

# MONEY MINDSET CHECK

Take a few minutes to evaluate the thought process that goes into purchases you make every week. At the end you will find the Money Mindset that best describes you. We will use this info in your first coaching session.

Circle the number that best describes you:

## GROCERY SHOPPING

1. Let's see what I can do with this budget.
2. Store brand everything.
3. Get a little extra for hosting possible guests.
4. Rice, beans, bread, milk... I'm good.
5. Quality over price every time.

## EATING OUT

1. 2 for \$20 at Chili's. 1/2 price apps at Fridays.
2. An appetizer and water please.
3. Let me see if my friends want something.
4. What happened to the dollar menu?
5. I eat what I have a taste for regardless of cost.

## GETTING GAS

1. Upside, Rewards, how else can I save?
2. The one down the street is \$0.03 cheaper.
3. Give a \$50 gas card to another driver.
4. Let me get \$10 on pump 7.
5. Fill up until it clicks. Car Wash? Yes please.

## GOING TO CHURCH

1. I already give regularly online.
2. I'll give after I pay my bills.
3. Are there any specific needs I can give to?
4. I can't afford to give.
5. I tithe, give to missions, and special offerings.

## PAYING BILLS

1. Turn on those fans, we don't need A/C yet.
2. I have to work overtime to afford this light bill.
3. I am grateful for all the luxuries I can enjoy.
4. My phone is shut off... AGAIN!!!
5. All bills on automatic draft.

## FAMILY FUN

1. Let me check the budget.
2. Out for dinner or go see a movie - not both.
3. Our kids' friends can come out with us.
4. All I can afford is the park.
5. Kid's what do you want to do?

## The 5-S Money Mindsets

My goal is to help you get to the next "S" up.

Surplus (3s) - Feeling grateful and ready to share

Secure (5s) - Feeling mostly confident

Stable (1s) - Feeling OK, experiencing relative calm but hoping for more

Struggling (2s) - Feeling strapped in the present and anxious about the future

Surviving (4s) - Feeling drained, trapped, little sense of hope