

Things To Do When You Turn 40

A checklist to help maintain your wellbeing (financially and otherwise),
and set yourself up for success at 40 and beyond!



Celebrate

You have successfully survived for 40 years. That is deserving of celebration!

Evaluate Your Financial Goals

Review previous financial goals you've set to see if they're still applicable today. Be more strategic and detailed in your goal planning by setting timelines and dollar amounts on short and long-term goals. The real key to achieving your goals...ensure they align with your core values.

Review Your Retirement Plan

Ideally, your retirement plan has been building for many years, whether it's a 401K through work or an IRA through your financial advisor. But if not, now is the time to reach out to begin setting yourself up for success because it's never too late. *Contact ARK today to start the process!*

Evaluate Your Overall Health

This is a great time to schedule all of your annual check ups and create a wellness routine that fits your lifestyle. This doesn't just mean healthy eating and exercising, it includes boosting your mental health, maintaining your skin care, and adjusting your sleep schedule. An important note...finances are one of the leading causes of stress. Organizing your financial house and creating a plan to achieve your goals creates peace of mind, improving overall health and and wellbeing.

Ensure that You and Your Spouse are on the Same Page

You and your spouse should be on the same page, but especially in regards to your finances. If you've been hiding any debt, dreams, or anything else that could affect your financial situation, share that with your spouse. Often times, meeting with an outside party, such as a financial advisor, prompts these conversations and allows for a neutral zone to talk through any issues or differing money mindsets.

Plan/Review Children's Expenses

If you haven't established a savings and/or college fund for your children, now is a great time to create a plan for their future; and to begin teaching them financial responsibility and awareness. *Contact ARK today to strategize and open an account.*

Learn About Your Parents' Financial Situation

Turning 40 not only means you are getting older, but that everyone around you is as well. Talk with your parents (or any other older adults in your life) and learn about their financial situation and plans for the future. This will help you to plan for any caregiving costs you may have later on in life.

Have an End-of-Life Plan for Yourself

40 is by no means close to death, but it's a good time to plan for it as you likely have more responsibilities than you did when you turned 30, such as children. Instead of pretending death may never happen, ease your worries by analyzing your life insurance needs and ensuring your estate plan documents are in order and current (Beneficiary designations, Trust, Will, Power of Attorneys, etc).

Things To Do When You Turn 40

A checklist to help maintain your wellbeing (financially and otherwise), and set yourself up for success at 40 and beyond!



Educate Yourself About Personal Finance

If you are 40 years old and don't know much about finances, it's okay. We grew up in a world where it wasn't taught in school and you had to figure it out on your own. Begin by learning the basics of saving, investing and budgeting, and meet with a financial advisor who can help set you up for a prosperous future. *Contact ARK today to begin your FREE wellness plan!*

Start Investing

If you have yet to open a retirement account, it's not too late! If your employer offers a 401K, that is a great place to start. If not, reach out to a financial advisor who can help you set up a retirement account that will best suit you now and in the future. They should also help you decide how much to invest.

Address Your Credit Card Debt

Once you have started to save for your future, it's time to get rid of your debt. If you have struggled with this in the past, start paying as much as you can to either the account with the smallest debt amount or the one with the highest interest rate, and continue paying minimum payments on all other debts.

Cut Back on Expenses

Look at your spending and see what areas you are spending the most money. You can do this through your credit card company, Mint (<https://mint.intuit.com/>), an excel file, or bank account statements. Then see where you can save. Is it groceries? Car insurance? Restaurants? Whatever it is, pledge to reduce excess spending and see the difference it will make in your life.

Enjoy More of Life

Let's face it...life is short. We often look back wondering where the time has gone, how the kids have grown so fast, and why we have yet to take the trip to Hawaii we've been talking about for years now. While planning and saving for your future is important, it is as important to plan for your today. At ARK, we focus on helping you enjoy more of life through attaining financial wellness. [CLICK HERE](#) to schedule your free introductory meeting with ARK to begin planning for your future...and for your today!

This list was generated by Clever Girl Finance (<https://www.clevergirlfinance.com/blog/turning-40/>) and is being shared as a courtesy by ARK Financial Wellness. The listing of any particular organization/business here does not represent a consensus that the organization/business provides quality service.

This information is being provided strictly as a courtesy. ARK Financial Wellness does not verify the license or qualifications of any organization/business listed herein. Our investment firm does not recommend, guarantee or endorse the quality of any services provided by these organizations/businesses. ARK Financial Wellness is not responsible in any way for the services provided by these organizations/businesses. ARK Financial Wellness does not receive any compensation for the use of any of the organizations/businesses listed on this page. Those utilizing this page should carefully consider and review the background, services and validity as a qualified charitable organization of these and all organizations/businesses they do business with.

When you link to any of the websites provided here, you are leaving our site. Our company makes no representation as to the completeness or accuracy of the information provided at these sites. Nor is the company liable for any direct or indirect technical or system issues or any consequences arising out of your access to or your use of third-party services, technologies, sites, information and programs made available through this site. When you access one of these sites, you are leaving ARK Financial Wellness' website and assume total responsibility and risk for your use of the sites and organizations/businesses you are linking to.

ARK Financial Wellness, LLC is an independent firm with advisory services offered through Blackridge Asset Management, LLC, a Registered Investment Adviser. Blackridge Asset Management is an SEC Registered Investment Advisory Firm.