

6 Steps to finances in your 40s

They say life begins at 40 making it a great time to take control of your finances. Here's some tips to help you get started.



1. DONT FREAK OUT

This can be a time of reflection, especially with your finances but remember to keep watch for what's ahead.

2. KEEP FIT

Keeping fit and healthy prevents so many things. Getting in early is your best chance to maintain your health expenses in the future.

3. DONT OVERSPEND

Whether spending on little luxuries or upgrading and replacing items, be careful not to set yourself back financially. Consider each purchase and its impact on your future.

4. THINK ABOUT SUPER

If you haven't concentrated on your super before, then now's the time to review what you have and look at the fees and benefits.

5. CONSIDER INVESTMENTS

Look at your investment options; this includes bank accounts to park money. A financial planner can help ensure that your money is working for you.

6. MAINTAIN INSURANCES

Don't rush to cancel your insurance; it provides peace of mind. Seek advice to ensure that you can still reach your goals without the coverage and cost.