



LARIMER
COUNTY

AUGUST 2022

HEALTH UPDATE

Balance Short-Term Needs With Long-Term Dreams

BUILD A PERSONAL FINANCIAL PLAN



A strong financial plan should budget for everyday needs while helping you save for the future.

Review your spending habits and consider creating a financial plan using the tips below.



SPEND WITH YOUR FUTURE IN MIND

Each time you purchase a coffee or go out to dinner with friends, put an equal amount into your savings account. This can bring awareness to your spending habits while boosting your long-term savings. Try it for a month as a financial exercise or make it a mindful money practice to stay focused on your long-term goals.



CREATE A HOLISTIC FINANCIAL PLAN

Build a financial plan that considers all of your needs. Identify an ideal lifestyle for your future emotional, physical, and financial wellbeing. For each ideal lifestyle expectation, increase your savings contribution by 1%–2% to pad your retirement. For example, consider including long-term care planning, unexpected life changes such as relocating, and ongoing behavioral health care.



REVAMP YOUR SAVINGS STYLE

Automate monthly deposits into your savings or diversify your investment accounts. By automating regular deposits into a savings account, you'll have a clear picture of available funds to spend or put toward expenses. Ask a financial expert if there are other savings options right for you that support your retirement timeline. A variety of investment or savings options can often boost and ensure the safety of your funds.