

The Balancing Act

Are you trying to balance the lifestyle you want now with the retirement you envision for the future? At this stage in your career, you are in the second phase of planning for your retirement. As your own retirement comes into focus, are you comfortable with your investment decisions and overall financial preparation?

In addition to planning for your own retirement, you may also find that you are a part of the “Sandwich Generation,” a demographic essentially “caught in the middle” of raising children and caring for an elderly loved one. This situation can put a strain on your finances and you may find yourself reaching into your retirement savings to help you get through.

“Is this where I want to be?”

Some considerations at this stage are:

- Ask yourself “Is this where I want to be?” or “Did I think I would be farther along financially by now?”
- Define what retirement means to you.
- Strive to achieve financial balance in the lifestyle you want now with investing for the retirement that is yet to come.
- Review your investment strategy for your retirement savings. Are you on track to meet your retirement goals?

As retirement approaches, you may find that your level of planning and types of investment decisions have left you with fewer savings than you had envisioned. Even well thought out plans can be derailed by a family emergency, out of control debt or a fluctuating stock market. Uncertain economic conditions may present the need to plan for contingencies in the event of layoffs or wage freezes.

Smart Moves

Follow these helpful tips to gain control of your financial balancing act:

- Use additional income from raises or elimination of debt to add to retirement assets.
- Do a reality check. Add up your sources of retirement income such as pension or retirement plans, social security and others such as rental property income. Assume you will need as much in retirement as you do now.
- Look at your estate planning. Do you have long term care insurance, life insurance or medical insurance? Will you be able to afford these or benefit from these when you retire?
- Evaluate your investment strategy. Do you need to make adjustments in your portfolio to help you meet your retirement goals?



Read more about the Sandwich Generation and how you can avoid being “Caught in the Middle” by visiting the Investor Education section on www.nasaa.org



CONFIDENTLY PLANNING YOUR RETIREMENT

For additional resources on investing, visit NASAA's website at www.nasaa.org.