

# Financial Health Checkup

*Take this short quiz to find out how financial healthy you are and ready for divorce*

How to calculate your FHQ 'Financial Health Quotient'

Give yourself  
**3 points**  
for each  
**A**  
response

Give yourself  
**2 points**  
for each  
**B**  
response

Give yourself  
**1 point**  
for each  
**C**  
response

Give yourself  
**0 points**  
for each  
**D**  
response

# Financial Health Check up

1) Do you have an up to date inventory of personal property?

A

Yes... down to the last set of coasters & towels

B

I know what's mine, but I don't have it written down in one big list

C

I haven't gotten around to it yet

D

What do I need to do this for?

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

2) Do you have an up to date inventory of your marital property?

A

Yes... and it all been valued

B

I know what's mine, what's his/hers, and what belongs to the family

C

I haven't gotten around to it yet

D

What is marital property?

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

**3) Do you know the location and value of all your investments including savings accounts, investment & retirement accounts?**

A

Yes

B

I think so... not sure if I have access to all accounts

C

I'm not sure... my spouse took care of those sorts of things

D

I have no idea

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

## 4)With regard to your current home . . . you

A

Know the current value including how much is still owed on the mortgage

B

Know the current value but not how much is still owed on the mortgage

C

Trust my spouse to give me my fair share

D

Are determined to keep it no matter what

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

## 5) In terms of RRSPs, you

A

Maximize contributions every year

B

Make sure you contribute something every year

C

Seldom make contributions

D

Wonder what RRSPs are

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

6) Do you know where your money goes each month?

A

Yes, down to the penny

B

Yes, give or take \$1000 or so

C

I think so, but I never seem to have as much as I thought I had

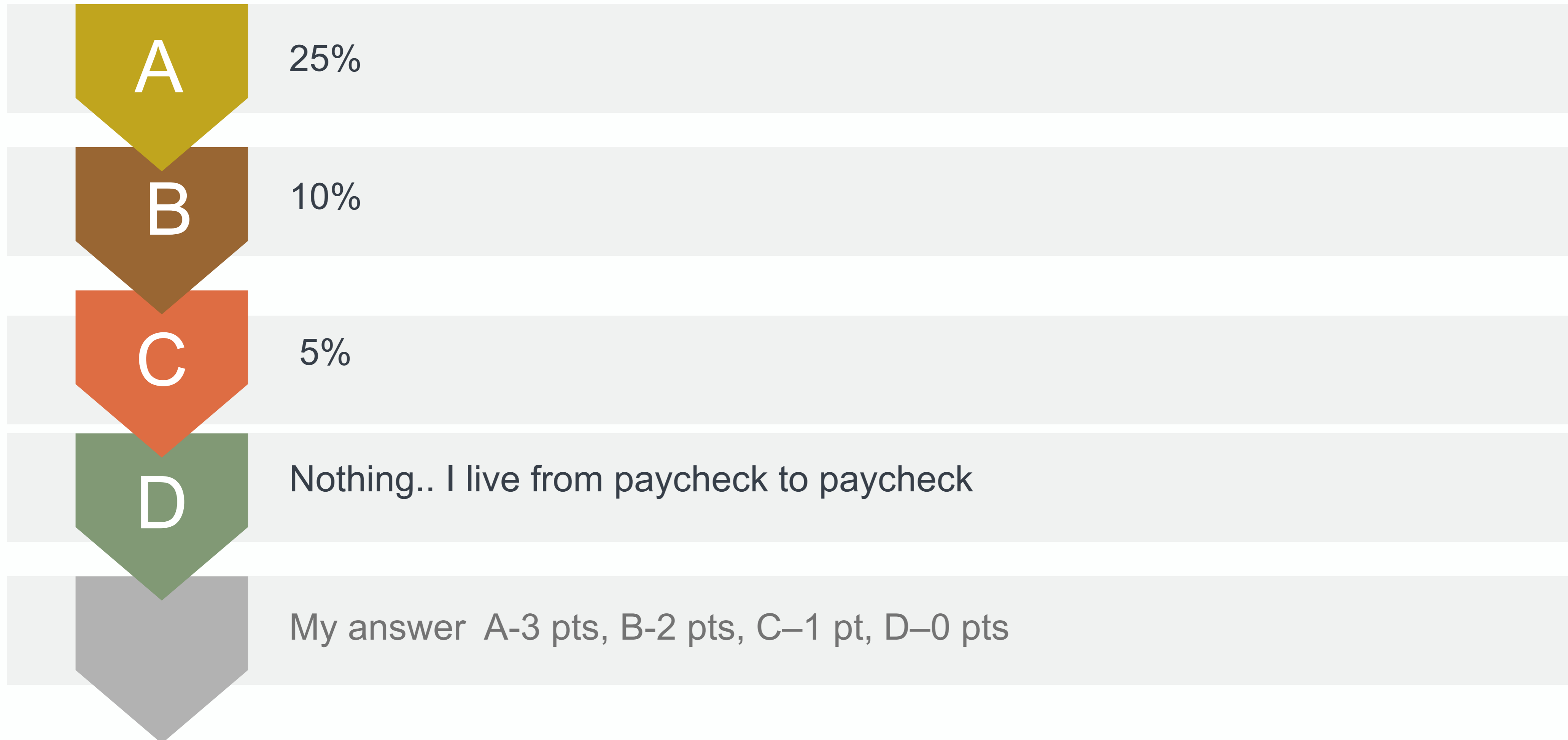
D

It just magically disappears

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

7) How much of your income do you save and invest for short and long term goals?





# Financial Health Check up

8) Do you have life insurance?

A

Yes

B

No

C

Don't know

D

I think through my spouse

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

**9) If something bad happened.. You got very sick and couldn't work, would you manage?**

**A**

Yes.. I have insurance policies to cover these types of things

**B**

Maybe, I'm not sure what my insurance coverage is

**C**

I would have to ask family and friends to help

**D**

No, I don't like to think about bad things happening to me

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Check up

**10) Your approach to managing your finances could be best described as:**

**A**

I have a monthly and yearly budget and review it regularly

**B**

I balance my bank account and put away a little money every month

**C**

My spouse always handled the family finances

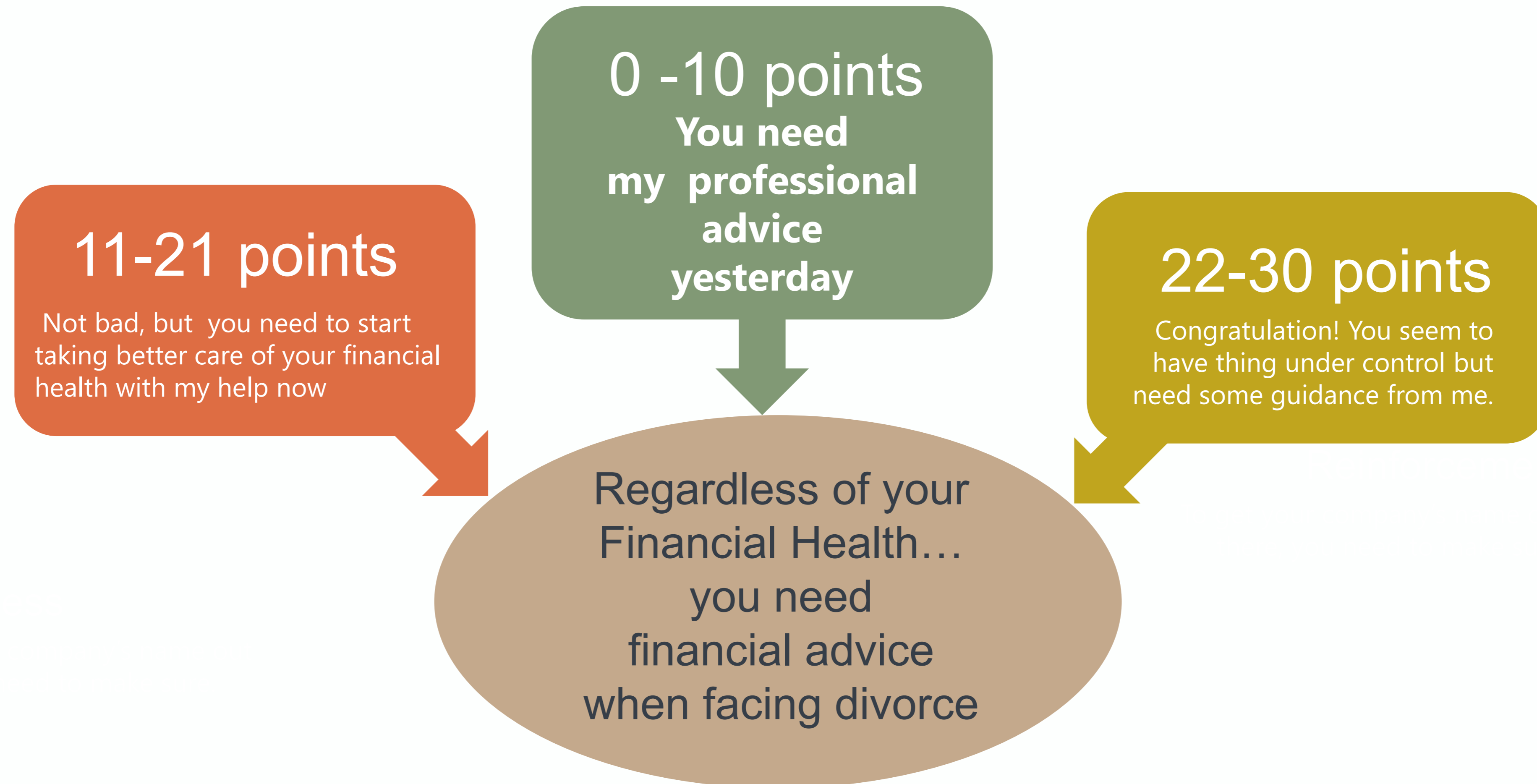
**D**

When I have the money, I spend it all and then some

My answer A-3 pts, B-2 pts, C-1 pt, D-0 pts

# Financial Health Checkup for Divorce

Based on your answers to this quiz, are you financially healthy and ready for divorce ?



Contact me to learn how I can help you improve your Financial Health