

MetLife guide to financial wellbeing

Part two: Reach your personal destination



Financial wellbeing is something we can all achieve. To get there, it's important to learn healthy financial habits, plan ahead and adapt to the challenges and opportunities that you encounter along the way. If you've followed the steps in our first guide, you've already taken a huge step towards a more confident financial future.

In our second Financial Wellbeing Guide, you'll get more expert insights on how to reach your personal financial destination and avoid pitfalls along the way.

1. Carry on with confidence



The journey so far

In our first guide, we looked at how to start strong and take your first steps. Here are a few things you need to do next:



Stay on track

As you move along your path towards financial wellbeing, your needs and ambitions will naturally evolve. Are you spending too much, or saving too little? Do you need to make changes to your plan to reach your goals? By pausing to take stock, you can ensure you're always in the know about your circumstances and how to improve them if you need to.



Set specific targets

One of the most important steps to take is setting yourself targets. This could be something small such as putting £100 extra into your savings each month, or a long-term aim such as paying off your mortgage five years early. It all depends on your personal circumstances and where you are in your financial journey.

2. Understand and overcome the barriers



Don't let anything hold you back

As you move through life, you'll face a number of challenges to your financial wellbeing. The best way to overcome them is with a positive and flexible mental attitude. Here are a few ways to make it over those financial hurdles.



A well-trodden path

Today, financial stress is one of the biggest issues facing employees. In fact, last year 36% of employees¹ said they were distracted at work because of financial worries. Ask your HR team what help is available.



Take on the unknown

Making even small changes to your life can be daunting. And when it comes to your finances, this can be particularly intimidating. If you are having issues with any of your providers, such as your bank or credit cards, or you think you're overpaying for energy or mobile phone bills, then get in contact with them.



Focus on your destination

What would you do if you were offered a choice between £100 now and £110 in a year's time? Chances are you'd favour immediate reward over long-term benefits. It's a perfectly natural reaction that we all have. But to reach your financial destination can mean trading off instant reward to stay focused on the bigger picture.

3. Make financial wellbeing part of your daily life



Work at it

With 38% of employees² now willing to move to another company if it made their financial wellbeing a priority, starting a more open conversation around financial health in the workplace is more important than ever. If you have worries, talking about them with trusted colleagues can help give you ideas to overcome any challenges.



Get all the help you can

Making the most of your benefits package can make a big difference to your financial wellbeing. Make sure you know everything you can take advantage of and review it every now and then, at least annually.



Accelerate your journey

No matter your financial destination, there are ways to get there faster. Contributing to your workplace pension, opening a savings account or setting a robust budget are all healthy ways to manage your money. If you're saving for a holiday, cutting back on nights out and takeaways can help you pay for it quicker. Or if you're saving for retirement, increasing your monthly pension contributions can help you hit your pension pot target sooner and save even more for later life.



Reach your personal destination and go further

Remember, there are always ways to live a more financially healthy life. So, when you reach your financial destination, keep up those healthy habits and see how much more you can achieve.

There are four key points to remember on your financial journey:

1. Once you've started strong, keep up those healthy financial habits.
2. Remember, you're not alone. Your employer, friends and family can often provide the support you need.
3. Think of financial wellbeing as part of your everyday life and you'll reach your destination quicker.
4. Accelerate your journey when you can, by making confident financial decisions. And when you reach your destination, see how much further you can go.

For more information on financial wellbeing, visit [metlife.co.uk/worksmart](https://www.metlife.co.uk/worksmart)

This presentation has been provided to recipients for information only and has not been approved as a financial promotion. Notwithstanding the foregoing, this presentation is only being provided to professional financial advisers.

This presentation does not constitute an offer or inducement to purchase or subscribe for securities in a product or fund. The information in this presentation may not be complete and may be changed, modified or amended at any time and is not intended to, and does not, constitute any representations and warranties of MetLife Europe d.a.c. The information contained in this presentation is intended to provide general information only and does not take into account individual objectives, financial situation or needs. An investor may not get back the amount invested. Past performance is no guide to future performance. Investments in MetLife products are not like a bank or building society which accrue interest.

All reasonable care has been taken in relation to the preparation and collation of this presentation. Except for statutory liability which may not be excluded, no member of MetLife accepts responsibility for any loss or damage resulting from the use of or reliance on this presentation by any person. The information is taken from sources which are believed to be accurate but no member of MetLife accepts any liability of any kind to any person who relies on the information contained in it. The copyright of this presentation and any documents supplied with it and the information contained therein is vested in MetLife. They should not be copied, reproduced or redistributed without prior consent.

Products and services are offered by MetLife Europe d.a.c. which is an affiliate of MetLife, Inc. and operates under the "MetLife" brand.

MetLife Europe d.a.c. is a private company limited by shares and is registered in Ireland under company number 415123. Registered office at 20 on Hatch, Lower Hatch Street, Dublin 2, Ireland. UK branch office at One Canada Square, Canary Wharf, London E14 5AA. Branch registration number: BR008866. MetLife Europe d.a.c. (trading as MetLife) is authorised by the Central Bank of Ireland and subject to limited regulation by the Financial Conduct Authority and Prudential Regulation Authority. Details about the extent of our regulation by the Financial Conduct Authority and Prudential Regulation Authority are available from us on request. www.metlife.co.uk. 2495.1.MAY18