



January 3, 2020

Ready or not, 2020 is HERE. No doubt it's a time to reflect on your life. Whether you set goals every year or not, you can't help but consider what's important to you and how you'd like to improve in the new year. The three most popular goals revolve around health, money, and relationships.

Though we talk a lot with clients about their health and their relationships, we are most qualified to discuss finances. Our team collectively leads thousands of appointments and conversations per year. The focus of each conversation is to help you clarify your goals and priorities, track progress, or discuss strategies to help you reach those goals and priorities. We have no ulterior motive. That's it. Your goals = our goals.

QUICK TIP: For your 2020 financial goals, start with a simple exercise: like deciding one thing (success habit) to start and one thing to stop (for example, start contributing monthly to kids' college or Roth IRA).

I found this was very interesting, as well as disappointing: after analyzing more than 31.5 million online activities last January, a social network for athletes (Strava), discovered that Saturday, Jan. 12, is when the majority of 2020's New Year's resolutions will die. That's statistically when you will give up! Another university study showed less than 8% of people achieve even one of their New Year's goals.

It's up to you. Will you be part of the 8% or the 92%?

If you aren't already a client of ours and would like to get a professional checkup done, feel free to schedule a brief **Goals Conversation® with our team by clicking [HERE](#) today - no cost or obligation involved. You may also click [HERE](#) for our google reviews.*

