

# 2023 Financial Fitness Checkup

Now is the perfect time to look at various aspects of your life and develop a plan to improve your financial fitness. Below you'll find a list of questions that may have an impact on your financial health in 2023 and beyond. Please check each question with a "yes" or "no" and write in any appropriate comments. Then call our office to schedule your Financial Fitness Checkup.

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Your Name:

Your Family			
Yes	No		Notes
		Do you expect any changes in your relationship status: marriage, cohabitation, divorce?	
		Do you expect any changes in family composition: birth, adoption?	
		Do you have a child who will be going to college this year?	
		Do you have a child or dependent with special needs?	
		Do you have any adult children who have moved back home or are otherwise in need of financial support?	
		Do you have an elderly parent in need of financial or care-giving support?	

<b>Your Goals</b>			
<b>Yes</b>	<b>No</b>		<b>Notes</b>
		Have your goals changed in the last year?	
		Are you planning a major vacation in 2023?	
		Are you planning on making a significant purchase, such as a boat, real estate, or collectible?	
		Are you planning a major renovation to your home?	
		Are you planning to move this year?	
		Are you planning on buying or selling a vacation home?	
<b>Your Business (skip if not applicable)</b>			
		Are you thinking of starting a new business?	
		Are you planning on expanding your business?	
		Are you planning on selling your business?	
		Will you have to lay off employees this year?	
		Do your employees need a health plan?	
		Do you or your employees need a retirement plan?	
		Do you or your key employees need life insurance (or a review of your current policies)?	
<b>Your Work (skip if not applicable)</b>			
		Do you or your spouse anticipate changing jobs in 2023?	
		Are you or your spouse worried about the security of your job(s)?	
		Will your total compensation change very much from 2022 levels?	
		Will your employee benefits change this year?	
		Do you or your spouse plan to retire this year?	
<b>Your Health</b>			
		Do you or a close family member have a serious illness?	
		Are you worried about the adequacy of your health care coverage in 2023?	
		Do you expect your out-of-pocket healthcare costs to rise in 2023?	
		Are you enrolled in, or will you be enrolling in, Medicare in 2023?	

Yes	No		Notes
		If yes, do you need help finding supplemental coverage?	
		Have you noticed significant signs of aging in yourself or a family member (forgetfulness, frailty)?	
		Do you need help completing an advance directive for healthcare, in the event you become unable to make medical decisions for yourself?	
<b>Your Money</b>			
		Do you have any concerns about your investment portfolio?	
		Would you like help drafting a spending/saving plan?	
		Are you thinking about refinancing your mortgage?	
		Are you looking to reduce your taxes?	
		Do you expect to come into some money this year?	
		Are you concerned about inflation?	
		Do you worry about debt?	
		Do you and your spouse ever disagree about money?	
<b>Your Estate</b>			
		Will your net worth total more than \$12 million in 2023?	
		Will you make any substantial charitable gifts this year?	
		Are there any trusts you need to fund?	
		Are your life insurance policies more than 5 years old?	
		Do you need to update your will?	
		Do you need to update your list of beneficiaries?	
		Would your spouse have problems managing the finances if you were to die first?	
<b>Your Retirement</b>			
		Do you have any leftover retirement accounts held by former employers?	
		Would you like guidance in taking full advantage of your company's retirement benefits?	
		Do you anticipate needing to borrow or withdraw funds from your retirement accounts in 2023?	
		Are you planning to move money in your retirement accounts in 2023?	

Yes	No		Notes
		Would you like to increase how much you save for retirement?	
		Do you need help understanding IRA required minimum distributions as they relate to your own or an inherited IRA?	
<b>Your Future</b>			
		Do you need help getting financially organized?	
		Could you get by for 6 months without dipping into retirement or other long-term accounts?	
		Do you anticipate any significant life changes in the next five years (move, retirement, etc.)?	
		Have you been thinking about when you should apply for Social Security?	
		Do you feel stressed about your finances?	
		Do you have a “bucket list”?	

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