



November 22, 2022

<<First Name>>,

This holiday is, of course, about being grateful.

It's no secret that increasing your personal gratitude can help you get happier, healthier, less stressed out — and more optimistic overall.

Whether you've been a client of mine and my team for 20 years or whether you're a brand new client this year, we want to say THANK YOU (we've recorded a special - and short - video for you: [click here to watch](#))!

It's around this time every year that we all kind of sit back and reflect on things that we have. And hands down, we wouldn't be where we are at today without you.

Not sure what you have planned for Thanksgiving, but whatever it is, I hope it's celebrated with close family, friends, lots of good food, hopefully some more memories that can be made, time to sit back, relax, and slow things down a little bit and enjoy all of those people that make the most of us.

From the bottom of my heart, I hope you all have a wonderful Thanksgiving filled with great food, family love, and of course, lots of pie.

Happy Thanksgiving!!!

If you are not yet a [PACIFIC CAPITAL](#) client and want to review your investment strategy and overall financial life, simply [click here](#) to schedule a time to talk with us.

A few great Thanksgiving articles to check out:

- [Giving Thanks can make you Happier](#)
- [Gratitude is a Key to Happiness](#)
- [The science and research on Gratitude and Happiness](#)

Sincerely,



Alex ★★★★★

"They're so authentic, give the energy it deserves, and provide so much complete peace of mind and confidence in a strategic plan!"



Schedule a Call