

Wealth = Structure + Energy Self-Assessment

Rate each statement from 1 (weak) to 5 (strong). Write or mark your chosen number in the grid.

SECTION 1 — STRUCTURE

Statement	1	2	3	4	5
I know my financial numbers clearly.					
I regularly review and audit my finances calmly.					
I have a working financial plan or budget.					
I have systems for bills and obligations.					
I have an emergency or stabilization fund.					
My income ecosystem feels intentional.					
I have clear wealth goals.					
I have boundaries around money decisions.					
I have a plan for debt, taxes, and obligations.					
I invest in some form of future-building.					
My environment supports focus and calm.					
My routines support stability.					
My commitments do not consistently overwhelm me.					
I make decisions with clarity instead of chaos.					
I feel grounded in responsibility instead of resentful.					

TOTAL STRUCTURE SCORE: _____ / 75

SECTION 2 — ENERGY

Statement	1	2	3	4	5
I handle money conversations without overwhelm.					
I feel deserving of what I desire.					
I do not collapse into urgency or panic.					
I trust myself to hold more wealth.					
I can hold success without sabotaging myself.					
I see myself as powerful and capable.					
I move with intention, not reaction.					
I know who I am becoming.					
I honor my boundaries.					
I do not shrink to make others more comfortable.					
My nervous system feels supported and safe.					
My lifestyle aligns with my desired identity.					
I experience rest without guilt.					
I make financial decisions from grounded clarity.					
My life feels designed, not endured.					

TOTAL ENERGY SCORE: _____ / 75