycoaching.com/contact/> to arrange a free consultation.

	Often	Sometimes	Never
I pretend that everything is fine with money, or ignore money challenges			
I hate thinking about money, so I let my partner handle it and avoid discussing it			
I feel that having too much money is bad			
I worry about money so avoid spending it as much as possible			
I consider that I have more money than I really deserve			
I see money as a key factor in being happy			
When I have money, I want to keep it, so avoid spending as much as possible			
I love to take risks and gamble with money			
I spend more than I can afford			
I work long hours to earn more money so I never let my family down			
I hide my current financial situation from family and friends			
I see money as a way to make people love me or act as I want them to			
I never want my children to want for anything			
I expect money matters to take care of themselves			
I need to borrow from friends or family to get by			
I hate the idea of financial planning and budgeting			