

Just One Step That Will Immediately Change Your Life

Did you ever go on a journey and not plan for it? Were there any regrets – ‘if only I’d known?’

Our life is a unique journey. It may not turn out as we expect, but with a plan we’re more likely to make the best of our experience along the way. What’s more, comparing our plan with our life partner can make it even richer. As life changes, so should our longevity plans.

We have updated the SHAPE Analyser with latest Australian Life Tables data from the Australian Government Actuary so why not review your own plan to keep on track. Just 10 minutes should do it! If not already a full subscriber, maybe now is the time and taking the free offer to add your partner.

What others think

We reviewed the priorities other subscribers were seeing for themselves when using the Analyser. Here are the top five.

Exercise: This makes the top of the list. Many of us are not ‘committed’ exercisers. [Refocus Your Goals For Maximum Benefit](#) can help to begin exercise habits that suit your personal circumstances.

Friends: Regular face to face contacts with friends is good for us. [Interacting With Others](#) provides important insights.

Weight: We mostly know if we are overweight – and our health advisers are usually on to it. Check out [Overweight](#) for some guidance.

Family History: With GPs being flat out, its less common for them to have the time to understand family history. See [Parents and Genes](#) for how to make the best of this and inform your health advisers.

Attitude: Managing the journey can be disheartening at times. A positive mindset can help you tip the balance in your favour. See [Mindset](#).

Some of the above issue will resonate with you. We hope it inspires you to realise many others are on the same journey.

Enlisting Others

Discussing your own longevity insights really helps others to engage with your journey. This is why we rate discussions between life partners very highly.

Encouraging your adviser, if you have one, is a valuable step. By sharing the key immediate steps in your longevity plan they become more intimately engaged with your journey. We strongly believe this step will add real value to your progress as they also engage with your longer-term steps.

[For Advisers](#) is a new menu option on <http://www.mylongevity.com.au>. We are promoting our services to advisers – for example health, financial and estate planning professionals - so they can

support your journey. Let us know if you would like us to approach your advisers directly to encourage their support for longevity planning. To enable this, please provide their name and contact details to team@mylongevity.com.au. We will not compromise your own privacy in approaching them but will let you know when we have done so.

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

Try your free upgraded
SHAPE Analyser now