



resource

WEALTHINESS INDICATOR

Are you healthy in body,
mind, and money?

somaticfinance[®]
with Gayle Colman

Definition of Wealthness

a.) the quality or state of being healthy in body, mind, money and spirit especially as the result of deliberate practice 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:

___ 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 (progress on goals):

___ Knowing your monthly financial needs (amount to pay for your living)

___ Sleep quality, exercise, nutrition - physical health is positive

___ Income taxes prepared timely (or as timely as you desire)

___ Monthly surplus in cash flow is sufficient

___ Fulfilling work and career that allows you to express your genius/unique talents

___ Net-worth (Assets minus liabilities) is sufficient

In your relationships:

___ Money conversations create positive energy

___ Clear agreements exist around money and finances

___ In full integrity with your money and financial agreements and others

___ Relationship with money and finances is in alignment with my views and highest good

___ Money matters feel inviting rather than invasive

Continued...

In systems and processes:

- ___ Financial systems and structures are clear, supportive and organized
- ___ Sufficient knowledge about money and finances
- ___ Financial choices are aligned with intentions (retirement, health care, etc.)
- ___ Positive changes in wealth markers, (i.e. meet expenses, giving, sufficient savings)
- ___ Saving, spending and investing consistently and within a measurable structure.
- ___ Estate plan is current and expresses your desired legacy

Where you rated a 3 or lower, consider focusing on that aspect of your wealthness. Your focus might be one or more of the following:

- Intention setting - clearly define your desired wealthness goal
- A new practice - build muscles and your capacity to improve this aspect
- A commitment - discipline to grow and evolve this aspect of your wealthness
- A new agreement with another (person or organization), where this situation calls for more integrity
- Define measurable targets - create metrics to see progress