



ELEVATED
FINANCIAL WELLNESS



ELEVATED RETIREMENT GROUP

Financial Planning Through Phases of Life Depending on where you are at in your career and stage of life there are important steps to take to ensure your financial success today and for your future retirement! Creating a plan starts with good information that is customized to your situation. Use this checklist to gain an understanding of the basic principles needed to get on track with your financial health and future retirement success.

*The Financial Wellness portal has worksheets you can access for these checklist items and scheduling links to schedule a meeting with a financial professional.

TAKE ACTION TODAY!

Click Here <https://elevatedfinancialwellness.com/upgrade-login/> or Scan Below to access your portal



Investment Advisory Services offered through
Elevated Capital Advisors, LLC. An SEC
Registered Investment Advisor

20's and 30's: Foundation Building

Career Development

- Focus on building skills and advancing in your field.
- Network and seek mentorship opportunities.
- Update your resume regularly and customize to the job you're applying for.

Budgeting and Saving

Complete the budgeting worksheet to help you create and stick to a monthly budget.*

- Establish an emergency fund (3–6 months of living expenses).

Debt Management

Do a debt analysis. Complete the Debt Worksheet.*

- Pay off high-interest debt (e.g., credit cards).
- Manage student loan payments strategically.

Retirement Planning

- Start contributing to retirement accounts (401(k), IRA).
- Take advantage of employer-matching contributions.

Learn about 401K rollover options that are best for you.

1. Rollover to new employer
2. Leave at old employer
3. Reinvest into a different retirement account

Schedule a call with a financial professional.*

Insurance

- Obtain health insurance (through employer or marketplace).
- Understand life insurance options and how it can safeguard your family.

Investments

- Learn the basics of investing.
- Begin building a diversified portfolio (stocks, ETFs, etc.).

Life Milestones

- Plan for large expenses (e.g., weddings, buying a house).
- Begin saving for children's education (if applicable).

Review your goals. Complete the master list of goals.*

40's and 50's: Growth and Stability

Earnings and Career

- Maximize earnings potential through promotions or new opportunities.
- Consider career pivots or entrepreneurial ventures.

Wealth Building

Review your assets. Complete the assets form.*

- Increase contributions to retirement accounts.
- Invest in real estate or other income-generating assets.

Midlife Financial Checkup

- Assess retirement savings: are you on track
Meet with a financial professional to review your retirement plan.*
- Adjust budget for higher-income lifestyle (but avoid lifestyle inflation).

Debt Management

Do a debt analysis. Complete the Debt Worksheet.

- Pay off or significantly reduce mortgage debt.
- Avoid accumulating new, unnecessary debt.

Insurance and Estate Planning

- Increase life insurance coverage (if dependents exist).
- Ensure you have disability insurance.
- Start estate planning (create a will, establish trust if needed).

Education Costs

- Plan and save for children's college tuition (529 plans, other savings).

60's and Beyond: Retirement and Legacy

Schedule a retirement strategy meeting with a financial professional.*

Retirement Income Planning

Create an income strategy based on your specific goals, desires and needs. This Clearly Defined Income Plan will help manage the daunting task of incorporating all of your income sources to be in harmony with all of your retirement expense needs. This includes the following areas:

- Consider career pivots or entrepreneurial ventures.

Investment Planning

Your investment plan will be specific to your goals, time horizon, risk tolerance and income strategy. Our firm's independence allows us select investment tools that best suit your needs and align with the Fiduciary Standard of Care. This includes:

- Assessing the taxable nature of your current holdings.
- Strategizing ways to include tax-deferred or tax-free money in your plan.
- Strategize which tax category to draw from first to reduce tax burden.
- Leverage your qualified money to potentially leave tax-free dollars to your beneficiaries.

Tax Planning

Any comprehensive Retirement Plan will include a strategy for addressing taxes. This includes:

- Assessing the taxable nature of your current holdings.
- Strategizing ways to include tax-deferred or tax-free money in your plan.
- Strategize which tax category to draw from first to reduce tax burden.
- Leverage your qualified money to potentially leave tax-free dollars to your beneficiaries.

Healthcare

Create a plan designed to help you protect yourself against rising healthcare costs, including:

- Looking at all aspects of Medicare, Parts A, B and D.
- Analyzing options for a Long-Term Care Plan.

Estate and Legacy Planning

It's important to ensure that any remaining assets move smoothly to beneficiaries according to your wishes and specific needs of your beneficiaries. By working collaboratively with a qualified Estate Planning Attorney, our goal will be to help you:

- Maximize your estate and income tax planning opportunities.
- Protect any assets in your trust and ensure they are distributed to beneficiaries probate free Protect your IRA and qualified accounts from becoming fully taxable to your beneficiaries upon your death.