

BENEFIT CLIFFS COACHING ECONOMIC MOBILITY READINESS

Survey

PARTICIPANT NAME _____

PRACTITIONER NAME _____

TODAY'S DATE _____

MINDSET

When something unexpected things happen, I can usually figure out what to do next.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Thinking about losing help I depend on makes me nervous to trying new things.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I can picture my life being different in the future than it is today.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

When I think about making more money, I mostly worry about what I might lose.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I think benefits can help people move toward a better future.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Without the help I get now, I don't see many options for myself.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

If my situation changed, I believe I could learn how to handle it.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I believe there are things I can do today that could improve my future.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

It is hard for me to imagine a time when I won't need public benefits.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Even when change feels scary, I am willing to learn about new opportunities.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

TOTAL READINESS: MINDSET

BENEFIT CLIFFS COACHING ECONOMIC MOBILITY READINESS

Survey

PARTICIPANT NAME _____

PRACTITIONER NAME _____

TODAY'S DATE _____

CONTEXT

Right now, I feel pretty sure I can keep a roof over my head.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

A surprise expense would create a serious problem for me right now.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I have people I can count on when I need help.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

My income changes a lot from month to month.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I know about programs, services, or opportunities that could help me move forward.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Taking care of family responsibilities leaves me with very little flexibility.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Most of the time, I can think a few months ahead without worrying everything will change.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

I feel connected to people, programs, or organizations that support my goals.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

If I lost some income or benefits, it would be hard, but I could find a way through it.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

Right now, I have enough stability to focus on future goals.

Strongly Agree

Agree

Unsure

DisAgree

Strongly DisAgree

TOTAL READINESS: CONTEXT

How to Score the Economic Mobility Readiness Survey

Review each response and assign a point value from 1 to 5.

Record the point value in the scoring box located to the left of each question.

Notice that some scoring boxes are white and some are gray:

White Boxes: Score responses from left to right as 1 – 2 – 3 – 4 – 5

Gray Boxes (REV): Score responses from left to right as 5 – 4 – 3 – 2 – 1

Add the points for all ten questions on the page.

Record the total page score:

Page 1 = Total Readiness: Mindset

Page 2 = Total Readiness: Context

Use the scoring guide below to determine the participant's current Economic Mobility Readiness level for both Mindset and Context.

Score Interpretation

Mindset Score (Page 1)

10–20 Protective Dependence

21–30 Possibility Exploration

31–40 Mobility Awareness

41–50 Agency for Advancement

Context Score (Page 2)

10–20 Stabilization

21–30 Emerging Opportunity

31–40 Transitional Mobility

41–50 Sustainable Mobility

Important Reminder for Practitioners

This survey is designed to identify a Participant's current readiness and circumstances, not their potential or worth. Scores are intended to guide coaching conversations and support planning. There are no "good" or "bad" results.

Once scored, this survey is NOT designed to be given back to the Participant. Keep a copy for comparison to future results. Offering this Survey annually is a good time frame for measuring change and improvement.

Participants may score at different levels for Mindset and Context. For example, a participant may demonstrate strong readiness for advancement while simultaneously experiencing significant financial instability. Both scores should be considered when determining coaching approaches.