

## FINANCIAL WELLNESS ONE STEP AT A TIME!

It's April and we've entered the 2<sup>nd</sup> quarter of the year! We're ready for Step #4 which for some, will be one of the most enjoyable steps – visualizing your path and writing down your goals. Identifying your objectives can actually help alleviate money-related stress and setting goals will help you make better money decisions. It's okay to think big here, but let's get specific.

### April – Step #4 *Establish Short and Long-Term Goals*

Your goals should be SMART- specific, measurable, achievable, realistic, and time-based. Set aside at least one hour for each of the following activities. Revisit your goals throughout the month and write down a few steps you can take to achieve each goal.

#### *Activities:*

- Begin by listing your **short-term goals** – objectives you can accomplish in less than 3 years. These may include paying off debt, saving for a vacation or home renovation, building an emergency fund, or buying a new car.
- Next, list all your **long-term goals** - these are things you would like to accomplish over the next 10 or more years. Be sure to visualize how you want to spend your retirement years. Goals may include paying off a mortgage, saving for a college education, or achieving financial freedom.
- Measuring your results is not only critical to the process, but seeing your progress is incredibly motivating. Keep track of the numbers and measure your improvement or forward movement.
- Remember, your goals don't have to involve buying something. You may just want to live a more minimalist lifestyle, take a sabbatical from work, or improve your financial literacy.

*Helpful Hint: Brainstorm with someone who understands the path you're on and believes in your ability to reach your goals. Keep your goals somewhere you can see them on a regular basis – don't hide them away!*

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