

Own Your Financial Future

What Every Woman Should Know
At Each Life Stage

Your complete guide to financial clarity, confidence, and control, from your first paycheck to a legacy that lasts.



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Why Women In Singapore Need A Different Financial Playbook

The Confidence Gap

Women live longer, earn less over a lifetime, and are more likely to take career breaks — yet remain significantly less confident about investing than men. This is not a personal failing. It is a structural gap that demands a tailored strategy.

You manage the household budget. You track every family expense. You hold things together through every financial storm. Yet when it comes to your own long-term financial future, your retirement, protection, and wealth, you may be the last person at the table.

This is not a coincidence. It is a pattern. And it is one we need to break together.

Women in Singapore face a structurally different financial reality. Longer lifespans, career interruptions, a persistent wage gap, and lower CPF accumulation combine to create a compounding disadvantage over time, one that can only be addressed with deliberate, life-stage-specific planning.

The data tells the story clearly.

The Numbers You Need To Know

14.3 %
Wage Gap

Women's median income was 14.3% lower than men's in Singapore in 2023

Source: MOM Data, 2024

13 %
Lower CPF

Among ages 50–65, women's total CPF balances trail men's by 13%

Source: CPF Board, 2022

5 Yrs
Longer Lifespan

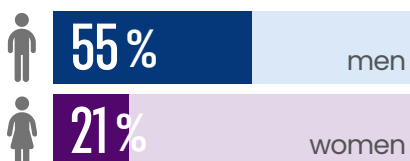
Women in Singapore outlive men on average, by approximately 5 years

Source: Singstat, 2025

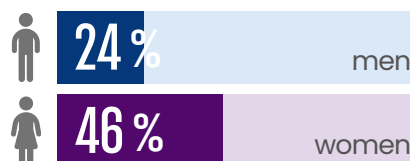
The Confidence Gap In Investing

Research by CGS International Securities Singapore and Republic Polytechnic found that even though women scored higher in digital financial literacy, men were far more confident investors. And this confidence gap has real consequences. It leads women to delay investing, defer decisions, and miss years of compounding growth.

Feel confident in investment decisions



Cite lack of knowledge as a barrier to investing



The Double Squeeze

The data points above do not exist in isolation — they reinforce each other. Women need more retirement savings because they live longer. Yet they typically accumulate less, because of lower earnings, career breaks, and gaps in CPF contributions. The result is what financial researchers call a 'double squeeze': higher retirement needs, lower retirement resources.

Needs More

- Longer lifespan = more retirement years to fund
- Higher cumulative healthcare costs
- Greater inflation exposure over 25–30 year retirement
- More likely to be financially independent in later life

Accumulates Less

- Wage gap reduces lifetime earnings by hundreds of thousands
- Career breaks pause CPF and investment growth
- CPF balances among women aged 50–65 is lower than men
- Less women actively invest, compared to their male peers

Financial Independence Is Not About Earning More

A common misconception is that financial independence begins when income reaches a certain threshold. In reality, financial independence is about control, clarity, and intentionality: knowing where your money goes, having protection in place, and building a strategy that evolves with your life.

You can earn well and still be financially vulnerable. You can be a stay-at-home mum and still have a robust financial plan. The difference is not income. The difference is strategy.

Financial Independence = Clarity + Control + A Plan That Evolves With Your Life

Why This Guide Exists

Most financial guides are written generically. They do not account for the career break a woman takes to care for ageing parents. They do not model the impact of a divorce on a retirement plan built for two. They do not ask whether the stay-at-home mother is insured at all.

This guide does. It is structured around the five major financial life stages that most women in Singapore will navigate — and it is honest about what most people overlook at each one.

Each chapter in this guide covers:

- Who this stage applies to and what makes it financially distinct
- The key priorities to focus on right now
- The gaps that most people do not discover until it is too late
- A clear, actionable next step

Not every chapter will apply to where you are today. But every chapter will apply to someone you love. Read it, share it, and come back to it. Because the best financial plan is one that grows with you.

Your Financial Journey At A Glance:

Five Stages, One Continuous Strategy

Every woman's financial journey is unique, but the challenges that appear at each life stage are remarkably consistent. Here is how this guide maps your path.

1.

Starting Out

Build your financial foundation. Establish savings habits, secure your first protection policies, and let compounding begin working for you.

Habits • Protection • Early Investing

2.

Building Momentum

Translate income growth into asset growth. Structure your savings and investments, plan for major milestones, and maintain financial independence within relationships.

Investing • Goals • Independence

3.

Family & Responsibilities

Shift from 'me' to 'who depends on me.' Protect your family comprehensively, plan for education and ageing parents, and ensure your contribution is never invisible.

Protection • Education • Legacy Foundations

4.

Transitions & Reset

Navigate career breaks, divorce, or re-entry with financial clarity. Rebuild independence, restructure your cashflow, and redefine your goals on your own terms.

Reset • Rebuilding • Independence

5.

Pre-Retirement & Beyond

Shift from accumulation to preservation and income. Ensure your money lasts as long as you do, and build a legacy that reflects your values.

Retirement • Longevity • Estate



A woman who is financially empowered is not just securing her own future. She is changing the trajectory of everyone who depends on her.



Stage 01

Starting Out

Early Career & First Income | Typically Your 20s to Early 30s

Are you on track financially for your age?

Who This Stage Is For

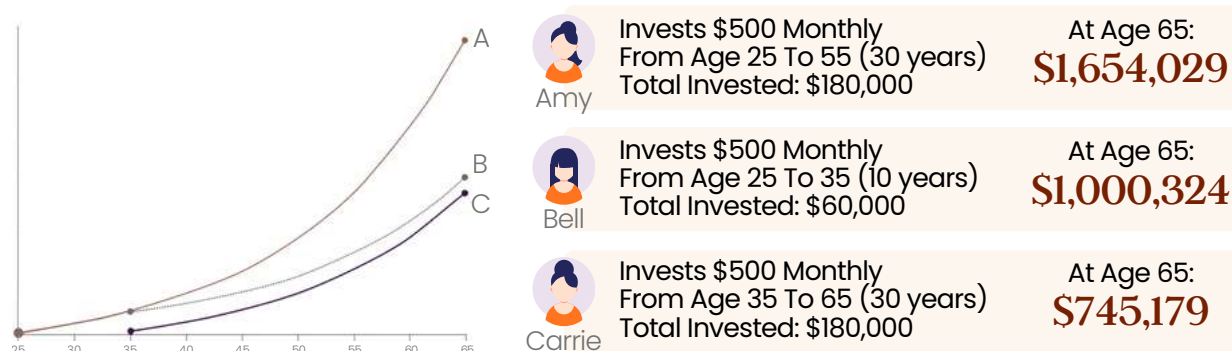
This stage applies to you if you are:

- A fresh graduate entering the workforce for the first time
- An early-career professional within your first five years of working
- An individual who has recently started receiving a regular income, whether salaried or freelance

This is one of the most powerful financial phases of your life — not because you have a lot of money, but because you have something more valuable: time.

Why This Stage Matters More Than You Think

The financial habits you build in your 20s, good or bad, tend to compound over time. Waiting just five years to begin investing can result in significantly less wealth at retirement, even if you invest double the amount later. This is the magic (and the urgency) of compound interest.



Disclaimer: This projection is for illustration purposes only. The scenarios assume 8% rate of return compounded monthly.

From the above scenarios, a 10-year delay can more than halve your outcome, even with the same monthly contribution and total capital.

Your Key Financial Priorities at This Stage

1. Build Financial Habits Early

Budgeting is not about restriction, it is about intention. A simple framework used by many financial planners is the 50/30/20 rule: allocate 50% of income to needs, 30% to wants, and 20% to savings and investments. The exact percentages matter less than the habit of prioritising savings before discretionary spending.

Get started by:

- Setting up automatic transfers to savings on payday
- Track your spending, even informally, for at least 3 months to understand your patterns
- Avoid lifestyle inflation: when your income rises, save the increase before you spend it

2. Build Your Protection Foundation Early

Many young women delay insurance because they feel healthy and invincible. This is the most expensive mistake you can make — not because premiums are lower when you are young (even though they are), but because your insurability depends on your health at the time of application.

If you develop a health condition at 35, you may find critical illness coverage unavailable or prohibitively expensive. Securing protection when you are healthy locks in both your premiums and your coverage eligibility.

- At minimum, it is recommended to secure your health and personal accident coverage
- Strongly consider critical illness coverage and income protection
- Your greatest financial asset right now is your future earning potential — protect it

3. Begin Investing, Even In Small Amounts

You do not need \$10,000 to start investing. Many platforms allow you to begin with as little as \$100 per month. What matters is starting the habit and letting compound growth work in your favour. Even without in-depth financial expertise, you can begin with low-cost, diversified options like index funds or a professionally managed portfolio suited to your risk profile.

Understanding the Two Common Profiles at This Stage

The Corporate Professional

Stable income, employer benefits, CPF contributions

- Maximise CPF and employer benefits before looking elsewhere
- Invest the difference between gross and take-home
- Do not rely solely on employer group insurance for protection

The Freelancer & Gig Worker

Variable income, no employer benefits, full self-reliance

- Budget based on your lowest income month, not your average
- Build a cash buffer of 6 months' expenses before investing
- Voluntarily contribute to CPF as a self-employed person

What Most Women Overlook at This Stage

The most expensive financial mistakes are rarely dramatic. They are quiet. They are the decisions that get postponed, the policies that never get bought, the investments that never get started. At Stage 1, these are the gaps that cost the most — because time is the one thing you cannot buy back.



Waiting until you 'earn more' to start saving and investing

This is the single most common, and most costly, financial decision young women make. Every year of delay in your 20s has an outsized impact on your final outcome. Time, not amount, is the dominant variable.



Treating employer group insurance as 'enough' coverage

Group policies provided by employers are a benefit, not a safety net. They typically lapse moment you leave, take a break, or are retrenched, exactly when you are most financially vulnerable. Your own policy, secured while you are young and healthy, cannot be taken away.



Underestimating critical illness risk at a young age

Critical illness is not an 'older person' problem. In Singapore, cancer is the leading cause of death and affects women across all age groups — breast cancer, in particular, strikes during working years. A serious diagnosis without income protection or a critical illness payout can derail finances for years.



Saving what is 'left over' instead of paying yourself first

When savings are treated as discretionary (whatever remains after spending), they become the first casualty of every unexpected expense, social occasion, or lifestyle upgrade. The shift from reactive saving to proactive saving is one of the most powerful financial habits you can build.

Your Next Step:

Get Your Personalised Starter Financial Plan

You do not need to have everything figured out. You just need to start with a clear picture of where you are. A personalised starter plan will map your current income and expenses, identify the protection gaps you may not know exist, recommend the right starting point for investing based on your risk profile, and give you a savings and investment target that is realistic for your life right now — not a generic benchmark.

The best time to start was yesterday. The second best time is today.



The most expensive financial mistakes are rarely dramatic. They are quiet. They are the decisions that get postponed, until the cost of waiting becomes greater than the cost of acting.



Are you making the most of your income?

Who This Stage Is For

This stage applies to you if you are:

- In a phase of career progression with rising income and growing responsibilities
- Starting to think seriously about medium-term goals like property or financial flexibility
- Navigating the shift from 'surviving' financially to actively building wealth
- Managing both personal ambition and relationship finances

The Core Challenge

Income growth in this phase is exciting, but it comes with a risk: Lifestyle Inflation. Each pay raise gets absorbed by a better brand, nicer holidays, and upgraded subscriptions. Before you know it, your financial progress has not kept pace with your earnings.

The women who build lasting wealth in this phase are those who make deliberate choices: deciding in advance what percentage of every raise goes toward asset building before it touches lifestyle.

Your Key Financial Priorities at This Stage

1. Upgrade Your Investment Strategy

Where Stage 1 was about starting, Stage 2 is about structuring. You likely have a higher disposable income and can now build a more sophisticated portfolio. Consider:

- Diversifying across asset classes
- Reviewing your investment risk profile: it should match your time horizon and goals
- Setting up regular saving and investing processes to automate wealth building

2. Upgrade Your Protection Coverage

Your financial responsibilities have grown. If you had secured basic coverage in Stage 1, it is now time to review whether it is still sufficient and aligned to your needs. Ask yourself:

- Has my income increased significantly? My income protection should reflect that.
- Do I have outstanding loans (student, personal, car)? These need to be protected.
- Am I in a relationship? What happens financially if my partner cannot provide?

3. Define and Plan Medium-Term Goals

This is the time to get specific about what you want your money to achieve in the next 5–10 years. Common goals for this phase include:

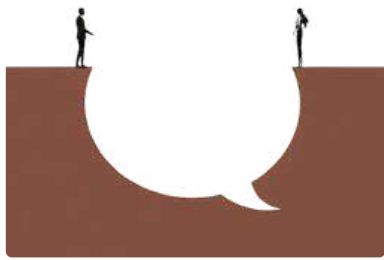
Financial Goals

- Property purchase or downpayment
- Investment portfolio milestone
- Clearing debt ahead of schedule

Life Goals

- Starting a business or side income
- Furthering education or career pivot
- Early financial freedom or semi-retirement

The Relationship Money Conversation



If you are in a committed relationship or marriage, this stage often marks the beginning of shared financial planning. But financial independence within a relationship is not just possible — it is essential.

Here is why: Over-reliance on a partner for financial decisions is one of the most common and most dangerous financial vulnerabilities for women. Even if you fully trust your partner, a separation, illness, or sudden loss should not also mean financial ignorance.

Maintaining Financial Independence in a Relationship

- Keep at least one personal account and maintain your own credit history
- Understand all joint accounts, investments, and insurance policies
- Have your own financial goals alongside shared ones
- Know where all important financial documents are stored
- Ensure your name is on major assets and policies

What Most Women Overlook at This Stage

This is the phase where financial decisions start to compound — in both directions. The right moves here accelerate wealth building significantly. The wrong ones, or the absent ones, create gaps that become harder to close with every passing year.



Deferring all financial decisions to a partner — even a trusted one

In many couples, one partner gradually becomes the 'financial one', often the male partner. What begins as a practical division of labour can quietly erode a woman's financial visibility, confidence, and agency. Regardless of the strength of a relationship, every woman should have an understanding of the full financial picture.



No clarity on joint versus individual finances

Many couples merge finances without ever having an explicit conversation about it. For example,

- Which accounts are joint?
- What happens to shared savings if the relationship changes?
- Whose name is on the property?
- Are both partners named on insurance policies?

These are not pessimistic questions. Clarity on financial structure protects both partners and ensures that a relationship change does not also mean a financial crisis.



Letting income growth fund lifestyle rather than wealth

It is natural, and perfectly valid, to enjoy the fruits of career success. The problem arises when all of a salary increase is absorbed by lifestyle upgrades. A simple discipline that wealth-builders use: when income increases, direct at least 50% of the increase to savings or investments before adjusting lifestyle. This means your quality of life improves and your financial position strengthens simultaneously.



Not revisiting protection coverage as income and responsibilities grow

The policy you took out at 24 was designed for your life at 24. It may not be designed for the mortgage you now carry, the partner who depends partly on your income, or the lifestyle your family has built around your earnings. Insurance coverage should be reviewed every time a major financial milestone occurs — if you cannot remember when you last reviewed your coverage, that is your sign.

Your Next Step: See Your Full Financial Roadmap

You are earning well. But is your money working as hard as you are? A personalised financial roadmap will show you your current savings ratio versus where it should be, the gap between your investment portfolio and your goals, a clear timeline to your top 3 financial milestones, and exactly where your protection coverage needs upgrading. This is not a generic snapshot — it is a plan built around your income, your goals, and the life you are building.

Income without a plan is just money passing through. Give yours a direction.

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Earning well is not the same as being financially secure. The difference, is having a plan in place.

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If something happens to you, will your family be financially secure?

Who This Stage Is For

- Married women navigating shared finances and family planning
- Mothers managing the cost of raising children alongside career or home responsibilities
- Women in the 'sandwich generation': supporting both young children and ageing parents simultaneously
- Homemakers and stay-at-home mothers whose financial value is often invisible in traditional planning

The Fundamental Shift at This Stage

In earlier stages, financial planning is largely personal, focused on your own goals, priorities, protection, and wealth building. This stage changes everything.

Financial planning shifts from 'me' to 'who depends on me.'

When others depend on you, the stakes of getting financial planning right increase significantly. This is not the time to put planning on hold because life feels too busy. It is the time to make it a priority precisely because life is so full.

Your Key Financial Priorities at This Stage

1. Comprehensive Protection for Your Family

Protection planning at this stage goes beyond insuring yourself. You need to think about what happens to the people who depend on you if you are no longer there, or no longer able to provide.

- Life insurance: sufficient to replace your income and settle major liabilities
- Critical illness coverage: a serious diagnosis should not mean financial collapse
- Income protection: covers you if illness or injury prevents you from working
- Total permanent disability: often overlooked but critical for long-term security

A common calculation for life insurance is 10 times your annual income, plus outstanding debts, plus anticipated future expenses such as children's education. Work with an licensed financial consultant to find what is right for your specific situation.

2. Education Planning

The cost of education, from preschool to university, has risen sharply and continues to do so. Starting an education fund early allows compound growth to do the heavy lifting. Waiting until your child is 10 to start saving for university significantly reduces your options.

- Consider endowment plans, investment-linked policies, or dedicated savings plans
- Factor in inflation: university costs in 18 years will be significantly higher than today
- Decide early: local university only, or open to overseas education? This changes the target amount dramatically

3. Planning for Your Parents, Not Just Your Children

Many women in this stage find themselves financially supporting ageing parents while raising children, a phenomenon known as the sandwich generation. This dual responsibility can derail even well-laid financial plans if not anticipated.

- Have an honest conversation with your parents about their financial situation and medical needs
- Understand whether their existing insurance policies cover long-term care costs
- Factor potential caregiving costs into your own retirement planning

The Stay-at-Home Mother: A Special Note

If you have stepped back from paid work to raise children or care for family, your financial contribution is enormous, and frequently underestimated. The economic value of a stay-at-home parent encompasses full-time childcare, household management, and family coordination.

Yet many stay-at-home mothers are entirely uninsured or significantly underinsured. This is one of the most critical gaps in family financial planning.



Why Homemakers Need Insurance Too

- If a stay-at-home parent is incapacitated, the family faces real costs beyond medical expenses: hired childcare, domestic help, and emotional disruption
- Life insurance for a homemaker protects the family's ability to maintain stability
- Critical illness coverage matters as much for caregivers as for breadwinners
- Your value is not measured by a salary, and neither should your protection be

What Most Women Overlook at This Stage

The busyness of this life stage is real. There is always something more urgent than reviewing a policy or updating a nomination. But the financial gaps that open up during the family years are often the most dangerous, because the consequences fall not just on you, but on the people you love most.



Stay-at-home mothers are often entirely uninsured

When a mother exits the workforce, her insurance often exits with her, yet her economic contribution to the family does not disappear. The cost of replacing what a full-time caregiver provides can run into thousands of dollars per month, creating an immediate, practical financial crisis that the family is wholly unprepared for.



No contingency plan for the primary breadwinner

Families where one partner earns the majority of the household income are particularly exposed. If that income disappears, the financial structure of the family can collapse rapidly. Mortgages, school fees, and daily expenses do not pause. A comprehensive protection review should stress-test the family's finances against these scenarios explicitly.



Planning for children's education but not for ageing parents

Education funds are a visible, tangible goal, but the financial cost of supporting ageing parents, such as medical bills, assisted living, or supplementing their retirement income, is rarely planned for. The sandwich generation squeeze is real, and it is most acutely felt by women, who are more likely to be the ones managing caregiving responsibilities.



No will, no nomination, and no conversation about it

In Singapore, dying without a valid will means your estate is distributed under the Intestate Succession Act which may not reflect your wishes, and the distribution process can take months and add administrative burden to an already difficult time. And yet, the majority of Singaporeans do not have a will. This is not a legacy planning issue — it is a family protection issue, and it should be addressed the moment you have dependants.

Your Next Step:

Complete a Family Protection Gap Analysis

A protection gap analysis is not about buying more insurance. It is about understanding, with clarity and precision, exactly where your family's financial vulnerabilities are. It will show you what happens financially if you or your partner become critically ill or cannot work, whether your existing life cover is sufficient to settle debts and support your family, whether your children's education is protected regardless of what happens, and whether your homemaking contribution is valued and covered. Most families who complete this review discover at least one significant gap they were not aware of.

Your family's financial security should not depend on everything going according to plan. Plan for when it doesn't.

The Reality: The Protection Gap

What Data Tells Us About Families In Singapore Who Are Financially Exposed

80 %

of female critical illness claims are cancer-related

Cancer accounts for 80% of CI claims for women in Singapore, with breast, uterine, and colorectal cancers the leading sites, all predominantly striking during working years.

Source: GenRe Dread Disease Survey, 2022

74 %

of critical illness needs are unfunded

Singapore's critical illness protection gap stands at S\$579 billion. This means most families would face severe financial hardship if a serious illness struck the primary earner, or the primary caregiver.

Source: LIA Protection Gap Study, 2022

21 %

mortality protection gap persists

Despite rising awareness, 21% of Singapore's economically active adults still lack sufficient life cover to protect their dependants' financial needs if they were to pass away.

Source: LIA Protection Gap Study, 2022

12 %

more time spent in poor health by women than men

Living longer does not mean living better. Women in Singapore spend proportionally more of their lives in poor health than men, a hidden cost that demands dedicated healthcare planning, not just retirement savings.

Source: Channel News Asia, 2024

Did You Know?

95 %

of career breaks for caregiving are taken by women

Among residents who exited the workforce mainly due to caregiving, an overwhelming majority were women, most aged 40 or younger, many with degrees.

Source: MOM Labour Force Survey, 2024

60 %

of Singapore caregivers are women

The majority of caregiving responsibilities fall on women, compressing income, pausing CPF contributions, and widening the financial vulnerability gap at the precise stage when protection is most needed.

Source: NCSS Quality of Life Survey, 2022

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**Your value to your family
is not measured by your
salary. And neither should
your protection be.**

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Transitions & Reset

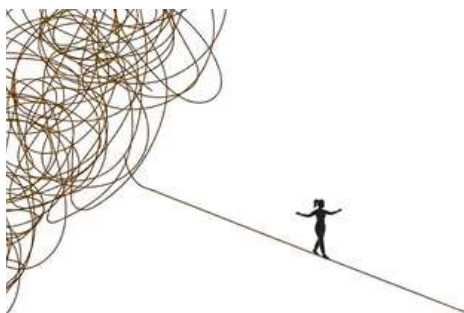
Career Breaks, Divorce, and Major Life Changes

Do you have a clear financial reset plan?

Who This Stage Is For

- Women who have taken or are considering a career break — by choice or circumstance
- Women going through separation, divorce, or the end of a long-term partnership
- Women re-entering the workforce after an extended absence
- Women navigating widowhood and managing finances independently for the first time
- Women experiencing any major life transition that disrupts their financial baseline

Why Transitions Are a Financial Turning Point



Life transitions are emotionally demanding. They are also financially significant, often in ways that are not immediately obvious. A career break is not simply a pause in income; it is a pause in CPF contributions, in retirement savings, in investment growth, and in career earning trajectory. A divorce is not just the end of a relationship; it is a complete restructuring of financial foundations that may have been built over years.

The women who navigate transitions most successfully are those who approach them with financial awareness — ideally before the transition happens, but always as early as possible during it.

Career Breaks: What Really Happens Financially

The Ripple Effect of a Career Break

- CPF contributions stop or reduce, affecting retirement savings and housing loan eligibility
- Investment contributions often pause, interrupting compound growth at a critical time
- Future earnings may be lower when returning to the workforce, due to gaps on a CV or skills gaps
- Insurance policies tied to employment (group cover) typically lapse
- Emergency funds deplete faster than anticipated without income coming in

If a career break is planned, for a child, for a parent, for study, or for personal renewal, the best time to prepare financially is 12 to 24 months before it begins. This includes building a larger emergency fund, reviewing and maintaining insurance policies independently, and setting up automated investments where possible.

Divorce: Rebuilding on Your Own Terms

Divorce is one of the most financially disruptive events a woman can experience, especially if financial decisions were largely handled by a partner. The process of financial reset involves both practical steps and a mindset shift: moving from shared financial identity to an independent financial identity.

Immediate Priorities

- Review and update all beneficiary nominations
- Separate all joint accounts and credit instruments
- Understand the full picture of shared assets and liabilities
- Update your will immediately

Rebuilding Phase

- Reassess your income, expenses, and new financial baseline
- Rebuild emergency savings under your own name
- Review insurance — ensure you are covered independently
- Define new financial goals, on your own timeline

Re-entering the Workforce

Returning to work after a break can feel overwhelming — financially and psychologically. Start by being realistic about your initial income level and build up from there. Do not try to rebuild everything at once. A phased financial reset is more sustainable than an all-or-nothing approach.

Step 1: Stabilise

Ensure income covers essential expenses and emergency fund starts rebuilding

Step 2: Protect

Review and restore all insurance coverage independently

Step 3: Accumulate

Once stable, restart long-term savings and investment contributions

Step 4: Plan

Define your updated financial goals with a fresh perspective

What Most Women Overlook at This Stage

Transitions are disorienting. And when life is already in upheaval, financial decisions are often the last thing anyone wants to tackle. But the window immediately following a major life change is precisely when these decisions matter most — and when delay is most costly.



Not updating nominations, will, and policy ownership after separation

In Singapore, a divorce does not automatically revoke a CPF nomination, a policy nomination, or a will. If you do not update these, your ex-spouse may legally remain the beneficiary, regardless of the terms of your divorce. The update should happen within weeks of a separation, not months.



Losing financial visibility during the transition

Women who were not the primary financial decision-maker in a relationship often face a painful realisation: they do not know what exists. For example:

- What policies are in place?
- What is the mortgage balance?
- What investments does the family hold, and where?

This information vacuum is not just inconvenient, it can be legally and financially dangerous during a divorce settlement. Build that visibility now, before a transition forces you to.



Underestimating the long-term retirement impact of a career break

A two-year career break feels temporary. Its financial impact is not. And for women who take multiple career breaks, the cumulative retirement impact can be tens or hundreds of thousands of dollars. This does not mean career breaks are wrong. It means they must be planned for, with voluntary CPF top-ups, continued investment contributions where possible, and a revised retirement projection that honestly accounts for the gap.

Your Next Step:

Book a Financial Reset Session

A financial reset session is not about starting over. It is about seeing your full financial picture with fresh eyes and building a plan that reflects your life as it is now. Your session will cover a full review of all existing policies and what needs to change immediately, a cashflow restructure based on your new income and expense baseline, a revised retirement projection that accounts for any income gaps, and goal redefinition, because what you are working toward may have changed completely. You do not need to have it all figured out before you come. You just need to begin.

Your next chapter shouldn't be defined by what changed, but by how intentionally you move forward from here.

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**Every new chapter
deserves a plan built for it,
not a plan inherited from
the last one.**

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Will your money last as long as you do?

Who This Stage Is For

- Women in peak earning years who are starting to think about the end of their career
- Those within 10–20 years of their planned retirement age
- Business owners approaching a transition or exit from their business
- Women who have recently retired or are approaching retirement and need to shift from accumulation to income generation

The Unique Retirement Challenge Women Face

Women, on average, need more retirement savings than men. This is not a contradiction, it is a mathematical reality based on longevity. A woman who retires at 62 may need her money to sustain her for 25 to 30 years or more. Planning for 15 years, which many people do implicitly, creates a significant shortfall risk.

Women and Longevity: The Numbers

- Average life expectancy for women in Singapore is approximately 85–87 years
- A woman retiring at 62 may need 25+ years of retirement income
- Healthcare costs typically rise significantly in the final decade of life
- Inflation erodes purchasing power: \$5,000 today may feel like \$3,000 in 20 years
- Many women outlive their spouses and must manage all finances independently

Shifting From Accumulation to Preservation

The investment strategy that built your wealth is not the same strategy that should sustain your wealth in retirement. In pre-retirement and beyond, the priority shifts from growth to:

- Capital preservation: protecting what you have built
- Income generation: creating reliable cash flow in retirement
- Managing sequence-of-returns risk: the danger of a market downturn in early retirement
- Liquidity planning: ensuring accessible cash for unexpected expenses without selling investments

This typically means gradually shifting your portfolio toward more stable, income-generating assets, while maintaining some growth exposure to counter inflation over a long retirement.

Your Key Financial Priorities at This Stage

1. Retirement Adequacy Assessment

The most important question to answer in this stage is simply: will I have enough? This requires projecting your expected retirement income (including CPF LIFE, investments, side income, part-time work) against your expected expenses, adjusted for inflation and healthcare costs.

- What is your target monthly retirement income?
- What sources of income will you have at retirement age?
- What is your projected shortfall, if any?
- How many years do you need to bridge or supplement?

2. Healthcare and Long-Term Care Planning

Healthcare is one of the largest and most unpredictable expenses in retirement. As medical costs rise and longevity increases, long-term care planning for periods when you may need assistance with daily living, becomes essential.

- Review your MediShield Life coverage and the suitability and sufficiency of your existing Integrated Shield Plan
- Explore CareShield Life and any available supplements for long-term care
- Ensure you have a plan for healthcare costs beyond what insurance covers

3. Legacy and Estate Planning

One of the most overlooked areas in financial planning is deciding intentionally what happens to your assets after you are gone. Without a plan, this decision is made by default, and it may not reflect your wishes.

- Write or update your will: ensure it reflects your current wishes and family situation
- Review CPF nominations: CPF assets are excluded from your estate
- Consider a Lasting Power of Attorney (LPA): who will make decisions if you are unable to?
- Explore trust structures if you have complex assets or family situations
- Have a conversation with your beneficiaries about your wishes

What Most Women Overlook at This Stage

The financial decisions made in this stage are the most consequential of any, because there is the least time to correct them. A gap discovered at 65 cannot be compounded away. This is the stage for honesty, precision, and deliberate action.



Significantly underestimating longevity, and planning a retirement that is too short

The gap between planned and actual longevity is one of the most common causes of financial hardship in later life. Longevity planning must be built explicitly into your retirement projections, not assumed away. The question is not 'will I have enough at 75?' It is 'will I have enough at 90?'



No estate plan, leaving asset distribution entirely to default law

A will is not only for the wealthy. It is for anyone who cares about where their money, property, and possessions go after they are gone. In Singapore, your estate will be distributed under the Intestate Succession Act, which may not match your wishes. And for larger or more complex family situations, the consequences can be devastating. A will, CPF nomination, and Lasting Power of Attorney are the minimum trio that every woman at this stage should have.



Treating CPF as part of the estate, when it is legally separate

This is one of the most misunderstood aspects of Singapore estate planning. CPF savings do not form part of your legal estate and cannot be distributed through your will. If no CPF nomination exists, the funds go through the Public Trustee's Office, a process that can take months and create both expense and family friction. Reviewing your CPF nomination should be a standalone item on your financial checklist.



Keeping an investment strategy designed for growth when you need income

The portfolio strategy that built wealth over 30 years is not the right strategy for sustaining it in retirement. A major market downturn in the first 3–5 years of retirement can permanently impair your retirement income. This is called sequence-of-returns risk, and it is one of the most under-appreciated retirement planning concepts.

As you approach retirement, your portfolio must gradually transition from growth-oriented to income-generating and capital-preserving. This is without abandoning growth entirely, which would otherwise expose you to inflation risk over a 25-year retirement.

Your Next Step: Create Your Retirement Income Plan

A retirement income plan goes far beyond a savings number. It will project your expected monthly income from all sources, such as CPF LIFE, investments, side income, and part-time work, against your expected expenses at retirement, adjusted for inflation. It will model longevity scenarios out to age 90 and beyond, quantify your precise shortfall risk so you can address it now, identify the optimal timing for portfolio transitions, and map your estate and legacy intentions into a clear, actionable structure. There are no do-overs at this stage. But there is still time — and the sooner you act, the more options you have.

**Retirement is not the end of planning.
It's the beginning of a different kind of financial journey.**

Will Your Money Last As Long As You Do?

The Retirement Reality Facing Women In Singapore Today

85.6

average life expectancy for women in Singapore

A woman who retires at 62 may need 20 to 25 years of retirement income, yet most financial plans are built around 15. The gap between planned and actual retirement length is one of the most common causes of hardship in later life.

Source: Singstat, 2024

73 %

of Singaporeans expect to keep working past retirement age

Working beyond 62 is becoming a norm, and for many it is not a lifestyle choice. Sandwich generation pressures and rising living costs are forcing retirement plans to be pushed back significantly.

Source: Sun Life, 2026

66 %

do not rate their retirement preparedness as good

Only 34% of Singaporeans rate their retirement preparedness as good, and 27% have no retirement plan at all. For women facing lower CPF balances and longer lifespans, this gap is even more acute.

Source: SMU Centre for Research on Successful Ageing, 2023

13 %

lower CPF balances for women aged 50–65

Years of career interruptions, the wage gap, and reduced contributions compound into a significant CPF shortfall for women approaching retirement, precisely when it matters most.

Source: CPF Board, 2022



**Clarity changes the way
decisions are made. What
feels overwhelming often
becomes manageable
once you can see the full
picture.**



The 7 Financial Blind Spots Women Should Not Ignore

Across every life stage, there are patterns of financial vulnerability that appear again and again for women. These are not weaknesses, they are gaps in a system that was not always designed with women in mind. Recognising them is the first step to addressing them.

Longevity Risk

Outliving savings is the silent threat of modern financial planning. Women live longer on average, and every year of additional longevity requires additional capital. Planning has to start years before retirement.

Career Break Impact On Retirement

Taking time out of the workforce feels like a temporary pause, but financially it is not. CPF contributions stop. Investment contributions often pause. Career earnings trajectory can be permanently altered. These compounding effects can be severe and are routinely underestimated.

Underinsurance

Women are often underinsured, particularly stay-at-home mothers, caregivers, and those self-employed. Protection gaps leave families financially exposed at exactly the moment they are most emotionally vulnerable.

Financial Dependence Risk

Relying on a partner for financial decisions or income is one of the highest-risk financial positions a woman can be in. Relationships can end. Partners can become ill. Circumstances can change. Every woman should have independent financial knowledge and confidence, regardless of relationship status.

CPF Gaps

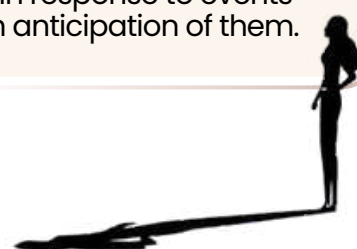
CPF is a foundational pillar of retirement planning in Singapore, but it is frequently misunderstood. Career breaks reduce contributions. Housing withdrawals reduce balances. Many women reach retirement age with CPF savings that fall short of their needs without realising it until it is too late.

No Personalised Financial Roadmap

Perhaps the most fundamental gap of all: the absence of a clear, stage-specific financial plan. Generic advice does not account for your income, your family structure, your career trajectory, or your goals. Without a personalised plan, financial decisions are made reactively — in response to events rather than in anticipation of them.

Lack of Estate Planning

A surprising number of financially-savvy women have no will, CPF nomination, and LPA. Your assets may not pass to the people intended, and those you love may face unnecessary legal complexity at an already difficult time.



Your Next Step Forward

Reading this guide is a powerful first step. But knowledge without action is just information. The gap between knowing what to do and actually doing it is where most people lose years of financial progress.

At finexis, we believe financial planning is not about products. It is about empowering you to live with clarity, confidence, and purpose. That is why everything we do is built around a structured, end-to-end journey: one that meets you where you are, moves with you as life changes, and gives you the tools and people to make it real.

Your Journey With Us

Every client we work with goes through a structured five-step journey. It is not a one-time conversation, it is an ongoing relationship built around your life, your goals, and what matters most to you.



Discover

Your journey begins with a conversation — not about products, but about you. We take the time to understand your life, your aspirations, and where you are right now. Whether you are just starting out or navigating a major transition, we meet you where you are and help you see what is possible.



Diagnose

Using our proprietary planning tools, we build a clear, comprehensive picture of your financial health. From your protection gaps, investment shortfalls, and blind spots that most people do not discover until too late, this is not a generic snapshot. It is your financial reality, made visible.



Design

With clarity comes strategy. We translate your goals into a clear, tailored financial plan: one that accounts for your life stage, your income structure, your family situation, and the future you are building toward. Every recommendation is grounded in your goals, not a product catalogue.



Deliver

A plan is only as good as its execution. We implement your strategy seamlessly, across protection, investment, and planning, with structured support at every step. You will always know what is happening, why, and what comes next.



Deepen

Life changes. Your plan should too. We stay with you through every milestone — career moves, family changes, major transitions, and the long road to retirement. Regular reviews ensure your plan evolves alongside you, and we will together look ahead at what your next stage needs.

The Tools Behind Your Plan

Great advice is only as effective as the tools that support it. At finexis, we have built a suite of proprietary platforms designed to give you clarity at every stage of your journey.

Merlin

Your Holistic Financial Planning Platform

Merlin turns your aspirations into an actionable roadmap. From Dream Manager helping you visualise your goals and mapping the steps to achieve them, to a personalised Financial Health Report consolidating your policies, assets, and financial ratios into one clear view, you can identify protection gaps, wealth shortfalls, and progress over time. Today, Merlin supports over \$10 billion worth of dreams in progress.

finConnect

Your Financial Life, All in One Place

finConnect is your personal financial companion, bringing your cashflow, net worth, policies, and goals together in a single app. See your protection gaps clearly, consolidate your plans at your fingertips, and act when you are ready, with your consultant backed in at every step. Because planning is not a one-time event. It is a lifelong conversation.

finRewards

Where Financial Planning Meets Everyday Living

Planning your future should also brighten your present. finRewards is our lifestyle perks platform with more than 180 partners offering exclusive discounts and experiences across dining, wellness, travel, and more. Every milestone along the way, celebrated.

The People Behind Your Plan

Tools and platforms matter. But the most important element of your financial journey is the person sitting across from you.

Our financial consultants are trained not just in financial products, but in life-stage planning – understanding the specific challenges, transitions, and goals that women face at every point in their lives. They are not here to sell you something. They are here to build a long-term relationship, to challenge your thinking when needed, to hold you accountable to your goals, and to be the consistent presence in your financial life as it evolves.

Whether you are mapping your first financial plan, rebuilding after a transition, or preparing for retirement, your finexis consultant brings the expertise, the tools, and the human element to make it work.

The right plan evolves with your life.

You do not need to have everything figured out to begin. You just need to begin.

A Final Word

Financial planning is not about having more money. It is about having more choices.

The choice to take a career break without panic. The choice to leave a relationship without financial paralysis. The choice to retire on your terms. The choice to support the people you love without compromising your own security.

Every woman deserves those choices. And every choice begins with a plan.

You do not need to figure this out alone. You just need the right guidance, at the right stage, for your life.



Financial Health Check

Get a full snapshot of where you stand today, across protection, savings, and retirement readiness.

Best for: Stages 1 & 2

Goals Planning Session

Map your financial priorities for the next 3–5 years, with a clear roadmap and strategy.

Best for: Stages 2, 3 & 4

Financial Reset Session

A comprehensive review and rebuild for women navigating a transition or re-entering the workforce.

Best for: Stages 4 & 5

Your future is worth planning for. Start today.

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