

Net Worth Statement Instructions

Financial Net Worth

Enter the current value of each item in the “Value” column. If you own a house, for example, list the current market value. For some help with this, you could use www.zillow.com, but keep in mind that its estimate will likely be on the low side. Then put the amount that you owe on each item, if any, in the “Debts” column. You can get an estimate of the value of your vehicles at www.kbb.com.

For your home and any vehicles on which you are making payments, the current amount owed may be on your most recent statements or an amortization table on your original contract, or you may have to call your lenders. For credit cards, only include those that you do not pay off each month.

Of course, some items, like a savings account, have value but no debt. Others, like credit card balances, have debt but no value.

Experiential Net Worth

One shortcoming of financial net worth statements is that they fail to account for charitable donations you’ve made, experiences you’ve had such as memorable vacations, investments you’ve made in your education or the educations of your children.

Use the Experiential Net Worth form to indicate some of these elements and any others you can think of that don’t show up on a traditional net worth statement. You don’t need to capture everything here, just some of the ways you’ve spent money in the past year that led to some of your most memorable, satisfying experiences.

Add whatever details you’d like. You don’t need to put a dollar value on each item. For giving, you might just list the organization that you contributed money to under “Experience” and something about the work that the organization does under “Details.” For vacations, list the place you visited under “Experience” and something memorable about the trip under “Details.”

Emotional Net Worth

This is the most subjective form of net worth -- a snapshot of how you feel about your financial situation right now. Answer the questions listed on the form and then give yourself an overall score.

As you think about these three elements of your net worth—your financial net worth, experiential net worth, and emotional net worth—are you pleased with what you see? Did this exercise remind you of some deeply satisfying ways you used money in the past year? Did it bring back some good memories? Or do

you see some room for improvement? Use these three aspects of net worth to guide your goal setting for next year.

Experiential Net Worth

Experience

Details

Giving

Vacations

Education

Other

Emotional Net Worth Statement

1. I argue about money with the people I care about.

Never Rarely Sometimes Often

2. I feel stressed about money.

Never Rarely Sometimes Often

3. I lose sleep because of financial concerns.

Never Rarely Sometimes Often

4. I feel unhappy because there's something I'd like to buy that I can't afford.

Never Rarely Sometimes Often

5. I feel envious about what other people own.

Never Rarely Sometimes Often

6. I'm confident that I'm saving enough.

Not at All Not Much To Some Degree To a Great Degree

7. I believe I'm making a difference in the world with the money I donate.

Not at All Not Much To Some Degree To a Great Degree

8. I have a sense of peace about money.

Not at All Not Much To Some Degree To a Great Degree

9. My use of money is an expression of my highest priorities and commitments.

Not at All	Not Much	To Some Degree	To a Great Degree
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10. I live with a sense of freedom with regard to money.

Not at All	Not Much	To Some Degree	To a Great Degree
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Now review your answers. There's no magic formula for scoring your answers.

Just take a look at how you responded to the questions. Based on those responses, how would assess your overall emotional net worth?

Very Weak	Somewhat Weak	Somewhat Strong	Very Strong
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