



## Parkside Newsletter - July 2021

It's July, there's a nip in the air and winter has well and truly set in, as Australia deals with COVID outbreaks across several states. But July also marks the start of the new financial year, a good time to reflect on how far we have come since this time last year and to make plans for the year ahead.

As the financial year ended, there was plenty to celebrate on the economic front despite the continuing impact of COVID-19. Australia rebounded out of recession, with economic growth up 1.8% in March, the third consecutive quarterly rise. Interest rates remain at an historic low of 0.1% and inflation sits at just 1.1%, well below the Reserve Bank's 2-3% target. Despite fears that global economic recovery will lead to higher inflation and interest rates, the Reserve has indicated rates will not rise until 2024 or annual wage growth reaches 3% (currently 1.5%).

In other positive news, unemployment continues to fall - from 5.5% to 5.1% in May. Retail trade rose 0.1% in May, up 7.4% up on the year, as consumer confidence grows. The ANZ-Roy Morgan consumer confidence index lifted by almost a point in June to 112.2 points.

Australia's trade surplus increased from \$5.8 billion in March to \$8 billion in April, the 40th consecutive monthly rise, on the back of strong Chinese demand for our iron ore and other commodities. Iron ore prices rose 6.7% in June and almost 36% in 2021 to date. Oil prices have also surged, with Bent Crude up 8.4% in June and 45% this year. That's good for producers and energy stocks, but not so good for businesses reliant on fuel and consumers at the petrol bowser. The Aussie dollar finished the year around US75c, up from US69c a year ago but down on its 3-year high of just under US80c in February due to US dollar strength.

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# The NEW Financial Year rings in SUPER CHANGES

As the new financial year gets underway, there are some big changes to superannuation that could add up to a welcome lift in your retirement savings.

Some, like the rise in the Superannuation Guarantee (SG), will happen automatically so you won't need to lift a finger. Others, like higher contribution caps, may require some planning to get the full benefit.

Here's a summary of the changes starting from 1 July 2021.

## Increase in the Super Guarantee

If you are an employee, the amount your employer contributes to your super fund has just increased to 10 per cent of your pre-tax ordinary time earnings, up from 9.5 per cent. For higher income earners, employers are not required to pay the SG on amounts you earn above \$58,920 per quarter (up from \$57,090 in 2020-21).

Say you earn \$100,000 a year before tax. In the 2021-22 financial year your employer is required to contribute \$10,000 into your super account, up from \$9,500 last financial year. For younger members especially, that could add up to a substantial increase in your retirement savings once time and compound earnings weave their magic.

The SG rate is scheduled to rise again to 10.5 per cent on 1 July 2022 and gradually increase until it reaches 12% on 1 July 2025.

## Higher contributions caps

The annual limits on the amount you can contribute to super have also been lifted, for the first time in four years.

The concessional (before tax) contributions cap has increased from \$25,000 a year to \$27,500. These contributions include SG payments from your employer as well as any salary sacrifice arrangements you have in place and personal contributions you claim a tax deduction for.

At the same time, the cap on non-concessional (after tax) contributions has gone up from \$100,000 to \$110,000. This means the amount you can contribute under a bring-forward arrangement has also increased, provided you are eligible.

Under the bring-forward rule, you can put up to three years' non-concessional contributions into your super in a single financial year. So this year, if eligible, you could potentially contribute up to \$330,000 this way (3 x \$110,000), up from \$300,000 previously. This is a useful strategy if you receive a windfall and want to use some of it to boost your retirement savings.

## More generous Total Super Balance and Transfer Balance Cap

Super remains the most tax-efficient savings vehicle in the land, but there are limits to how much you can squirrel away in super for your retirement. These limits, however, have just become a little more generous.

The Total Super Balance (TSB) threshold which determines whether you can make non-concessional (after-tax) contributions in a financial year is assessed at 30 June of the previous financial year. The TSB at which no non-concessional contributions can be made this financial year will increase to \$1.7 million from \$1.6 million.

Just to confuse matters, the same limit applies to the amount you can transfer from your accumulation account into a retirement phase super pension. This is known as the Transfer Balance Cap (TBC), and it has also just increased to \$1.7 million from \$1.6 million.

If you retired and started a super pension before July 1 this year, your TBC may be less than \$1.7 million and you may not be able to take full advantage of the increased TBC. The rules are complex, so get in touch if you would like to discuss your situation.

## Reduction in minimum pension drawdowns extended

In response to record low interest rates and volatile investment markets, the government has extended the temporary 50 per cent reduction in minimum pension drawdowns until 30 June 2022.

Retirees with certain super pensions and annuities are required to withdraw a minimum percentage of their account balance each year. Due to the impact of the pandemic on retiree finances, the minimum withdrawal amounts were also halved for the 2019-20 and 2020-21 financial years.

## Time to prepare

There's a lot for super fund members to digest. SMSF trustees in particular will need to ensure they document changes that affect any of the members in their fund. But these latest changes also present retirement planning opportunities.

*Whatever your situation, if you would like to discuss how to make the most of the new rules, please get in touch.*

# Go for gold to achieve your goals



The Olympic Games always provides a platform to marvel at what humans are capable of, as the athletes competing strive to be the fastest, the strongest or just the best, to win gold. While this year may be a little different, the Games still give us the opportunity to be inspired by the remarkable performances of the athletes as they compete.

The passion and discipline in perfecting their craft has propelled these athletes to elite level, so it's not surprising that many have also found success outside the sporting arena by transferring this focus to new endeavours.

So how can we apply the same determination and focus to achieving success in our everyday lives?

## Set clear, realistic goals

SMART (Specific, Measurable, Attainable, Relevant and Time-Bound) goals are commonly used by athletes to get closer to their medal dreams.<sup>i</sup> By following this structure, your goals will become clearer and will more likely lead you to where you want to go.

No athlete has reached gold by loftily thinking they '*might* train today'! They have a well-planned schedule and overall plan to develop their skills and abilities to elite level. You can do so in other facets of your life as well through goal setting – and then following through.

## Build a great team to support your efforts

While we are focused on the athlete, there is an entire team of people behind their success. Usually from a young age, their parents ferried them around, coaches imparted their wisdom and fellow athletes helped improve their skills through competition. Then there are the trainers, physios, dietitians and life coaches who make up a champion's team.

While you may not need to assemble an entourage, building a strong network can support your endeavours, keep you accountable and provide ongoing motivation. Perhaps this is an advisor or mentor, a business coach, a career specialist, or perhaps even a savvy friend or family member. Get them on board by sharing your vision and outlining how they can help.

## Play to your strengths

While there are some athletes who have won Olympic medals in different sports, the majority specialise in one area.<sup>ii</sup>

By playing to your strengths, you can dedicate your time and energy to a set goal, honing your skills and building on an already strong foundation without overextending yourself.

A much-loved story in Olympic history that illustrates playing to strengths is that of Australian speed skater Steven Bradbury. Realising he was not the fastest skater in the group, Steven's tactic was to stay back of the pack to avoid a collision, which had happened in an earlier race trial. His smarts (and good luck!) paid off when the faster skaters collided, leaving Steven to cross the finish line and win gold.<sup>iii</sup>

## Project confidence

"I am the greatest; I said that even before I knew I was," boxer Muhammad Ali famously stated. While we don't all have Ali-levels of confidence, we can take a note from his book in projecting an air of confidence.

This may require a bit of a 'fake it 'til you make it' approach, but it won't be long until this transforms into actual self-belief. Studies have found that adjustments we make to our bodies, such as standing up straight and smiling, can result in improved mood.<sup>iv</sup>

## Embrace failure

No-one likes failing, especially those of us who are competitive. Yet athletes learn from failure, using it to improve and craft their skills, inching towards success.

Failure also builds resilience, by dusting yourself off and not giving up, you develop the tenacity to keep going when times are tough. Use failure as a learning experience that helps you grow, develop and take steps towards your ultimate goal.

As we watch the world's best athletes perform in Tokyo, be inspired to dream big and set your own goals, making sure you then follow through to achieve your very own version of success.

i <https://www.forbes.com/sites/davidcarlin/2020/01/10/why-olympic-athletes-are-smarter-than-you/?sh=77bd0d667384>

ii [https://en.wikipedia.org/wiki/List\\_of\\_athletes\\_with\\_Olympic\\_medals\\_in\\_different\\_sports](https://en.wikipedia.org/wiki/List_of_athletes_with_Olympic_medals_in_different_sports)

iii <https://www.youtube.com/watch?v=fAADWfJO2qM>

iv <https://psychcentral.com/blog/fake-it-till-you-make-it-5-cheats-from-neuroscience#1>





# CULTIVATING A *growth* MINDSET

Ever had a plant die on you, and wonder where you went wrong? “But I watered it every day!” “There’s plenty of sun in that bit of the yard!” The simple truth is that there are lots of different elements that need to come together for plants to thrive. Even the hardiest species will struggle if something’s missing.

**Y**ou can apply the same thinking to your personal growth. To learn and develop, you need opportunity and motivation. Depending on what you’re aiming for, you might also need specific resources. If you feel like you have access to the elements that support growth but you’re still stuck in a bit of a rut, there’s one vital thing you might be forgetting – the right mindset.

## Two mindsets, two very different outcomes...

When it comes to self-esteem and self-improvement, there are two ways to look at yourself: with a fixed mindset, or with a growth mindset. It’s a psychological theory developed by Stanford psychologist Carol Dweck, over 20 plus years of research.<sup>i</sup>

People with a fixed mindset believe that intelligence and talent are pre-determined. They believe that they’re gifts you’re born with and can’t be changed. On the other hand, people with a growth mindset believe that abilities can be developed, changed and improved upon over time.

When someone has a fixed mindset, they’re more likely to avoid challenges, give up easily, and ignore

constructive criticism. They’d rather shape the world around them than try to change themselves. For example, someone who doesn’t think they’re good at sports might decline an invite or opportunity to get active, because their mindset says they’re more of a ‘sitting at home with a good book’ type of person. As though the two are mutually exclusive.

Successful people, on the other hand, embrace challenge. They don’t see failure as the end – instead, they see effort (no matter the result) as part of the pathway to improving. And they find inspiration in others’ success – so they seek out people who challenge them, rather than just those who make them feel comfortable. It’s a pattern of behaviour you can see in all kinds of successful people, from famous entrepreneurs who’ve built their businesses from the ground up, to ordinary Aussies who’ve changed their diet and exercise habits mid-life (and kept it up).

## Changing your path

One way you can start cultivating a growth mindset is to think of a time you tried to do something new and it didn’t work out. Ask yourself what really stopped you from trying again, and try to think of the lessons you

learned from your experience. What are the elements of growth that you were missing? This will help you reframe it as a stepping stone, not a failure. For example, if you’ve tried to pick up a new language but dropped out after a few lessons. Did you really make time in your schedule for practice? Did you work on forming social bonds with your class mates?

The other trick is to try naming something you’ve always done the same way. Ask yourself why you do it that way, and whether there could be a better way. Don’t worry if what you’ve got in mind seems a long way off. Focus on cultivating the skill or ability and your triumphs along the way, instead of fixating on an outcome.

Think of it this way; you wouldn’t be disappointed with a sunflower seed for failing to sprout and grow into a six foot sunflower overnight. Enjoy each little stage of the growth process. Find quiet satisfaction in ‘getting it right’ – no matter how marginal the progress. Who knows; you might surprise yourself. And the people who matter most to you.

<sup>i</sup> <https://profiles.stanford.edu/carol-dweck?tab=publications>