
How you really keep your focus in uncertain times?

Uncertainty and change seem to be increasing in our lives. We are bombarded with stories of unsettling events and issues. In most cases these arouse our concerns: but who can we trust to help us make sense of this uncertainty?

The same is true with our longevity – the rest of our life. We are bombarded with health and financial pressures that urge us to make decisions that may require good advice or research. We are conscious that we are different from others, but how can we pursue a path that really reflects who we are? It's even more challenging for couples seeking to align their views to arrive at the best outcomes for them and their families.

How we can help ourselves

Uncertainty requires our brain to deal with challenging or difficult situations. As we explained in a recent article, a distinctive attribute of many people who are making the best of their longevity is a commitment to keeping their brain in good shape. Review this article here: [Toughen and Energise Your Mind](#).

Engaging socially

One factor in keeping our brain in good shape is social engagement. Humans are a sociable species so it's not surprising that the article above suggests good social contacts improve wellbeing. An open mind and a willingness to learn can foster productive and repeated social discussions.

Professional Advice

Professional advisers in disciplines like personal finance and health are facing the same storms of change as the rest of us, so they are under pressure too. As well as having to present increasingly complex strategies and products, they need to introduce concepts like risk and uncertainty as part of the context of their advice. It can be very confronting.

Rather than simply asking for your consent to their recommendations, the ideal outcome is that your advisers support you to both make an informed commitment to the journey and understand how further change will be managed.

The Solution

Longevity planning changes the relationship between you and your advisers. Discussing your longevity plan helps them focus on you (both, if partnered) and engage with your goals and situation. It's a sure basis for a strong and trusting relationship between you and your adviser. It also saves time – a mutual benefit. To encourage this outcome, we are actively promoting our services for advisers to sponsor their clients into longevity planning. Let us know if you would like us to approach yours! For more insights see: [Empower Your Adviser](#).

It's a good idea to update your SHAPE Analyser results regularly - why not do one now?

Try your free upgraded
SHAPE Analyser now