

1 IN 4 AUSTRALIANS “MOSTLY” OR “DEFINITELY” LIVING THE DREAM



5x

More likely to
plan and stick
to plans



5x

More likely to
meditate



3x

More likely to seek
advice from a financial
planner



3x

Less stressed
about money

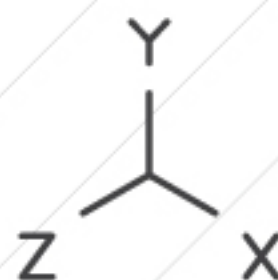
TOP 3 BIGGEST REGRETS

WORKING AGE AUSTRALIANS IN 2017



Not saving enough

37%



Poor decisions

30%



Not taking care of myself

29%

TOP 6 BLOCKS TO LIVING THE DREAM



Low bank balance

48%



Not enough time

28%



Debt

26%



Lack of self-belief

22%



Poor planning for the
future

14%



Not enough support from
others

12%

WHAT 'LIVING THE DREAM' MEANS TO AUSTRALIANS TODAY



Having the lifestyle of my
choice

57%



Having financial freedom
and independence

54%



Having safety
and security

49%



Owning a home

41%



Having a family

41%



Pursuing hobbies and
interests

40%

PROFILE OF A GO-GETTER



**Seek advice from a
financial planner**

58%



**Wake up early to start
the day (before 7am)**

50%



**Spend quality time
with family**

44%



**Spend time
planning diary**

19%



**Meditate or engage in
spiritual activity**

16%



**Eat out at
a restaurant**

11%

TOP 6 INDICATORS OF A DREAM LIFE



FINANCIAL INDEPENDENCE
(65%)



FAMILY
(63%)



MORALS
(61%)



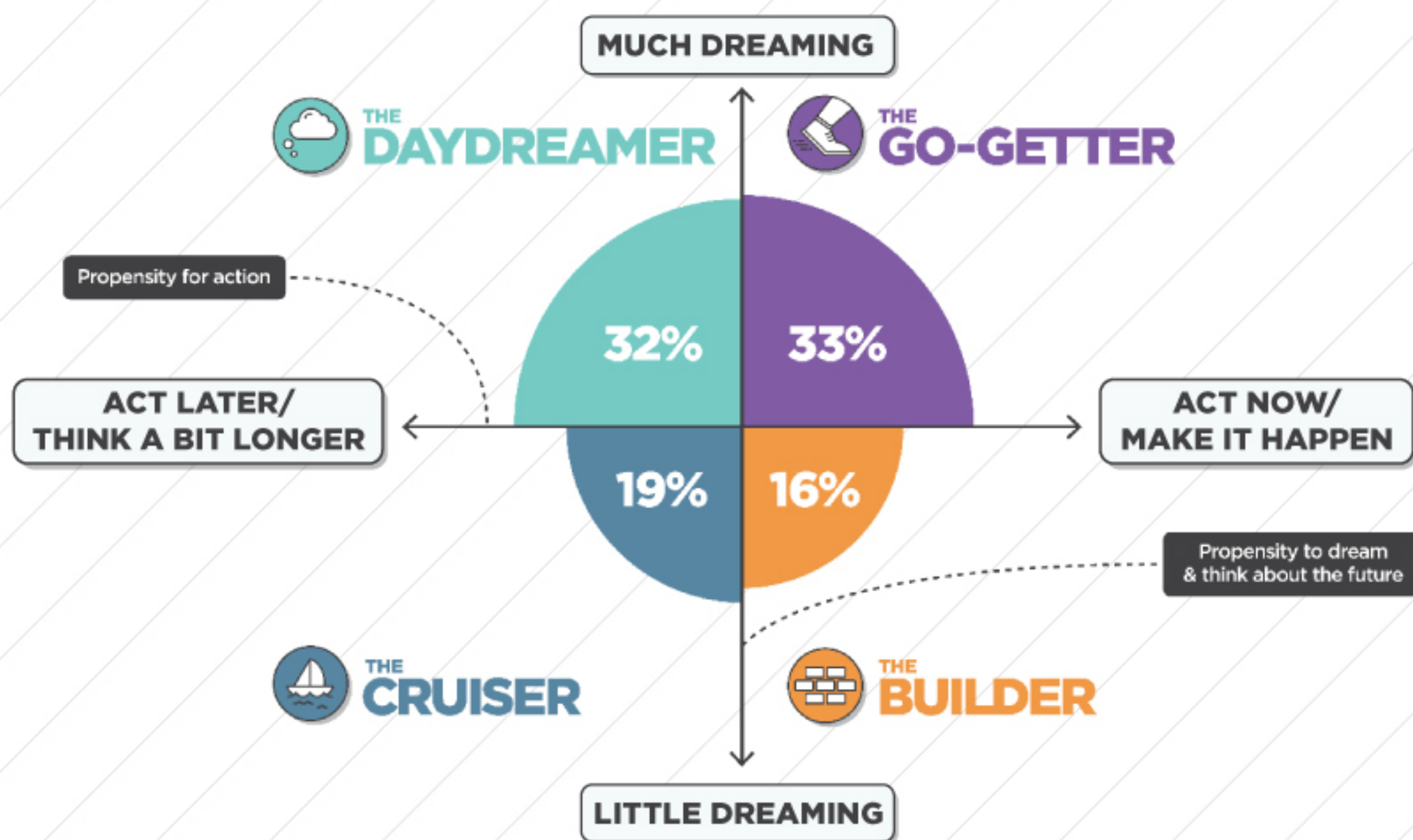
FIT AND HEALTHY
(61%)



FRIENDSHIP
(60%)



HOME OWNERSHIP
(52%)



Source: FPA 'Live the Dream' national research report (August 2017).
 See full report at www.moneyandlife.com.au/livethedream.
 Research conducted by McCrindle included 2,635 working-age Australian respondents