

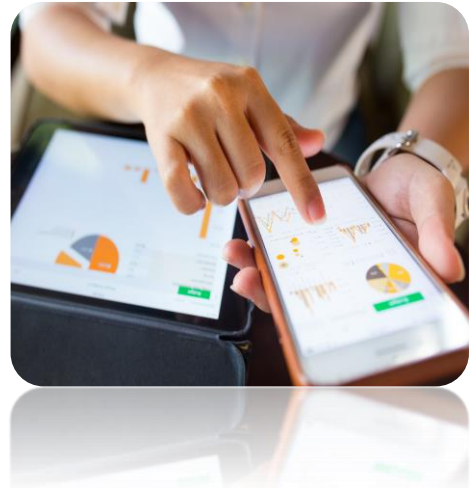
# It's time for your annual financial checkup!

In conjunction with Financial Planning Week 2019 held annually in November, FP Canada<sup>®</sup> (formerly known as the Financial Planning Standards Council, or FPSC<sup>®</sup>) provides strategies and resources to help consumers take action to promote the short and long-term benefits of financial planning.

## Some impacts of financial stress

A 2018 Leger survey included the following results:

- 41% of those surveyed rank 'money' as their greatest source of stress, with approximately half of respondents losing sleep due to financial worries
- more than half of those surveyed report they are always/sometimes embarrassed about not being in control of their current financial situation
- 83% of Canadians surveyed report having at least one financial regret, the most common of which was wishing they would have saved or invested more, and at an earlier age



## How can you take control of your finances and reduce financial stress?

One of the most important suggestions from FP Canada<sup>®</sup> was to make time for an annual financial checkup to take your 'financial pulse' with a CFP<sup>®</sup> professional. You can prepare for this checkup by reviewing your current financial situation, goals and any significant life changes that may have occurred during the past year.

Following your checkup, consider making the changes recommended by your planner, where applicable, and keep in mind that changes in your goals or future plans could require future updates to your financial plan.

## Looking for assistance with your financial plan?

To discuss your financial plan, contact the Reuter Benefits team, which includes CFP<sup>®</sup> professionals, by phone at 1-800-666-0142 or by email at [retire@reuterbenefits.com](mailto:retire@reuterbenefits.com).