

Setting 2026 Financial Goals

2026 is upon us, and it feels personal finances are more front and center than ever. If you're like me, this time of year is a natural moment to step back, look at the progress you've made, and set clear financial goals for the year ahead – especially around net worth, one of the most important measures of long-term financial health.

What is Net Worth?

Your net worth is everything you own (assets) minus everything you owe (liabilities).

- Assets include your home, investments, cash, retirement accounts, cars, etc.
- Liabilities include your mortgage, student loans, personal loans, credit card balances, etc.

Net Worth = Total Assets – Total Liabilities

But talking about money is still taboo for many people, which can make it hard to know what's "normal", what's average, or how you compare. That's where real data becomes valuable.

Below is the Federal Reserve's 2023 Net Worth by Age table – the most recent dataset available until 2026. This will help us add context to our goal setting.

Age	Average	Median	25%	75%	90%	Top 1%
18-24	\$112,104	\$10,222	\$88	\$33,898	\$184,516	\$653,224
25-29	\$120,183	\$31,470	\$3,784	\$130,606	\$296,830	\$2,121,910
30-34	\$258,075	\$88,631	\$11,016	\$186,140	\$538,750	\$2,636,882

35-39	\$501,295	\$138,588	\$16,548	\$389,432	\$864,340	\$4,741,320
40-44	\$590,710	\$134,382	\$23,812	\$436,892	\$1,182,580	\$7,835,420
45-49	\$781,936	\$213,586	\$47,668	\$680,298	\$1,428,714	\$8,701,500
50-54	\$1,132,497	\$266,140	\$54,414	\$913,012	\$2,576,540	\$13,231,940
55-59	\$1,441,987	\$321,074	\$84,977	\$1,137,318	\$2,672,160	\$15,371,684
60-64	\$1,675,294	\$392,860	\$80,372	\$1,131,122	\$3,042,280	\$17,869,960
65-69	\$1,836,884	\$393,480	\$68,972	\$1,154,552	\$2,961,060	\$22,102,660
70-74	\$1,714,085	\$438,700	\$124,757	\$1,234,946	\$2,999,396	\$18,761,580
75-79	\$1,629,275	\$338,180	\$89,504	\$991,520	\$2,914,188	\$19,868,894
80+	\$1,611,984	\$327,200	\$95,230	\$944,334	\$2,540,500	\$16,229,800

Now that we've added perspective, here's how to use it productively.

1) Benchmark Your Starting Point

Identify where you fall in your age group.

- Are you close to the median?
- Do you want to increase assets or decrease liabilities?

2) Set a Target for December 31, 2026

Examples:

- Increase my net worth by \$50,000
- Reach the 75th percentile for my age group

3) Break It into Actionable Steps

- Raise 401k contributions by x%
- Reduce outstanding debt, starting with the highest interest
- Open and fund a Roth IRA

4) Track Quarterly Progress

Setting net worth based goals for 2026 gives you clarity, direction, and motivation.

If you'd like help building your 2026 financial plan we are here to help.

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