

Get all your DVD's and entertainment equipment at wholesale prices and GET PAID at the same time! For a limited time, you can get a FREE LIFETIME MEMBERSHIP with NO Monthly Fees ... ever!

[Click here to know more](#)

Are You Financially Fit?

By Abel Cheng

Are You Financially Fit? by Abel Cheng

When it comes to health, you go for a medical checkup to see if you're physically fit. The medical report will tell everything about your health.

But when it comes to wealth, it's as important that you do a regular checkup for your financial health. You need to know where you are financially before you decide what you want to achieve financially.

What do you do to ascertain your level of financial fitness?

You can use financial statements to determine your financial fitness. They are income statements and balance sheets.

It sounded boring and alien to me when I first prepared my income statement and balance sheet. The process is tedious as you need to dig out things and get them organized in a proper format.

But I can tell you once you've done this checkup, you'll have a clear picture where you stand financially and you can take the necessary measures to achieve financial freedom.

Besides that you'll be more in control of your money and know how to spend your money wisely.

Let's get started to determine your financial fitness.

Income Statement

First, you can prepare an income statement. An income statement is also called profit and loss statement. An income statement consists of two sections: monthly income and expenses.

Your income would probably comprise salary, rent from real estate, dividends from stocks and bonds, interests from savings accounts, and royalties.

Your expenses would be food, clothing, utilities, car loan payments, credit card payments, home mortgage payments, medical expenses, entertainment, insurance payments, charity, taxes, and education.

List down your income and expenses into each section accordingly. Then calculate your total income and expenses.

Once you've done that, it's time to calculate your net income. Net income is the difference between your gross income and expenses:

$\text{net income} = \text{gross income} - \text{expenses}$

If you have a negative net income, it tells you that you spend more money than you make. You'll have to have plans to reduce your spending or increase your income.

Balance Sheet

Next step is to prepare a Balance Sheet. Like income statements, balance sheets also have two sections: assets and liabilities.

Assets are your cash, real estate, car, bank accounts, stocks and bonds, mutual funds, retirement accounts, and businesses.

Liabilities include mortgages, credit card loans, car loans, personal loans, education loans, and taxes.

Prepare your own balance sheet by listing down your assets and liabilities. Calculate your total assets and total liabilities.

The following step is to calculate your net worth. Net worth is the difference between total assets and total liabilities:

$\text{net worth} = \text{assets} - \text{liabilities}$

Net worth is usually used to determine whether a person is wealthy.

You deserve a pat on your shoulder if you've come so far with me. By doing this simple exercise, you are one step ahead of many people.

You'd have known the level of your financial fitness by now.

So, are you financially fit?

To help you with this exercise, you can use our free money worksheet at <http://www.financiallyrich.com/wealth-calculator.asp>

Abel Cheng offers small and medium enterprises exclusive global profits insider tips in his free publication, Abel Cheng's Business Diary. To officiate a bi-weekly subscription, please go to <http://www.abelcheng.com/diary.html>

Reliable Life Insurance Company – Which Are The Best Companies

By Elizabeth Newberry

One of the first steps a person takes when determining whether a particular life insurance company is reliable is to check the financial rating of the life insurance company. A financial rating, given by independent research companies, gives you an idea of how financially strong a particular life insurance company is. If a life insurance company is financially strong, it should be a reliable life insurance company, right?

Simply put, yes. But when you're looking for a reliable life insurance company, you must make sure the company is more than just financially reliable. To find the best life insurance company, you must find the company that fits your needs.

Before you begin shopping for the best, most reliable life insurance company, ask yourself the following questions. You'll be better prepared when you start talking to life insurance agents.

Do I want a term or whole life insurance policy? Term life insurance policies offer life insurance for a certain period of time. They're less expensive, but they don't offer the same kind of savings components offered by whole life insurance policies. Whole life insurance policies offer life insurance for the rest of your life. They're generally more expensive, but they offer savings and estate planning components.

Do I want to be face-to-face with a life insurance agent, or am I comfortable shopping over the telephone, through the mail, or online? While the last three shopping methods may be quicker or more convenient, many people prefer face-to-face communication when making a purchase as big and important as life insurance.

What kind of customer service do I expect? It's definitely important to know the answer to this question before you start doing business with a life insurance company. As mentioned above, life insurance is a big and important purchase. Therefore, your insurance agent or the company's customer service representatives should treat you the way you deserve to be treated – kindly, and with respect.

<http://www.ezquoteguide.com> <http://www.myquoteguide.com/life-senior.shtml>

Related eBooks:

[Reliable Life Insurance Company – Which Are The Best Companies](#)

[How To Shop For Comfort In Mens Footwear](#)

[Buying Steel Tip Shoes](#)

[Deciding If You Need Life Insurance?](#)

[Views are Spectacular Off the Beaten Path](#)

Get more Free PDF eBooks at FreePDFeBooks.com

Related Products:

[Collectible Manager Pro Software](#)

[101 tips to stay fit and live longer.](#)

[The Classified List](#)

[Build Your Own Mail Order Empire](#)

[EmailMasterPro](#)

Malamaal.com: A genuine resource center for Quality Ebooks and Softwares

Co-Sponsored Advertisement:

This PDF eBook is for free Distribution only, it cannot be SOLD
Get free rebrandable ebooks, and unleash your viral marketing strategy.

[Click here to know more](#)

Powered By FreePDFeBooks.com

[ReBrand this PDF eBook with your Name / URL / ClickBank Affiliate ID for Free](#)