

Could you benefit from this 4-week course?

Substantive Living: Sustainable Quality of Life Beyond Consumerism Self-Assessment

Section 1: The Truth About Your Bag

On a scale of 1 to 5, rate your financial literacy, with 1 being the lowest and 5 the highest:

1. I understand budgeting, saving, and investing.
2. I am confident in my ability to make informed financial decisions.
3. I have a clear plan for achieving my financial goals.
4. I regularly track my spending and savings.
5. I am comfortable managing and reducing debt.

Section 1 Average Score: $[\text{Total score from statements 1-5}] / 5$

Interpretation:

- If your average score is 1-2: What are you even doing right now? You know you need to improve your financial literacy.
- If your average score is 3: Okay. You gotta lil' something-something going on, but you know you have some work to do in order to reach your goals. Let's get it!
- If your average score is 4-5: Come thru, grown woman! You have a strong foundation in financial literacy. Now let's level-up with a strong support squad.

Section 2: Belief In Yourself

On a scale of 1 to 5, rate your level of self-confidence, with 1 being the lowest and 5 the highest:

6. I feel confident in my ability to set and achieve personal goal.
7. I am satisfied with my level of self-confidence and self-esteem.
8. I handle setbacks, stress, and adversity in my life easily.
9. I have a clear sense of purpose and direction in life.
10. I practice self-care and maintain my mental and emotional well-being.

Section 2 Average Score: [Total score from statements 6-10] / 5

Interpretation:

- If your average score is 1-2: Come on, Sis. Let's unpack these bags. There is clearly mad room for growth in the personal development department.
- If your average score is 3: *Okay!* You have some self-empowerment skills. You also know that you could further develop them and really get things poppin'.
- If your average score is 4-5: You possess a strong sense of personal empowerment and have much you can bring to a strong support team.

Section 3: Sustainable Quality of Life

On a scale of 1 to 5, rate your current quality of life, with 1 being the lowest and 5 the highest:

I am satisfied with my current quality of life, beyond material possessions?
I feel fulfilled and content in my personal *and* professional life?

Section 3 Average Score: [Total score from statements 11-12] / 2

Interpretation:

- Stop playin', Sis. You know what time it is.

Overall Interpretation:

- If your overall average score is 1-2: Your spirit is telling you it's time to be seeking a more substantial and fulfilling quality of life.
- If your average score is 3: Your quality of life shows potential. Let's get busy with that self-improvement.
- If your average score is 4-5: You may already be experiencing a higher quality of life. This course is right on time to get you to where you are really trying to go.