

# NEW YEAR NEW FINANCIAL HABITS.

The new year presents an ideal opportunity to welcome positive change and develop new habits. Here are some simple, but effective, money habits you can adopt right now to boost your overall financial wellness this year:

- 1. Live within your means:** Make spending decisions that align with your income. Create a budget to avoid unnecessary debt and enjoy life without jeopardizing your financial stability.
- 2. Prioritize saving before spending:** By making saving a habit, you can create a buffer for the unexpected and avoid falling into debt.
- 3. Use credit wisely & monitor your spending:** Keep a watchful eye on your spending and manage your credit to prevent sinking into financial difficulty.
- 4. Don't delay your retirement savings:** Start contributing to your retirement as soon as possible, even if it is a small amount. Some is better than none and you can always adjust your contributions later as your financial situation improves. There's no time like the present to start saving for your future!
- 5. Divide your savings into goal-specific accounts:** By setting up separate accounts for different goals such as an emergency fund, down payment on a car, or vacation savings, you easily can track your progress toward each goal and prioritize your savings effectively.
- 6. Regularly re-assess your financial plan:** Markets change, personal goals change, and life just happens. Regular review of your finances ensures that your financial plan remains aligned with your obligations as well as your aspirations and goals.

By incorporating these strategies, you can make the often-daunting process of examining and improving your finances an enjoyable and fulfilling part of your new year. Here's to a year of positive financial habits!

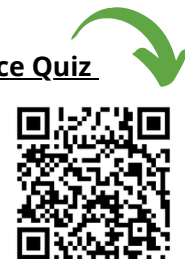


## OPTIMIZE YOUR INVESTMENTS:

When is the last time you looked at your investment portfolio or thought about your investment strategy? Although there is no "perfect" time to invest, the beginning of the year is an excellent time to review your investments and make necessary changes.

To start, ensure that you have a healthy mix of stocks, bonds & cash. You've probably heard the saying, "don't put all your eggs in one basket!" Think of your investments as eggs in your basket. Instead of investing heavily in a single asset and facing potential financial loss, diversifying your portfolio safeguards your financial stability. By diversifying, you shield yourself from complete financial downfall, much like distributing eggs in different baskets. Should one fall, many others are still ok. This strategy is crucial for establishing lasting wealth.

Not sure where to start? Check out the [Risk Tolerance Quiz](#) at [BPAS University](#) to determine what type of investor you are.



Log in at [u.bpas.com](https://u.bpas.com) to review your account balance, investment mix and to make changes!

### Thinking about enrolling in your company's Workplace Retirement Plan?

Now is the perfect time to take action! Check your eligibility letter or reach out to your Human Resources department to begin the process.

