**Financial Wellness Review**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_**

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| **Financial Planning Area** | **Done** | **Not Yet** |
| 1. **Retirement:** Holistic planning for retirement considers your finances AND your physical well-being and social portfolio as well. |  |  |
| What are your fixed and variable expenses, and do they include fitness and entertainment needs? |  |  |
| 1. **Risk Management:** Almost half of 65-year-old couples are likely to have one of them living to age 95 or beyond (Source: Society of Actuaries, 2016). |  |  |
| Have you decided how you want to cover the costs of the “What Ifs” in life? |  |  |
| 1. **Estate Planning:** Women outlive men in every country; approximately one million Americans are widowed each year, 88% are women (Source: U.S. Census Bureau, 2016)**.** |  |  |
| Do your estate planning documents, asset titles and beneficiary designations currently match your wishes? |  |  |
| 1. **Taxes:** IRAs can be ticking tax time bombs without proper planning. |  |  |
| Consider: \*SS claiming, RMD, QCD, Roth IRA, withdrawal order, etc. |  |  |
| 1. **Income/Expenses:** Retirees with predictable income streams have less financial anxiety than those who mostly rely on investment account withdrawals for their retirement income. |  |  |
| Do you have a reliable income stream to cover fixed expenses? What is your ideal savings balance and maximum spending limit? |  |  |
| 1. **Investments:** Institutional investment returns are typically 75% higher than individual investor returns (Source: Dalbar, 2016); minimizing negative returns can increase the overall portfolio value in the long run. |  |  |
| Do you have a process to diversify and rebalance to optimize risks/returns? |  |  |

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