

2022

Financial Resolutions Study

A FEW WORDS ABOUT THE STUDY

Fidelity Investments'® annual Financial Resolutions Study is designed to explore attitudes about making New Year financial resolutions. This year's study examines how Americans are feeling about their finances as they head into 2022, continuing to face challenges brought on by the COVID-19 pandemic– and whether they're making a resolution to improve their financial situation.

This Year's Key Findings:



6 in 10

AMERICANS

feel optimistic about the future, despite the unknown

72% are confident they'll be in a better financial position in 2022

68% are considering a financial resolution for the new year

Despite this optimism, there are perceived storm clouds on the horizon...

TOP CONCERN FOR 2022:



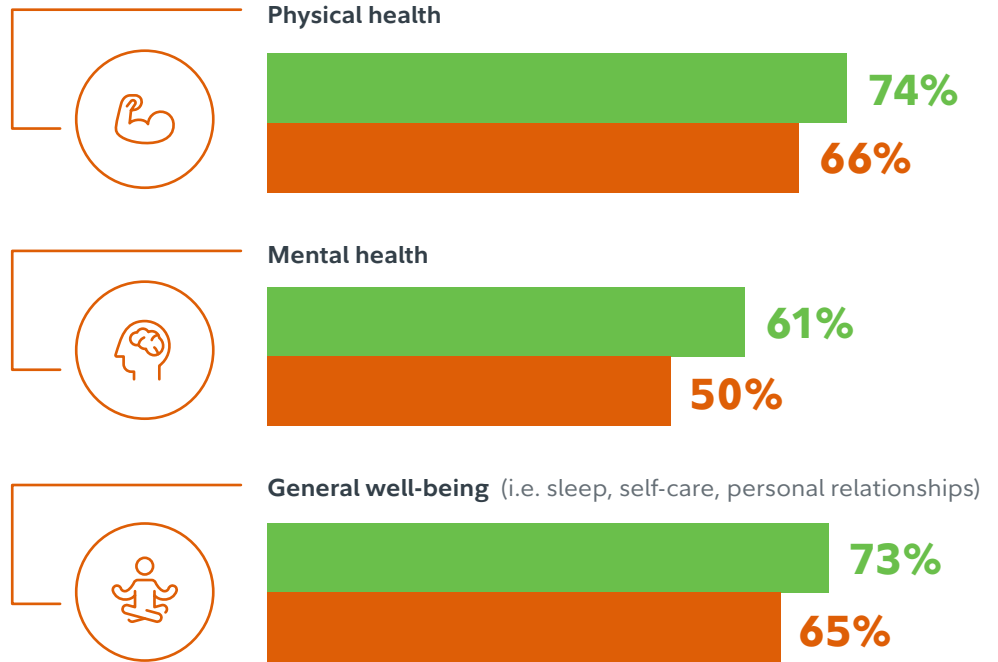
INFLATION AND RISING COSTS



Other Types of Resolutions Are Also on the Rise...

More Americans are also considering resolutions around physical and mental health objectives for 2022 compared to 2021.

■ 2022 ■ 2021



SURVEY SAYS:

The Top 3 Financial Resolutions, Among Those Considering One:



What's the No. 1 reason cited for NOT making a financial resolution?



People feel they are already in good financial shape!



2022 Savings Objectives Are Split

51%

plan to focus on saving for long-term objectives
(retirement, college savings, health care)

49%

plan to focus on saving for short-term objectives
(emergency savings, mortgage)

62%

 OF THE NEXT GENERATION PLAN TO INCREASE THEIR RETIREMENT CONTRIBUTION IN THE YEAR AHEAD.¹

¹ Next generation for this study is defined as respondents ages 18-35.

What Silver Linings Did Americans Experience This Past Year?

42% say they've become more thoughtful about their saving and spending

39% say they have become closer to family

34% say they've become stronger as a person

Another silver lining? More people are seeing the value of making plans and sticking with them.



71%

of Americans were able to stick with a financial resolution versus 58% in 2020.

This attitude is carrying through into the new year, with people saying they are being more practical about the financial resolutions they make.

38% are considering more conservative goals – a number which is even higher (46%) among the next generation – and **34% are only considering goals within their control.**

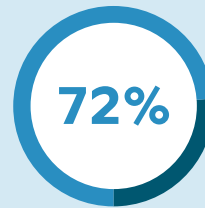
LOOKING AHEAD:



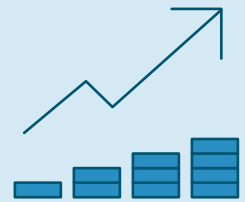
Americans Are Feeling Optimistic...

1 in 3

characterized 2022 as the year of hope



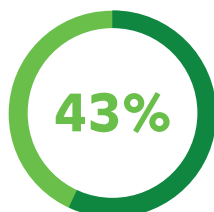
are confident they'll be in a better financial position in 2022 than they were in 2021...



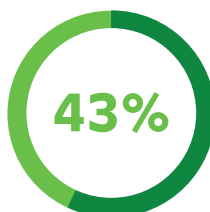
This increases to **81%** among the next generation.

...But Grounded Going Into 2022

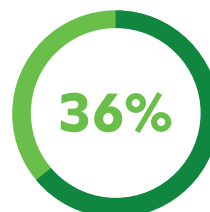
TOP CONCERNS FOR 2022:



Inflation and rising cost of food and other day-to-day essentials



Unexpected expenses



The COVID-19 pandemic's impact on the economy

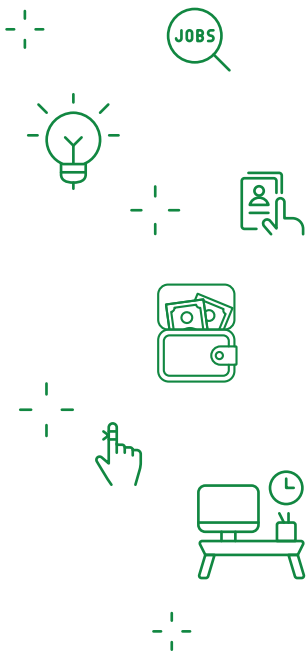
TOP SETBACKS ANTICIPATED FOR 2022:

26%

Unexpected non-health emergencies

22%

Family health emergencies



Overall, however, stress levels have significantly decreased. Where there is stress, however, is finding money to save after paying monthly bills, the ability to pay bills, and saving for retirement. Still, **84% of Americans say that after living through the pandemic, they learned to let go of what they can't control.** And if a financial setback occurs, sensible solutions are holding sway: top solutions would be to cut back on other expenses (54%), followed by dipping into emergency savings (39%).

This year, signs of the Great Resignation are present, especially among younger generations. **47% of the next generation who are currently employed said they would be likely to seek a new job in 2022 versus 39% of all of those currently employed.** Aside from money, the reasons for seeking a change were largely values based, with stress levels, flexibility and "finding a job that better aligns with my personal values" cited as top reasons.

TOP THINGS PEOPLE WANT TO DO FOR THEMSELVES IN 2022:

Many Americans Plan to Prioritize Themselves This Year


EXERCISE MORE

45%


SPEND MORE TIME WITH THOSE THEY LOVE

44%


EAT MORE NUTRITIOUSLY

40%


FOCUS ON THINGS THAT TRULY MATTER

40%

MAKING A RESOLUTION CAN BE GOOD FOR YOUR FINANCIAL HEALTH

People who made financial resolutions at the start of 2021 are...	...in better financial shape...	...than those who didn't make a financial resolution.
More optimistic about the future.	<p>39% feel strongly they will be better off financially in 2022</p> <p>81% strongly/somewhat agree they will be better off financially in 2022</p>	<p>15% strongly agree with this statement</p> <p>58% strongly/somewhat agree with this statement</p>
And, more financially secure.	<p>41% say they're in a better financial situation this year than last</p>	<p>22% feel the same way</p>

Top reasons people were able to stick with their financial resolutions:



32%

"It felt good to make progress, so I stuck with it"



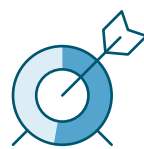
29%

"I was motivated by my passion to reach my goal"



27%

"It was realistic, and easy to maintain over the long term"



25%

"The financial goal I set was clear and specific"



22%

"I set smaller milestones along the way to stay motivated"

Looking to take the next step with your financial resolutions?

It all starts with setting a goal.

Fidelity can help you create a free plan* based on what matters most to you and adjust your plan as your priorities evolve, available at:

fidelity.com/freeplan.



Methodology

This study presents the findings of a national online survey, among 3,031 adults, 18 years of age and older. The generations are defined as: Baby Boomers (ages 57-75), Gen X (ages 41-56), millennials (ages 25-40), and Gen Z (ages 18-24; although this generation has a wider range, we only surveyed adults for the purposes of this survey). Interviewing for this CARAVAN® Survey was conducted October 18-24, 2021 by ENGINE Insights, which is not affiliated with Fidelity Investments. The results of this survey may not be representative of all adults meeting the same criteria as those surveyed for this study.

The theoretical sampling error for all respondents is +/- 1.8% at 95% confidence.

Note: All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with non-response, error associated with question wording and response options, and post-survey weighting and adjustments. All that can be calculated are theoretical possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates.

Male	48%
Female	52%
Average Age	47 years old
Average Household Income	\$65,000
Employed	55%
Not Employed	14%
Retired	22%
Homemaker	6%
Student	3%

*Fidelity's Planning and Guidance center allows you to create and monitor multiple independent financial goals. While there is no fee to generate a plan, expenses charged by your investments and other fees associated with trading or transacting in your account would still apply. You are responsible for determining whether, and how, to implement any financial planning considerations presented, including asset allocation suggestions, and for paying applicable fees. Financial planning does not constitute an offer to sell, a solicitation of any offer to buy, or a recommendation of any security by Fidelity Investments or any third party.

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