

November 23, 2018



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Giving Thanks

Hello,

It's Thanksgiving weekend, but you may not feel like you have much to be thankful for at the moment. It's been a pretty intense fall season. From market volatility to devastating wildfires, it can be difficult to focus on gratitude. However, as most of us know from our careers: what you track improves. So, by focusing on the all good in your life and on the future that inspires you, you will tap into a sense of power and gratitude. That's my advice to you this holiday season.

Believe it or not, family dinners can be a good place to talk about money. Civilly, of course! Discussing your goals, your values, and what you see as your legacy can help you to feel secure in your finances.

This is a busy time of year, and it can often feel like we are being pulled in too many directions. I've found it worthwhile to not look at our constant connectedness via our phones as another stress, but to find a way to use them to alleviate stress.

Please feel free to share these articles with your family and friends, they are excellent conversation starters.

Happy Thanksgiving!



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Nov. 17, 2018



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