

# Financial Security Checklist

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## How Secure is Your Income?

High

Medium

Low

Are you doing good work? Do you have good relationships with co-workers and supervisors?  
Do you have paid sick leave?  
Is your employer financially stable?  
Does your household have income from more than one source?  
Can you get by without any income that may be uncertain?  
(overtime, commissions, child support, ...)

## How Strong is Your

High

Medium

Low

### Emergency Fund?

How long could you live on your savings if your paycheck stopped?  
(2 weeks or less = Low security; 2 months or more = High security)  
(3-6 months is recommended by many experts)  
Is at least one month of emergency money in an account you can access without risk or penalty?

## How Good is Your Credit?

High

Medium

Low

Do you have a good history of paying debts and monthly bills?  
Would you be able to get credit at a good interest rate from a reliable lender if needed?  
Do you have family or friends who would offer financial help in an emergency?  
Is your current debt level low?

## How Well Are You Insured?

High

Medium

Low

Do you have health insurance? Can you afford your deductible and co-payments?  
Do you have enough liability insurance to protect you in case you injure someone else?  
(liability insurance is part of auto and home/renters insurance; also available separately)  
Do you have disability insurance in case illness or injury prevented you from working?  
If you (or spouse) died, would the family have enough money? (life insurance or other sources)

## Think it over...

- **All four of these elements (income, savings, credit, insurance) work together to build security. If one element is weak, you can make up for it by strengthening another.**
- **On the back of this sheet, write goals for increasing your financial security.**

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