



March 5, 2017

80% of “New Year’s Resolutions” are dead by the 2nd week of February. (U.S. News)

March is here! Do you remember what you set out to accomplish for 2018?

Most of us look to improve our health and our wealth. A recent study reported that 85% of adults in the U.S. feel anxiety about their finances...and...roughly 2/3rds of people admitted their financial anxiety was negatively affecting their health; over 70% said it was affecting their home life.

Here are a few simple ideas to help you succeed and reduce your stress about money:

- 1. Stop watching/reading the financial pornography news.**
- 2. Automate your savings.**
- 3. Review your financial plan in detail and update it for 2018.**
- 4. Avoid getting emotionally hyped up about any specific investment you come across.**
- 5. Discuss your current investment strategy with your Financial Advisor and ask why you own each investment. (We give a personalized Investment Strategy Guide™ to each client)**
- 6. Focus on your “WHY” for obtaining financial success.**
- 7. Recognize where your financial stress comes from, and change behavior.**



[Understanding Your Health Insurance Policy](#)

Health insurance policies are riddled with insurance-jargon that many people find hard to understand. Are you overpaying for your medical coverage? We can help you figure out how to afford the health insurance you need. [Read more...](#)



[College & Your Credit](#)

Saving for college can be quite the challenge, especially with rising tuition. We can help you set up a college fund for your children and grandchildren, and also weigh your other options to help them pay for college. Having good credit is important if you need to borrow, and it's not impossible to bring your credit score up. [Read more...](#)



[Financial Malpractice](#)

Our team at Pacific Capital will help to make sure your finances are handled properly and carefully instead of being used to make a profit. Our Financial Life Inspection® helps to determine where your finances are needed the most in your life. [Read More...](#)

