



Sucré-Vail

Wealth Advisors[®]

Achieving Financial Wellness without Unnecessary Risk

Make merry with some 'me time'

We've been through a lot in 2021 - more quarantining, hybrid work environments, ups and downs in the economy, and political uncertainty.

Chances are, you've been so busy adjusting to all the changes while also trying to hold onto family ties and traditions that you've had little time to relax and enjoy this special season.

Well, now is your time. Take it.

One of the most valuable things you can do in a busy season is to find moments of "me time." Prioritizing wellness, including in your financial life, and taking time to set your strategy allows you to more generously show up for others and extend goodwill. I can help show you how.

So, go ahead, start the timer. Carve out a few minutes for yourself today. These articles have some great ideas on how, and I'd love to hear how it inspires you.

Thanks,

Margaret & Henry



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With Omicron Comes Uncertainty. Here's How to Handle It.

Dec. 6, 2021



Experts share techniques to ease the mental toll of an evolving pandemic.

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Looking For Holiday 'Me Time'? Here Are 10 Tips To Find It

Dec. 6, 2021

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How Everyday Decisions Affect Your Wealth, According to an Economist

Dec. 4, 2021



When Annamaria Lusardi was a doctorate student studying savings behavior in the early 1990s, she...

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How Young Adults Can Start Saving and Investing

Dec. 6, 2021



Helping children and grandchildren begin building a nest egg is one of the best legacies you can...

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Be Intentional About How You Spend Your Time Off

Dec. 2, 2021



Research suggests that setting (loose) goals can help you recharge more effectively.

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Charitable Contribution Deduction: Rules and Special Benefits for 2021

Dec. 3, 2021



How to use your donations to save on taxes

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