

Checklist: Financial Planning For Times Of Uncertainty



Don't panic, stick to the plan, stay invested, tune out the noise, and focus on the long term. These are some of the mantras you've likely heard from us to maintain confidence and help prevent overreaction during times of uncertainty, crisis, or market volatility. However, taking or at least considering thoughtful action can help you feel like you've regained some control. Below is a list of actions and opportunities that you may want to consider and discuss with your financial advisor.

- 1 Revisit your financial plan and your time horizon for accomplishing your financial goals.
- 2 Confirm that your cash positions are safe and your emergency funds are sufficient.
- 3 Confirm that your equity investments aren't needed immediately and that they are longer-term investments.
- 4 Revisit your fixed and discretionary living expenses. What has decreased, increased, or stayed the same?
- 5 Readdress any investment strategy or portfolio rebalancing changes you were considering.
- 6 Confirm your 401(k) and other retirement contributions are appropriate. This is an effective way to dollar cost average into the investment markets.
- 7 Check if there are tax-loss harvesting opportunities in your portfolio to offset current or future capital gains.
- 8 If you've considered a Roth IRA conversion, market pullbacks are a good time to revisit those plans.
- 9 Check your family's healthcare proxies, living wills, and other advanced directives to ensure they are appropriate.
- 10 Take inventory of your important documents to be sure that you and your loved ones know where they are saved, preferably with electronic access to digital copies.

Call 800.967.9948 Monday-Thursday 8:30am-5:30pm EST, Friday 8:30am-4:30pm EST or visit <https://www.captrustadvice.com/scheduler/> to schedule a one-on-one consultation with a CAPTRUST Representative.