

The Financial Fresh Start Checklist

Your Guide to a Stronger, Safer, and More Confident Financial Year

A new year offers the perfect opportunity to reset, refocus, and rebuild your financial foundation. Use this simple, step-by-step checklist to review the essentials such as your savings, debt, insurance, emergency planning, and long-term goals.

1 Review Your Income & Spending

A clear picture of your financial life begins here.

- Gather last year's pay statements
- Look at your annual spending totals
- Identify expenses that changed (childcare, medical costs, utilities, etc.)
- Set monthly spending goals based on your priorities

WHY THIS MATTERS

You can't plan ahead without knowing where your money is going. A quick review helps you take control and make intentional choices.

2 Rebuild or Grow Your Emergency Fund

Unexpected expenses happen—being prepared helps.

- Aim for 3–6 months of living expenses
- Automate monthly contributions
- Store funds in a high-yield savings account

WHY THIS MATTERS

Your emergency fund is your first line of defense. It protects your savings, prevents reliance on debt, and gives you peace of mind.

3 Evaluate Your Insurance Protection

Your life changes—your coverage should too.

- Review current life insurance amounts
- Confirm beneficiaries are accurate
- Check whether you rely only on employer-provided insurance
- Explore supplemental protection such as: Critical Illness Insurance, Disability Insurance, Hospital Sickness or Accident Insurance, Additional Whole Life Insurance

WHY THIS MATTERS

Insurance is financial preparedness. It ensures that if something unexpected happens, your goals, your savings, and your family remain protected.

SOURCES: familysecurityplan.com/reviewing-your-coverage-in-january/

4 Protect Your Income

Your paycheck is your most important asset.

- Review your sick leave and PTO benefits
- Understand what happens to your income if you can't work
- Consider disability insurance for added protection
- Evaluate workplace benefits vs. personal coverage options

WHY THIS MATTERS

If your income stops, your financial plan stops. Income protection fills that gap.

5 Prepare for Big Life Changes

Planning ahead prevents scrambling later.

Ask yourself - Are you expecting a baby? Buying or selling a home? Changing jobs? Caring for aging parents?

WHY THIS MATTERS

Life changes often mean your financial responsibilities increase. Updating your coverage and financial plan early helps you stay ahead.

6 Schedule Your Annual Protection Review

This is the simplest step—and one of the most powerful.

- Connect with a Family Security Plan® Representative
- Review your current coverage
- Identify gaps or outdated information
- Make updates that strengthen your financial safety net

WHY THIS MATTERS

A 15–20 minute conversation can set the tone for your entire financial year.

Your Financial Fresh Start Starts Now

Use this checklist to guide your reset—and remember, you never have to navigate your protection needs alone. The Family Security Plan® is here to help you review, update, and strengthen the coverage that protects what matters most.

CALL TODAY! (855) 789-4976