

# Financial Moves to Consider Before Age 40

*Use this checklist to review key areas of your financial foundation.*

## 1 Cash Reserves

Calculate essential monthly expenses

Set a cash reserve target that reflects your household, income, and responsibilities

Keep emergency funds accessible and separate from long-term investments

## 2 Debt

List current debts, including balances, interest rates, and minimum payments

Identify any high-interest consumer debt

Create a plan to pay down or refinance high-interest debt where appropriate

Review whether remaining debt still fits within your broader financial plan

## 3 Retirement Savings

Review how much you are currently saving for retirement or long-term financial independence

Confirm whether you are receiving the full employer match available to you

Review whether your current savings rate fits your goals and timeline

Consider whether Roth, traditional, or a combination of contribution types may be appropriate

## 4 Income Protection

Review how much income your disability insurance would replace

Consider whether additional disability coverage may be appropriate

Update coverage to reflect any major life changes

Review whether life insurance is needed based on your family, income, debt, and responsibilities

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## 5 Estate Planning Basics

Create or review your will

Create or review your financial power of attorney

Create or review your medical power of attorney and advance directive

Name guardians for minor children, if applicable

Review beneficiary designations on retirement accounts, insurance policies, and other financial accounts.

## 6 Workplace Benefits

Review the retirement plan options available through your employer

Confirm whether your employer offers matching contributions

Review whether you are eligible for an HSA or FSA

Identify any workplace benefits you may not be using

Review employer-provided disability insurance, life insurance, equity compensation, bonus, or deferred compensation benefits

## 7 Investing with Purpose

Identify your short-term, mid-term, and long-term financial goals

Match each goal with the appropriate savings or investment account

Review whether your investment strategy aligns with your timeline, risk tolerance, and priorities

Adjust your strategy as your income, responsibilities, or goals change

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## 8 Defining Financial Success

Write down what financial success means to you

Identify what you are building toward, such as flexibility, time, family, freedom, career, change, retirement, or another priority

Review whether your current financial decisions support those priorities

Schedule time to revisit your plan as life changes

**Let's connect!**

(503) 579-1000 | [team@clearfp.com](mailto:team@clearfp.com)



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# Your Midyear Financial Reset Checklist

*A simple worksheet to help you review, refocus, and make thoughtful adjustments.*

## Midyear Reset Summary

After reviewing your cash flow, savings, taxes, protection planning, and goals, use this section to identify what matters most for the second half of the year.

**What has changed since January?**

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**What still feels on track?**

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**What needs attention before year-end?**

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**What is one decision I have been putting off?**

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**Who should I talk to or follow up with?**

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**For the remainder of the year, my financial focus is:**

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**A lot can change in six months. Your plan should change with it.**

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