

Wealthness Indicator

Definition of Wealthness:

- a) the quality or state of being healthy in body, mind, money and spirit especially as the result of deliberate effort and taking responsibility.
- b) an approach to wealthcare (attending to all of the wealth in life) that emphasizes wholeness, openness, development, and creativity, as opposed to reacting, contracting and fixing problems.

On a scale of 1 to 5 (1 low and 5 high), rate the following in your life today:

For you internally

- Money confidence and resilience is strong
- Feel happy and peaceful
- Comfort with level of debt – (Long term mortgages and short term credit cards)
- Ease and joy in paying bills
- Ease and joy in spending, saving and giving away money

Practical matters and manifestation

- Knowing your monthly financial needs (amount to pay for your living)
- Sleep quality, physical health is positive
- Income taxes prepared timely (or as timely as you desire)
- Monthly surplus in cash flow
- Fulfilling work and career that allows you to express your genius/unique abilities
- Net-worth (assets minus liabilities) is comfortable

In your relationships

- Money conversations create positive energy
- Clear agreements exist around money and finances
- In full integrity with your money and financial agreements
- Relationship with money and finances is positive
- Money matters feel inviting rather than invasive

In systems and processes

- Financial systems and structures are clear, supportive and organized
- Sufficient knowledge about money and finances
- Financial choices are aligned with long term intentions (retirement, health care, etc.)
- Positive changes in wealth markers, (i.e. monthly surpluses, charitable giving, increased savings)
- Saving and investing consistently and within a measurable structure
- Estate plan is current and expresses your legacy accurately

Where you rated a 3 or lower, consider exploring that aspect of your wealthness. Allow the outcome of your exploration to be one or more of the following: 1) intention setting, clearly state how you want this aspect of your wealthness to be, 2) a new practice, to build muscles and your capacity in this aspect, 3) a commitment, to change and improve this aspect of your wealthness, 4) a new agreement, with another person where this situation calls for a shift, 5) define measurable targets for progress.