

SAVE AND LIVE with confidence

When you find yourself in a tough spot financially and you see no way forward, the temptation is to dip into retirement funds. We believe that this should be avoided at all costs. Even more tempting, is withdrawing more than you need from your retirement savings. We believe this should be avoided if at all possible.



SO, HOW CAN YOU
MANAGE YOUR EVERYDAY
FINANCES WITH THE
CONFIDENCE THAT YOU
ARE BALANCING YOUR
IMMEDIATE NEEDS WITH
LONGER-TERM SECURITY?

Here are a few **things you can do:**

1 UNDERSTAND your **credit profile**

Sanlam provides free tools to help you understand your [credit profile](#). Use available tools to help you determine where you need to make changes to reach your financial goals.

2 UPDATE your **financial plan**

You change every year. So should your financial plan. Speak to a financial adviser who can look over your full investment portfolio and guide you on the best options available to you.



3

MAKE A PLAN Don't withdraw when changing jobs

Avoid dipping into your retirement fund when changing jobs. If you can't avoid this, once your income is restored, make up for the cash you've withdrawn from your retirement fund by saving more.



4

PLAN NOW for peace of mind later

Set a monthly budget to act as a guideline for what you need to spend your money on. It's never too late to establish healthy financial habits.



5

SELFCARE is good for your finances

Having the right support can get you through the unthinkable. The pandemic and its associated lockdowns have heightened not just financial but also psychological stress. Spending money on unnecessary items can be comforting – it is called 'retail therapy' for a reason. But understand these triggers and monitor your responses.



6

THERE ARE no shortcuts

Whichever coping strategy you chose to overcome financial difficulty, remember, there are no shortcuts to anywhere worth going. Saving for retirement is a long-term objective, therefore, a long-term strategy is necessary.



7

START PLANNING and saving for the next crisis

You change every year. So should your financial plan. Speak to a financial adviser who can look over your full investment portfolio and guide you on the best options available to you.

