



T.RowePrice

# Financial Wellness: Planning for the Year

T. Rowe Price



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# Agenda

- Step by step: A journey to financial wellness
  1. Setting clear goals and an overarching plan are important elements in making financial progress
  2. Breaking down large goals into manageable steps can help you succeed
  3. A monthly financial planning guide will keep you on track throughout the year ahead
- Tools and resources
- Confidence Check-In<sup>®</sup> conversation
- Monitor your account
- Q&A



# Step by step: A journey to financial wellness



# Planning is the key to success



Setting clear goals and an overarching plan are important elements in making financial progress



Breaking down large goals into manageable steps can help you succeed



A monthly financial planning guide will keep you on track throughout the year ahead

# Importance of a budget

When we don't plan to save, we spend what we make



Your  
Income



- Apparel and Services
- Entertainment
- Health Care
- Food
- Transportation
- Housing

For illustration purposes only.

# Importance of a budget

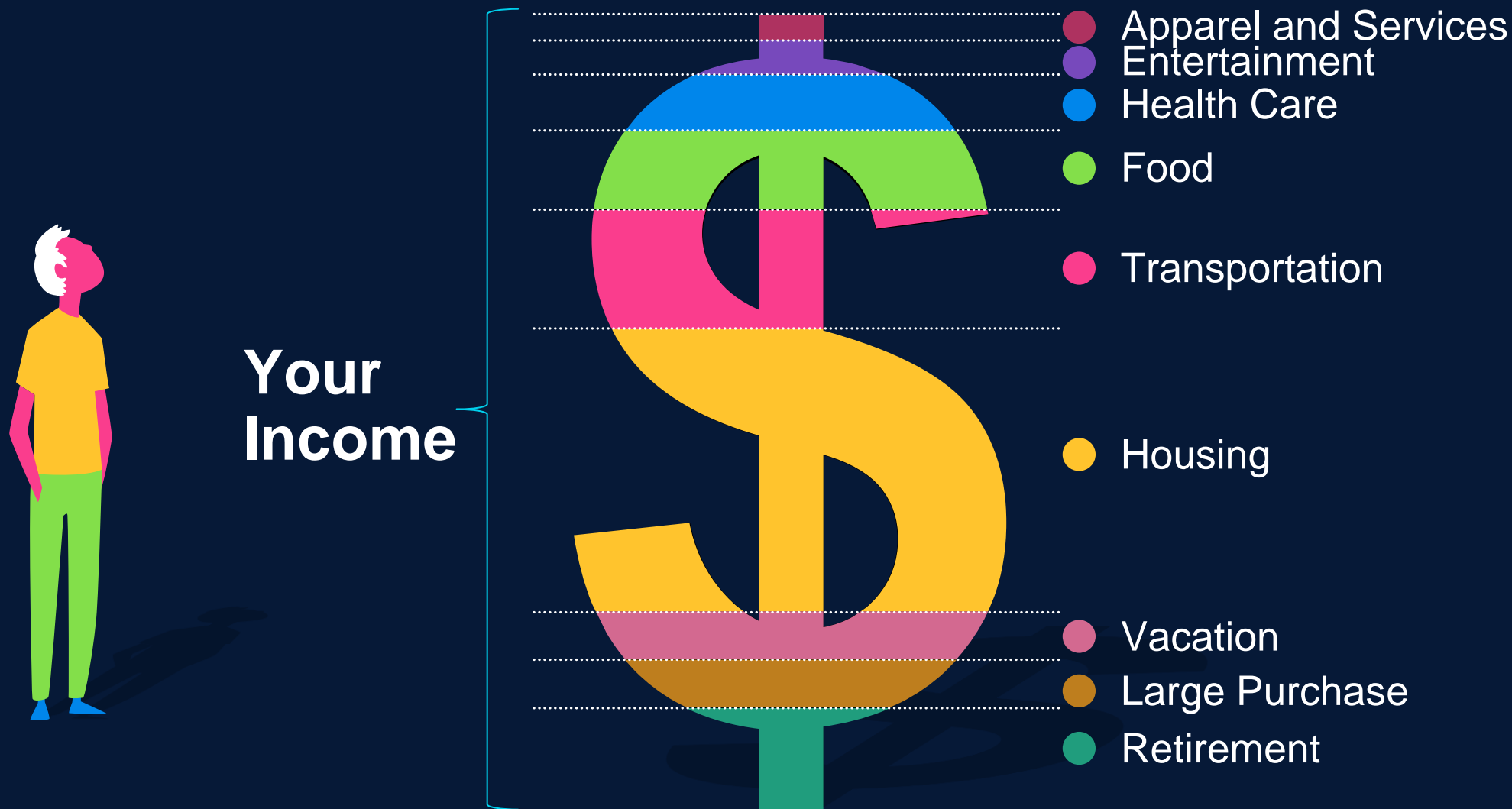
When we spend more than we make, we end up in debt



For illustration purposes only.

# Importance of a budget

When we prioritize and plan, our **spending aligns with our values**





# Importance of a budget

We suggest trying to live on

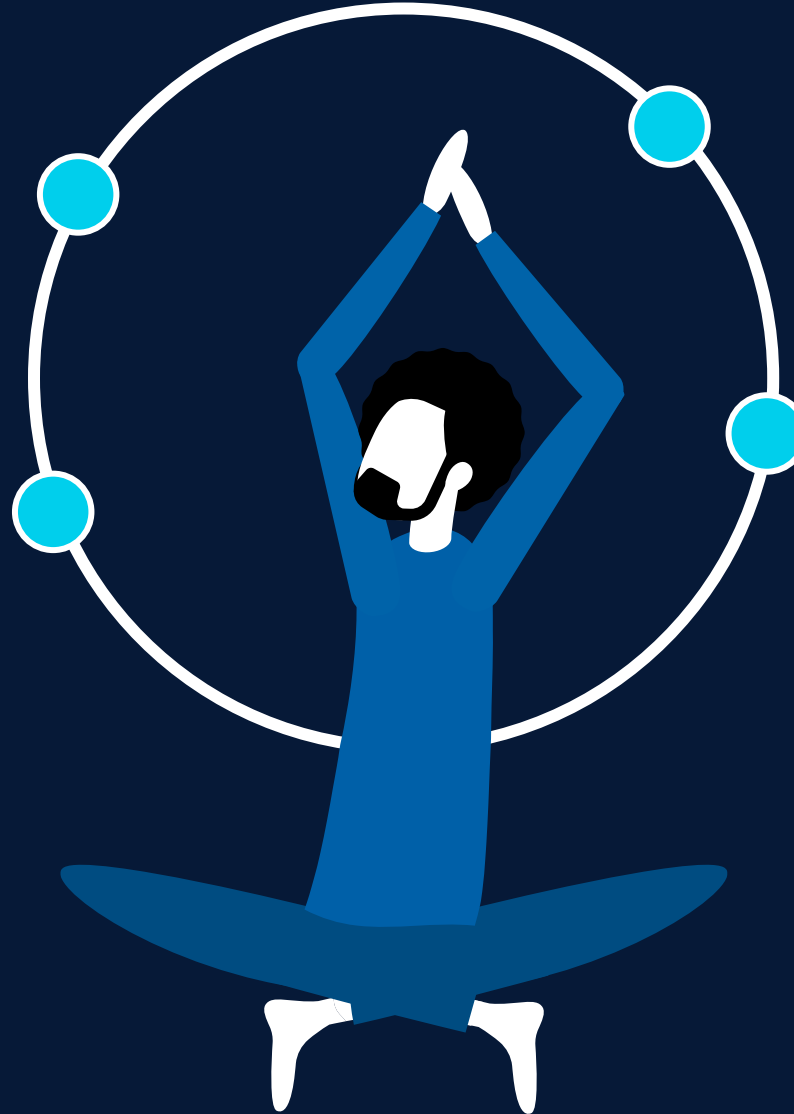
**70%–80%**

of your current salary while saving for goals.

# Making a holistic financial plan

Define each goal

Write down your  
financial goals



Break down the goal  
into actionable steps

Schedule when  
you will act, and  
review periodically

# Your financial health year plan



The image shows three calendar cards hanging from a dark blue background. Each card has a blue header with two white rings and a blue vertical bar. The cards are labeled 'Month 1', 'Month 2', and 'Month 3' in bold black text. Below each month label is a specific financial goal in bold black text: 'Set your intentions', 'Prepare and save', and 'Focus on investing' respectively.

## Month 1

**Set your  
intentions**

## Month 2

**Prepare and  
save**

## Month 3

**Focus on  
investing**

# Your financial health year plan

## Month 4

Improve your  
financial picture

## Month 5

Focus on  
education

## Month 6

Midpoint  
checkup

# Your financial health year plan



## **Month 7**

**Commit to  
financial wellness**



## **Month 8**

**Reassess your  
choices**



## **Month 9**

**Organize—be  
proactive and  
productive**

# Your financial health year plan

## **Month 10**

**Be vigilant with  
cybersecurity**

## **Month 11**

**Focus on family  
matters**

## **Month 12**

**Prioritize your  
retirement**

# What will you include in your plan?

Here are just a few ideas:

- Draft a Budget
- Build an Emergency Fund
- Estate Planning
- Retirement Planning
- Save for College
- Tackle High-Interest Debt
- Manage Student Loan Debt
- Organize Financial Records
- Review Beneficiary Elections
- Educate Yourself
- Teach Children About Money
- Automate Savings
- Improve Credit
- Review Asset Allocation
- Plan for Your Required Minimum Distributions (RMD)
- Review Social Security Options

**“The most successful plans aren’t one and done; they’re revisited and adjusted regularly. Things can change throughout the year, but a thoughtful plan will help you stay focused.”**

**— Roger Young, CFP**



# Tools and resources



  
**Education  
library**



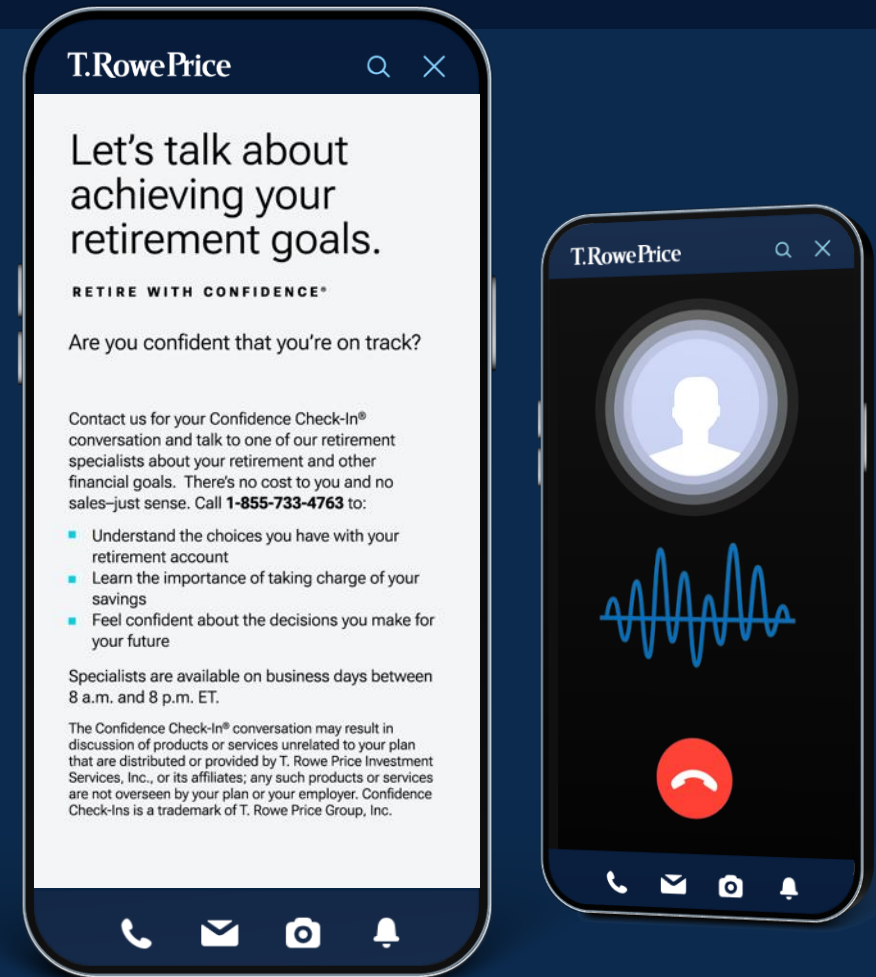
  
**Podcasts**



# Confidence Check-In® conversation

Are you confident you're on track?

**1-855-733-4763**

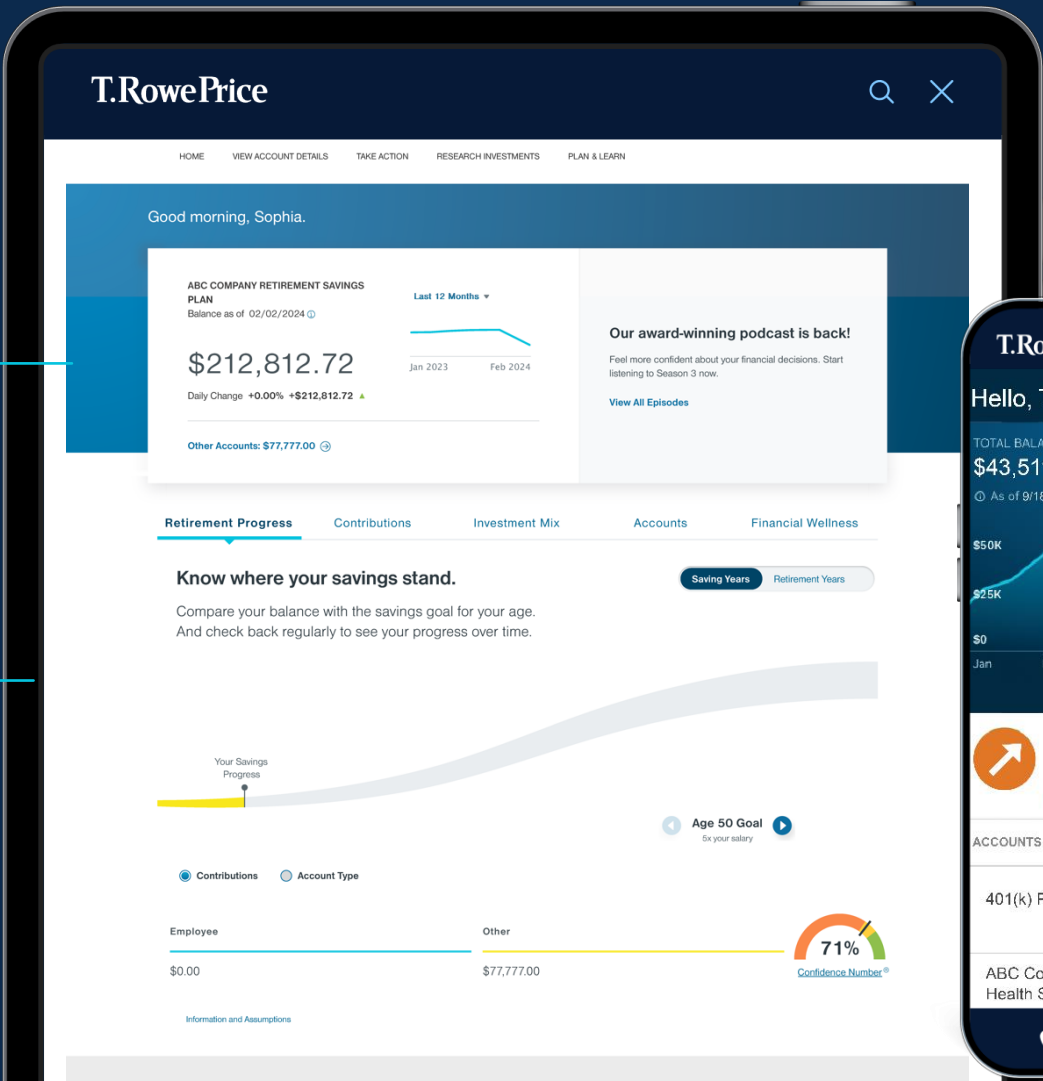


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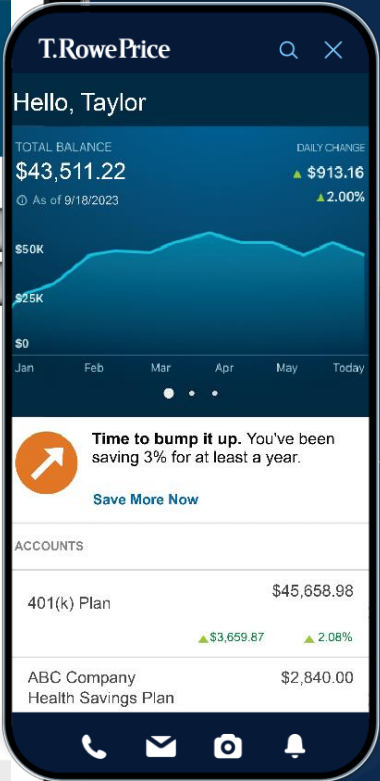
# Monitor your account

Quickly view and **access accounts and balances**

Check in on your **progress toward retirement**



**Log in** wherever you are, whatever your device



**Tips and tools** to help you plan for retirement, save for college, pay down debt, and more

# Call or scan the QR Code below to get started

## Securely track your retirement.

Download the app for iPhone® or Android® by scanning the QR Code, selecting a store below or text MOBILEAPP to 68784 to download.



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