

# Recession Survival Checklist

## How is your financial health?

- I have no consumer debt (mortgage does not apply)
- I have an emergency fund (1-6 months expenses saved)
- I pay all of my bills on time
- I have a budget (or I know where all of my money is going)

## How stable is your income?

- I have a dependable income source (stable income source)
- Finding another job or work with my skills would be easy
- My company (or work) isn't showing any signs of slowing down
- My company (or work) has stayed stable during past recessions

## Can you prepare for a recession?

- I can reduce unnecessary expenses
- I can get a side hustle to increase my income if I need to
- I can increase the amount of money I save
- I can build a spending plan with anyone who depends on my income

## How are you handling your investments?

- I'm not investing any money I can't afford to lose
- I can continue to invest despite a potential recession
- I am not attempting to time the market

Add up all of the boxes you checked above to get your score:

**Recession Survival Score:**

**(Out of 15)**

12-15: You are in great financial shape to withstand a recession.  
9-11: Your finances are good, but could be better to withstand a recession.  
<8: A recession could significantly threaten your financial stability.

Tip: After checking off the boxes that apply to you, go back and look at the ones you did **not** check and create a plan on how you can get each box checked. The more boxes you have checked, the better you will withstand a potential recession.