

The Financial Self-Efficacy Scale (FSES)

Please respond to the following statements using these response categories:

1=Exactly true

2=Moderately true

3=Hardly true

4=Not at all true

1. It is hard to stick to my spending plan when unexpected expenses arise.	1	2	3	4
2. It is challenging to make progress toward my financial goals.	1	2	3	4
3. When unexpected expenses occur I usually have to use credit.	1	2	3	4
4. When faced with a financial challenge, I have a hard time figuring out a solution.	1	2	3	4
5. I lack confidence in my ability to manage my finances.	1	2	3	4
6. I worry about running out of money in retirement.	1	2	3	4

Source: Lown, J.M. (2011). Development and Validation of a Financial Self-Efficacy Scale. *Journal of Financial Counseling and Planning*, 22(2), 54-63.