

What 1% habit could shift your financial dial this spring?

We have such incredible locals creating thought-provoking content. Consuming differing opinions, tips and news is a favourite pastime of mine.

Becks Tosswill of Farmers Daughter recently produced a piece on 'The small things that are doing the heavy lifting' and it resonated deeply, as things do for different reasons on different days. James Kerr's book *Legacy* was referenced. A sports culture book in essence, it explores how the All Blacks built and maintained their edge during the Richie McCaw era. After a match, whilst we are enjoying replays of the highlights, the players clean their own changing room. Nobody telling them, nobody watching. They just do it. It's a story about the 1%, the unglamorous, unseen habits that nobody applauds but everyone eventually notices.

Our financial lives are often private. No one is screaming from the rooftops about what they are earning, how they are spending, what debt they are carrying that keeps them up at night or what their retirement plan is? After 20 years helping



individuals, families and business owners get financially ahead as a professional adviser, here are a few of the 1% habits that successful folks do on a regular basis.

Those who are getting ahead know their 'numbers' and they don't stick their heads in the sand. They automate their banking, a fiddly job, but allocating bills, regular investing and savings before any spending occurs.

It takes 5 minutes each month to review and categorise your credit card statement and pay it in full before the due date to avoid interest costs.

Every purchase is intentional and well researched. Meaning that if you see something you want, challenge yourself to 'sit on it' for 3 days at least. Those who are getting ahead rarely suffer from 'buyer's remorse'.

From selling unused items on Trade Me to using a fuel app or grocery shopping with a meal plan and a list. When you have a clear idea of a goal you are working towards, it is genuinely a motivator to making different spending decisions.

Building a rainy-day fund to 3 months of expenses is not fun! As you can only spend the money in an emergency, not for travel or the latest gadget, it is about consistently putting income aside to build up to 3 months' worth of expenses.

It's taking time to look at your subscriptions, apps and streaming services to make sure you are using what you are paying little and often for.

Those we see doing well have good communication with not only their other half or business partners, but also their professional advisers, accountant, lawyer, financial adviser, farm adviser and bank.

Your normal needs to be making lunch to take to work and choosing to buy coffee only when it means catching up with someone purposefully.

Are you taking the time to research exchange rates before you go on holiday, and pre-purchasing currency on your Wise card when the timing is good prior to your departure? Then booking a 'free cancellation' hotel, so that if you find a better deal you can make a switch.

Annually reviewing your Estate Plan and checking that your final wishes reflect what you want to happen. Also, it is boring, but understanding your health policy and implementing an excess to manage the premium can easily turn the dial 1%. Having a debt repayment plan, then when a loan finishes rather than spending it on lifestyle, redirecting it to savings.

The key is in planning, and by planning well you avoid reacting. So, what small, unglamorous habits are you going to adopt that your future financial self will thank you for?

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