

## Your Financial Health Checklist

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*A simple, practical tool to assess where you're at—and where to go next.*

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### 1. Understand Your Net Worth

Your net worth is the big-picture view of your finances. It's what you own, minus what you owe.

- Assets:
  - Home (estimated value)
  - Superannuation balance
  - Investment property
  - Shares / managed funds
  - Savings / cash on hand
  - Other assets (car, business, etc.)
  
- Liabilities:
  - Home loan
  - Investment property loan
  - Personal/car loans
  - Credit card balances
  - HELP/HECS debt

💡 Net Worth = Total Assets - Total Liabilities

*Write it here: \$\_\_\_\_\_*

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### 2. Check In On Your Cash Flow

Are you spending more than you earn? Or are you directing your money with purpose?

- Monthly Income (after tax):

- Salary / wages
- Business income
- Investment income
- Centrelink or other support
- Monthly Expenses:
  - Mortgage or rent
  - Groceries & household bills
  - Childcare / school fees
  - Subscriptions & lifestyle
  - Loan repayments
  - Other recurring expenses

💡 Surplus or Shortfall?

*Are you consistently saving money or falling behind?*

*Write your monthly cash flow position: \$\_\_\_\_\_*

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### 3. Emergency Fund & Savings Buffers

Do you have a financial safety net?

- I have at least 3–6 months of essential expenses saved
- I contribute regularly to a savings account
- I could handle an unexpected \$5,000 bill without stress
- I have a system to separate short-term and long-term savings

💡 *If you answered “No” to most of these, this is a great area to focus on.*

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### 4. Identify Your Next Best Steps

What could improve your financial health over the next 3–6 months?

- Review spending habits
- Build an emergency fund
- Pay down high-interest debt
- Boost super or investments
- Protect income with insurance
- Set and track financial goals
- Speak with a financial planner

📝 *Write down one key action for this month:*

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### **Ready for the Next Step?**

This checklist gives you clarity—now let's build a plan.

Book a free strategy session with New Era Financial Planning to create your personalised roadmap.