Next to each statement, circle how confident you feel about it.

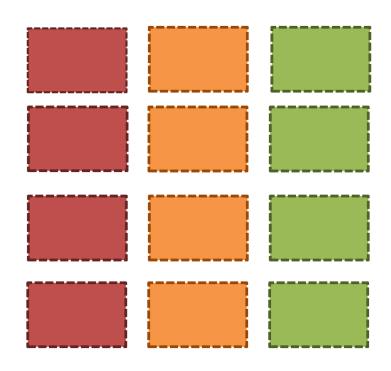
Red = not very confident, **Orange** = OK and **Green** = very confident.

I know the difference between survival, commitment and lifestyle costs.

I can create a budget.

I understand the relationship between money and emotional health.

I can make decisions on how to spend my money based on income.



Name:

Next to each statement, circle how confident you feel about it.

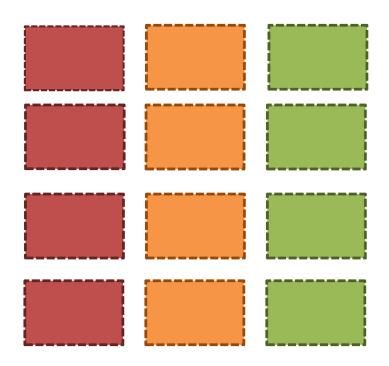
Red = not very confident, **Orange** = OK and **Green** = very confident.

I know the difference between survival, commitment and lifestyle costs.

I can create a budget.

I understand the relationship between money and emotional health.

I can make decisions on how to spend my money based on income.



I know more than I did before the session.

True False