Professional Financial Resilience Questionnaire

Name or household: _____ Date: _____

Next review: _____

Where to begin

Your income may support a household, a practice and future plans. Review what could keep working if your income or health changed.

How to use this questionnaire

• Work through the sections that apply to you. Involve the people who need to take part.

• Tick an item once you've reviewed it and can answer it. Circle anything that's unclear or needs attention.

• Choose one priority and one question to address next. You don't have to settle everything at once.

Keep your information private

Don't record account or policy numbers, passwords, identification details or medical information here. Keep the completed worksheet in a secure place.

I help people make clearer decisions today, before life forces harder ones later.

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1 What depends on your income?

☐	I know the monthly amount needed to support my household, debt, savings, insurance, taxes, and family commitments.
☐	I understand which expenses would continue if I couldn't work.
☐	My emergency reserves are appropriate for the stability and variability of my income.
☐	My family understands which income would continue and which would stop after illness, disability, job loss, or death.
☐	I've considered obligations to children, aging parents, former spouses, or other dependants.
☐	My retirement plan doesn't assume that my current income will continue without interruption.
☐	I know how long my financial plan could operate if my income stopped tomorrow.

What needs attention: _____

2 Workplace and association benefits

☐	I understand the life, disability, critical illness, health, dental, and retirement benefits available through my employer or professional association.
☐	I know whether coverage is based on salary, includes bonuses or variable income, and has a maximum benefit.
☐	I understand the definitions, exclusions, waiting periods, offsets, and duration of disability benefits.
☐	I know what happens to the coverage if I change jobs, reduce hours, leave a partnership, retire, or lose eligibility.
☐	Beneficiary designations and contact information are current.
☐	I have compared workplace or association coverage with my personal responsibilities rather than assuming it's enough.
☐	My spouse or partner's coverage and unpaid contribution to the household have also been reviewed.

What needs attention: _____

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3 Protecting earning power

☐	I have estimated the financial value of my future earning ability, not only my current salary.
☐	My disability protection reflects my occupation, income structure, and ability to work in another capacity.
☐	I understand whether benefits are taxable and how employer-paid or corporate-paid premiums may affect the result.
☐	I've considered the financial effect of a serious diagnosis even if I eventually return to work.
☐	Life insurance reflects debt, income replacement, family responsibilities, estate needs, and any professional obligations.
☐	Coverage amounts and policy terms have been reviewed after changes in income, health, family, or work.
☐	I understand which protection is personally owned and which depends on employment, a corporation, or an association.

What needs attention: _____

4 Practice, corporation, or self-employment exposure

☐	If I'm self-employed or incorporated, the practice can operate for a period without my direct involvement.
☐	Fixed overhead, payroll, rent, technology, insurance, and debt obligations have been identified.
☐	Someone else can access essential systems, calendars, records, and operating instructions within legal and privacy limits.
☐	Temporary decision authority and client or patient communication have been planned.
☐	I've considered business overhead protection and the cost of temporary replacement or locum support where relevant.
☐	Professional, regulatory, privacy, and record-retention obligations are included in continuity planning.
☐	My family isn't expected to manage a practice or corporation they don't understand.

What needs attention: _____

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5 Personal and corporate cash flow coordination

☐	I understand how much of my lifestyle depends on salary, dividends, draws, bonuses, or irregular distributions.
☐	Personal and corporate emergency reserves have separate purposes.
☐	I've discussed compensation, retained earnings, debt repayment, and savings priorities with my accountant.
☐	Insurance ownership and premium payment arrangements have been reviewed for their legal, tax, and planning implications.
☐	I know which expenses belong personally and which belong to the practice or corporation.
☐	Tax instalments, remittances, and other obligations are planned rather than treated as available cash.
☐	Major planning decisions aren't based only on reducing this year's tax bill.

What needs attention: _____

6 Retirement planning beyond the contribution

☐	I have a clear retirement income goal and an estimate of essential and flexible spending.
☐	My plan includes employer pensions, registered savings, TFSAs, corporate assets, non-registered assets, and other expected income.
☐	I understand which assets are intended for growth, dependable income, emergencies, or estate transfer.
☐	The plan has been tested for a market decline, lower returns, inflation, and a longer life than expected.
☐	I've considered the timing of CPP, OAS, pension, RRSP, RRIF, LIRA, LIF, annuity, or other income decisions where applicable.
☐	My retirement plan considers the needs of a spouse or partner with different income, age, pension, or risk circumstances.
☐	The plan is reviewed when professional income, corporate structure, health, or retirement timing changes.

What needs attention: _____

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7 Estate, incapacity, and beneficiary coordination

☐	I have a current will and powers of attorney for property and personal care.
☐	The people named understand the role and are willing and able to act.
☐	Professional or practice responsibilities during incapacity or death have been addressed.
☐	Beneficiary designations on insurance, pensions, and registered accounts are current and coordinated with the estate plan.
☐	The plan considers taxes, debt, estate costs, business or practice interests, and access to cash.
☐	Digital assets, online accounts, intellectual property, and revenue-producing content have been considered.
☐	The lawyer, accountant, and financial or insurance adviser are working from the same current information.

What needs attention: _____

8 Family, caregiving, and time pressure

☐	The plan recognizes the financial value of unpaid work and caregiving within the household.
☐	We've discussed how children, eldercare, fertility or family-building plans, and career interruptions could affect income and savings.
☐	Important decisions are documented rather than left as informal family expectations.
☐	A spouse or trusted person knows where key documents and adviser contact information are stored.
☐	We have a process for reviewing the plan after major life, health, or professional changes.
☐	I'm not postponing every important planning conversation because work is busy.

What needs attention: _____

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9 Digital, privacy, and identity readiness

☐	My primary email, mobile account, financial accounts, and professional systems use strong security and multi-factor authentication where available.
☐	Important personal and professional accounts can be recovered without relying on one unavailable device or person.
☐	Client or patient information is kept separate from personal emergency records.
☐	A trusted person knows whom to contact if identity theft, fraud, or a serious account compromise occurs.
☐	The plan addresses domain names, websites, subscriptions, cloud storage, digital assets, and online income where relevant.
☐	Passwords, recovery codes, and sensitive records aren't written on this questionnaire or stored insecurely.

What needs attention: _____

10 Coordination and next review

☐	I know which questions belong with my lawyer, accountant, employer, regulator, banker, insurance adviser, or other specialist.
☐	The professionals involved understand my main priorities and any incorporated or practice structure.
☐	Recommendations are coordinated rather than completed as isolated product or tax decisions.
☐	I have chosen a realistic date for the next full review.
☐	My plan can be explained in plain language to the person who may need to use it.

What needs attention: _____

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Questions worth discussing

1. Which part of the plan depends most heavily on my ability to keep working?
2. Am I relying on workplace, association, or corporate coverage I don't fully understand?
3. Do my personal, professional, and corporate decisions support the same objectives?
4. What would my family or practice need in the first 90 days after a serious interruption?
5. Which issue requires a coordinated conversation with more than one professional?

Choose one next step

Start with the issue you most need to clarify.

The issue I want to review

_____

One question I need answered

_____

Who needs to be involved

_____

My next action and target date

_____

How I can help

Send me the one question this questionnaire raised. I can help you review insurance, income protection and funding needs, and identify where legal, tax, accounting or other specialist advice is needed.

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I help people make clearer decisions today, before life forces harder ones later.

For education and discussion. This questionnaire does not replace individual financial, legal, tax, accounting or insurance advice. Consult the appropriate licensed professionals. Insurance and insurance-based investment services are available to Ontario residents. The applicable contract governs features, benefits, guarantees, costs, limitations and eligibility.

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