



# Heart Check Quiz



# Welcome!

This quiz has been designed to help you reflect on your thoughts and feelings about money, and learn more about the relationship you have with your own money.

At the end of the quiz, you will be given some simple, practical action steps you can take to help you move forward in your current season.

We encourage you to save a copy of this document, and revisit it whenever you want to check your progress.

## How to take the quiz

On the following page, you will see several questions with sliding scales.

After reading each question, place a mark on the scale to represent where you'd place yourself at this point in time.

Once you've completed all of the questions, have a look at which side of the scale your marks mostly sit on.

On the following page, you'll see two (Mostly left and Mostly right). Read the one that corresponds most closely with your results.

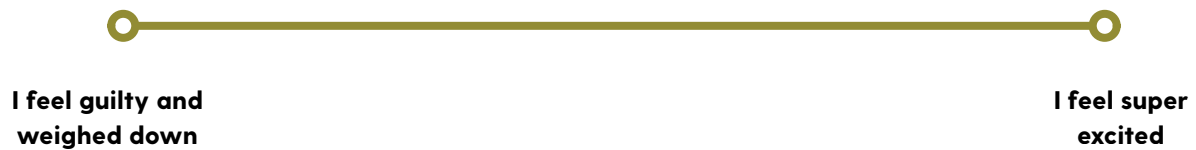
If a close friend asked you what you value most in the world, how confident would you feel answering them?



When you log in to check your bank balance, how do you feel?



When purchasing something more expensive than usual, how do you feel?



How comfortable do you feel sharing details about your budget with others?



If you meet up with a friend for coffee and they forget their wallet, how would you feel about buying them a coffee?



# Mostly left

## Anxious relationship with money

If you find yourself feeling anxious when you think about money, here are some action steps to take to help you build more confidence:

### 1. Consider your money story.

Everyone has a money story, and everyone's money story has an impact on their financial confidence. Dig into how you view money, and consider how past moments may have impacted your confidence positively or negatively.

### 2. Develop your budget and get comfortable with your money system.

Find a way of managing money that works well for you, and keep track of your progress so you can make changes when you need to.

### 3. Reach out.

If thinking about money impacts your day-to-day life in a negative way, we can connect you with a trained volunteer who can help.

To start the process, go to [hopeeconomy.org.au](https://hopeeconomy.org.au) and click the 'Get Help' button at the bottom of the page.

# Mostly right

## Confident relationship with money

If you feel relatively calm and confident when you think about money and budgeting, here are some action steps to keep you moving along the right track:

### 1. Continue learning.

It's important to remain educated so you can continue to make informed decisions with confidence.

### 2. Track your expenses.

Regularly look at your expenses and assess how well your spending aligns with your long-term goals and personal values.

### 3. Take a well-considered approach.

Sometimes confidence can lead us to make decisions quickly and with less intentionality. When making financial decisions, allow yourself enough time to properly consider your options before spending or making changes to your money system.

### 4. Build generosity into your budget.

Finding ways to be generous on a regular basis not only blesses others – it can also help you to maintain a healthy money mindset.