

Financial Wellness Quiz: Are You on Track?

Let's assess your financial health! Answer the following questions with "Yes," "No," or "Sometimes" to get a snapshot of your financial well-being.

1. Do you have a clear understanding of your monthly income and expenses?
2. Do you have an emergency fund to cover unexpected costs?
3. Are you carrying high-interest debt (credit card debt, payday loans)?
4. Do you regularly save for your future goals (retirement, vacation, homeownership)?
5. Do you create and stick to a monthly budget?
6. Do you feel confident about your financial future?
7. Do you find yourself stressed about money?
8. Do you have a financial plan in place?

How to Score Your Quiz:

- **Mostly "Yes" answers:** You're on the right track to financial wellness!
- **Mostly "No" or "Sometimes" answers:** There's room for improvement in your financial habits.
- **A mix of answers:** You have a good foundation but can benefit from further financial planning.

Remember: This quiz is a general assessment. For personalized financial advice, consider consulting a financial advisor.

By understanding your current financial situation, you can take steps to improve your financial well-being and reduce financial stress.