

Your six-month retirement preparation action plan

This retirement planner is designed to help you kick-start your planning at any age. For financial advice, please seek professional guidance.

Month 1: Financial check-up

- Review your retirement savings:
 - Assess your current savings (e.g., KiwiSaver or other retirement accounts) to understand your progress.
 - Check if you're taking full advantage of any employer contributions or government incentives.
- Set a savings goal:
 - Establish a target for increasing your retirement contributions over the next six months.
 - Consider automating additional contributions to make saving easier.

Month 2: Health and wellbeing focus

- Schedule a health check-up:
 - Book appointments for a comprehensive physical exam and any necessary screenings.
 - Start tracking daily physical activity and aim for at least 30 minutes of exercise most days.
- Prioritize stress management:
 - Integrate stress-reducing activities into your routine, such as meditation, yoga, or journaling.
- Set a fitness goal:
 - Choose a goal like walking 10,000 steps a day or joining a fitness class.

Month 3: Lifelong learning and skill development

- Take an online course:
 - Enroll in a course that aligns with your career interests or hobbies you've always wanted to explore.
- Join a professional or hobby group:
 - Attend a local meetup, workshop, or club that matches your interests, to build networks and skills.
- Start learning a new skill:
 - Pick up a hobby or a professional skill that could bring value or joy in retirement.





Month 4: Financial planning and reassessment

- Meet with a financial advisor:
 - Schedule a consultation to review your retirement strategy and get personalized advice.
- Reevaluate your budget:
 - Track your monthly expenses to identify areas where you can cut costs and save more.
- Plan for debt reduction:
 - Make a strategy to pay down any high-interest debt before retirement.

Month 5: Social network expansion

- Expand your social circle:
 - Connect with friends or colleagues you haven't seen in a while.
 - Attend community events or volunteer for causes you care about.
- Build relationships across generations:
 - Seek out opportunities to mentor younger colleagues or learn from more experienced ones.
- Plan social activities:
 - Arrange regular get-togethers, like monthly coffee catch-ups, to strengthen relationships.

Month 6: Workplace and retirement transition planning

- Discuss flexible work arrangements:
 - Talk with your employer about phased retirement options or flexible schedules.
- Update your resume and LinkedIn profile:
 - Reflect on your career accomplishments and refresh your professional profile.
- Start delegating responsibilities:
 - Begin transitioning tasks to team members and document key processes for a smooth handover.
- Organise your retirement timeline:
 - Set clear milestones for when you'll reduce hours, shift roles, or retire.

Ongoing actions throughout the six months:

- Stay informed about market trends and policy changes:
 - Regularly check financial news and policy updates that could affect your retirement plans.
- Reevaluate your plan monthly:
 - Check in on your progress, make adjustments, and celebrate small wins along the way.

This action plan provides a structured approach to help you prepare for retirement. Please seek help and support along the way too- you don't have to do this alone!