

MONTHLY CATCH UP

WITH LIFETIME

The month of March is synonymous with Spring

Spring is the season between winter and summer when the weather becomes warmer (well, fingers crossed that it does!). Plants start to grow again. Green shoots are emerging, heralding a season of growth and optimism. There is a feeling of renewal, a refresh, and positive vibes.

Spring is now upon us. Green shoots are emerging, heralding a season of growth and optimism.



But is that also true about your personal finances? Can a bit of 'spring cleaning' bring about happiness and wellbeing in your life?

A clean home - and clean finances - don't happen by mistake. They are only like that when you go out of your way to make them happen.

Over time, your needs change. That's because you have met your short and mid-term goals. Sometimes, even your long-term goals need a second look to make sure they truly represent your ideal life.

So set aside some time this spring to review your finances and tweak them where necessary.

When it comes to your personal finances, it is always important to have the knowledge of exactly what you have coming in, and what is going out. In other words, your income and your expenditure.

Household bills are rising again in the next couple of months, with increases already announced in broadband and mobile phone charges and likely to be announced in council tax and utilities.

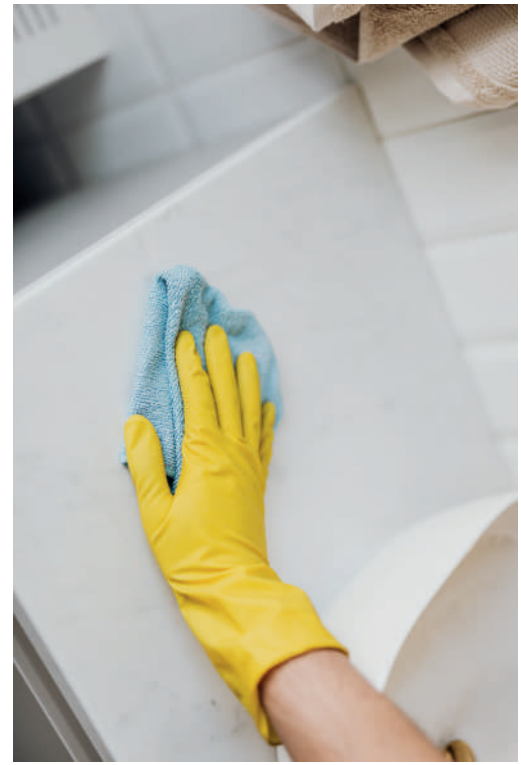
Being aware of the impact that these price rises will have on your budget is critical so that you can make better informed decisions when it comes to your spending and saving.

Household bills are rising again in the next couple of months, with increases already announced in broadband and mobile phone charges and likely to be followed by rises in council tax and utilities. However, Chancellor of the Exchequer Jeremy Hunt announced in his Spring Budget on Wednesday that the government are extending support for energy bills until the end of June. Typical energy bills had been due to rise to £3,000 from April but will now remain at the current Energy Price Guarantee of £2,500 for at least the next three months.

But the £400 winter fuel payment most households received will not be renewed, Mr Hunt confirmed. That means that costs will still rise in the short term. Being aware of the impact that these price rises will have on your budget is critical so that you can make better informed decisions when it comes to your spending and saving.

Perhaps you can 'spring clean' your finances with these 7 tips:

- Look closely at your budget to see if it still works for you
- Keep a close eye on your debt to ensure it is not running away from you
- Ensure your emergency fund remains intact
- Revisit your financial goals to see if they are still what you want
- If you have a mortgage, then make sure you are on the right rate for you
- Get the best out of any rewards/savings and benefits on offer, in and out of work
- Always look for ways to boost your financial wellbeing, as this is closely aligned to your mental health



Financial wellbeing can refer to a sense of security, that important feeling of having enough money to meet your needs and wants. It can mean being in control of your day-to-day finances and having the financial freedom to make choices that allow you to enjoy your life.

But to us here at Lifetime it is even more than that because we see what impact it has, and how it can change people. Financial wellbeing is enlightenment, empowerment and knowledge. It allows you to have clear sight of where you are going and if you can get there. It's about being confident in making big decisions, knowing that you are making informed choices which is derived from clarity and education.

It is not about how much money you have, it's about being able to live your best life, the life you want and that's right for you as a unique individual.

Positive money habits.

They are good things to have. Beneficial too.

Here's some of the positive financial habits taken up by members of the Lifetime team:

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Having a good grasp on what you're spending throughout the month can be really useful, and I find this can help me to decide how much I choose to save/invest each month.

Charlie Parker

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I check my bank at least weekly so that I know exactly what is due to come out and when, as well as moving my bill money to a separate place to spending money.

Charlotte Swinscoe

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Regular monthly savings into an ISA & shopping around on comparison websites for car, home and pet insurances when they're due for renewal.

Amy Fox

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A chat with a Lifetime coach could get the ball rolling!

If you have questions surrounding your personal finances or would simply like to know more about the financial wellbeing service Lifetime offers, a chat with a coach will give you the opportunity to discuss any concerns you may have.

If you need any help with putting together a financial plan that could put you on the correct path to realising your goals and ambitions, as well as avoiding any potential pitfalls, then you can book a free 15-minute chat with a coach by clicking here:



We need your help!

Lifetime are thrilled to have been nominated for the 2023 Yorkshire Choice Awards, but can you help push us towards top spot?

Celebrating notable achievement in the white rose county, the nominations represent the most inspirational individuals, local organisations and aspiring entrepreneurs who have made a genuine impact. Lifetime have been nominated for the Customer Service Award, in recognition of our efforts to guide, support and advise as many people as possible through our innovative financial wellbeing service. As well as helping individuals, we partner with employers to empower their employees, so they can live their best life, realise their dreams, and be confident and more knowledgeable when it comes to personal money matters.

The Yorkshire Choice Awards are decided by public vote, so if you believe that Lifetime deserve to be recognised for the Customer Service then please click here (<https://yorkshirechoice.wufoo.com/forms/vote-for-your-yorkshire-choice-winner-2023/>). Then go to the Customer Service category and use the drop down arrows to choose Lifetime as your choice of winner. There is only one vote allowed per IP address but if you could share the news with friends, family and work colleagues and ask them to place their vote for Lifetime it would be very much appreciated. Voting closes next month.

