



Sucré-Vail

Wealth Advisors[®]

Achieving Financial Wellness without Unnecessary Risk

Bucket or Chuck-it

This week, consider a unique concept that can change how you prioritize your wants.

While most people are familiar with the concept of a bucket list, the Forbes article below suggests doing the reverse: making an "Anti-Bucket List," otherwise known as a "Chuck-It List."

While the more commonly known bucket list is all about the things you want to do with your limited time, a chuck-it list is about naming things you have no interest in or intention of doing now or ever. The article lists some thought-provoking examples – tell me, what would you chuck?

Too rarely do we consider the significance of what we can subtract from our lives, especially when our focus is driven constantly to add more, more, more. But by intentionally identifying and eliminating activities, unhealthy habits, or expenses that don't serve us, we create space for what truly matters.

If you're curious to learn more about this and other topics related to your financial wellness, read on. And let me know how I can assist you.

Wishing you a week filled with clarity, simplicity, and less of what you don't want.

Thanks,

Margaret & Henry



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Sept. 18, 2023

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