Are You Financially Free?
The Financial Freedom Scorecard

A Self-Assessment to Measure What Really Matters

You spend your life chasing financial goals. You dutifully pay off debt, buy a home, build retirement savings, make investments, build income, and you watch your net worth increase over time.

And as that time ticks on, you wonder – when am I going to truly become financially free?

For some, financial freedom means never worrying about money again. For others, it means the ability to retire comfortably, support family, travel, give generously, start a business, or simply sleep well at night. The definition is different for everyone.

The problem is that many people aren't sure what financial freedom means to them. They haven't yet defined it. Someone with a seven-figure portfolio feels trapped, while someone with substantially less feels completely in control and confident.

Many people think financial freedom is about their account balances or income. A healthier view on it is that financial freedom is about the relationship between your money and your life.

This scorecard is designed to help you evaluate where you stand regarding financial freedom and to identify opportunities for improvement.

Rate yourself from **1 (Needs Significant Improvement)** to **10 (Exceptional)** in each category.

Category 1: Cash Flow

Can you confidently control where your money goes?

Your income is the engine that powers every financial goal. Strong cash flow creates flexibility, and weak cash flow creates stress.

Ask Yourself:

- Do I consistently spend less than I earn?
- Do I know where my money goes each month?
- Am I intentionally directing savings toward long-term goals?
- Can I absorb unexpected expenses without major disruption?

Reflection:

If your income disappeared tomorrow, how long could your current lifestyle continue?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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Category 2: Financial Security

How prepared are you for life's unexpected events?

Financial freedom requires stability, but unexpected events are inevitable. The question is whether you're prepared.

Ask Yourself:

- Do I maintain an adequate emergency reserve?
- Do I have appropriate insurance coverage?
- Could my family maintain financial stability if something happened to me?
- Have I protected against major financial risks?

Reflection:

What financial event would currently create the most stress in your life?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Category 3: Tax Efficiency

How much of your wealth are you actually keeping?

Many people focus on growing wealth while overlooking how taxes impact long-term outcomes. Do you need to earn more or do you need to hold onto more of what you earn?

Ask Yourself:

- Do I understand my current tax situation?
- Am I proactively planning rather than reacting?
- Have I explored strategies to reduce lifetime taxes?
- Are my retirement and investment accounts structured tax efficiently?

Reflection:

Do you feel taxes happen to you or that you actively manage them?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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Category 4: Investment Confidence

Is your portfolio helping you achieve your goals?

Investments should support your life plan but too often, investors focus on market performance while neglecting purpose.

Ask Yourself:

- Do I understand why I own each investment?
- Is my portfolio aligned with my goals?
- Am I taking an appropriate amount of risk?
- Would a market decline significantly change my plans?

Reflection:

If the market declined 25% tomorrow, how confident would you feel?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Category 5: Retirement Readiness

Could work become optional?

One of the clearest indicators of financial freedom is choice. Retirement readiness is not necessarily about stopping work, it is about having the option to stop.

Ask Yourself:

- Do I know how much I need for retirement?
- Have I built a reliable retirement income strategy?
- Do I understand my future tax obligations?
- Am I on track to achieve retirement goals?

Reflection:

If you chose not to work next year, what would happen?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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Category 6: Estate Planning

Have you protected your legacy?

Many people spend decades building wealth and only hours planning how it transfers. Financial freedom includes confidence that your wishes will be carried out.

Ask Yourself:

- Do I have current estate planning documents?
- Are beneficiary designations up to date?
- Have I communicated my wishes to key family members?
- Would my family know exactly what to do if something happened to me?

Reflection:

Would your family feel clarity or confusion if they needed to manage your affairs tomorrow?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Category 7: Purpose and Values

Is your money aligned with what matters most?

Money is a tool and financial freedom occurs when your wealth supports your values rather than distracts from them.

Ask Yourself:

- Do my financial decisions reflect my priorities?
- Am I using wealth intentionally?
- Do I spend money on what matters most?
- Does my financial plan support the life I want to live?

Reflection:

Could someone determine your priorities simply by reviewing your financial decisions?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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Category 8: Time Freedom

Is your money aligned with what matters most?

Money matters. Time matters more. Many people become financially successful while feeling increasingly constrained. Financial freedom includes the ability to choose how you spend your time.

Ask Yourself:

- Do I have flexibility in my career or lifestyle?
- Could I take meaningful time away from work if desired?
- Am I constantly trading time for income?
- Am I able to pursue interests outside of work?

Reflection:

Who controls your calendar?

SCORE: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Calculating Your Score

Add your scores from all eight categories. **Maximum Score: 80**

0-40 Points Growing

You are building the foundation, and many important components of financial freedom still need attention. The good news is that awareness is the first step.

Focus on strengthening the areas with the lowest scores.

Common Priorities:

- Improve cash flow
- Build emergency savings
- Increase retirement contributions
- Establish foundational planning documents

41-60 Points Thriving

You have made meaningful progress with many of the key pieces likely in place, but opportunities remain. Most people in this range benefit from improving coordination between taxes, investments, retirement planning, and estate planning.

Common Priorities:

- Tax planning
- Investment refinement
- Retirement projection work
- Legacy planning

61-80 Points Financial Freedom

You have developed strong habits and built a solid framework. That does not mean your work is finished. It means your focus shifts from accumulation toward optimization, preservation, and impact.

Common Priorities:

- Legacy planning
- Advanced tax strategies
- Philanthropic planning
- Multi-generational wealth education
- Lifestyle optimization

Calculating Your Score cont.

What Your Lowest Score Reveals

Most people immediately focus on their total score. That is helpful, but the more valuable insight often comes from your lowest category.

Your lowest score identifies the area most likely limiting your overall financial freedom.

For example:

- A strong investor with poor estate planning may expose their family to unnecessary risk.
- A high earner with weak cash flow may never experience true financial flexibility.
- A wealthy retiree with poor tax planning may unintentionally pay far more taxes than necessary.
- A successful executive with little time freedom may discover that wealth alone does not create freedom.

Financial freedom is not achieved when one area becomes exceptional. It is achieved when all areas work together.

Final Thoughts

Financial freedom is not a number. It is not a portfolio balance or an income level.

It is the ability to use your resources intentionally to support the life you want to live.

The purpose of this scorecard is not to judge your progress, but to help you identify opportunities to improve it. The goal is to build a life where your money works for you instead of the other way around.

About S.E.E.D. Planning Group

At SEED, our mission is to help people overcome the challenges that prevent them from enjoying financial freedom. Through values-based financial planning, smart (tax) planning, coordinated estate planning, and integrated investment planning, we help individuals and families reach their next financial milestone.