

# Three ways to lighten the load

**Making a few financial mindset shifts can make all the difference regardless of where you currently sit financially.**

Isn't it amazing that when the sun comes out the corners of people's mouths naturally turn up, we all benefit from a bit of extra vitamin D and folks get a bounce back in their step. We look forward to the happy times that the warmer months deliver... organising alfresco gatherings, attending special events and showing our love to our nearest and dearest over the festive season. For many though, this time of the year can bring a lot of added pressure to entertain and provide, this can be especially hard to endure after what has been a very well reported 'cost of living' crisis. The reserve bank has recently announced that the current average mortgage rate in NZ is still sitting at 3% and by April 2024 that average will rise closer to 6.5%, meaning for those mortgage holders there is still a bit of pain to come. So, for this edition I wanted to focus on some financial mindset shifts that you can make regardless of where you currently sit financially.

The first shift needs to be moving on from 'No, no, please just bring yourselves' to 'Thank you for the offer, that would be amazing'. Often the host of an event turns into Martha Stewart, it is in our DNA to provide for those around us, but what we miss sometimes is that Martha (or Martin) is so pedantic, they fail to allow the guests the value they receive from contributing. From a financial point of view this is a no-brainer. Sharing the load is not only



inclusive but also very friendly on the wallet.

The second shift you need to get over is 'It's once in a blue moon we spoil them' to 'Less is More', when showing up to events this summer, rather than leaving shopping to the last minute, pause and think about the person and what would be well received? Pushing the limit out on Afterpay or the likes may have helped you spread the cost up to this point. These 'buy now, pay later' companies are predatory, they give people the impression they can afford something when they really are not in a position to purchase it in the first place. Focus on mindful spending as you don't have to go all out, a voucher for some one-on-one time and a picnic is often an excellent gift you can offer. Remember, sustainable gifts are the gift that just keeps on giving. Lemon trees, plant cuttings, vintage books, family heirlooms - to name a few, so have a ponder about what is special that you could hand on this festive season or to the

happy couple tying the knot this summer.

And finally, if you do nothing else, do your best to catch yourself if you have 'the sky is falling' moment. When it comes to money this summer, instead reframe your attitude and tell yourself 'I've made educated financial decisions'. Many people spend so much time worrying about things that are outside of their control, like the market fluctuations, the rise in mortgage rates, the political landscape and I could go on. It's important to remind yourself that you cannot control all the external factors, you can only control your decisions to do or not do something. If you are feeling uncomfortable financially or disorganized, my summer wish for you is to take some time to dig a little deeper and commit to doing better in 2024! Like always, if you need a hand, I'd be happy to help xx

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