



# Sucré-Vail

## Wealth Advisors<sup>®</sup>

Achieving Financial Wellness without Unnecessary Risk

### Overthinking Your Finances? Let's Find Balance Together

Are your finances keeping you up at night? From daily market swings to retirement worries, overthinking can leave you feeling overwhelmed. But fret not – I've got your back.

As the Harvard Business Review article below states, overthinking can lead to analysis paralysis, hindering your ability to make sound decisions. Whether you're stuck in rumination, excessive future worries, or over analysis, it's time to break free from the cycle. Let's focus on long-term goals and effective decision-making instead.

There are many things in the financial world that we cannot control. But we can control our actions and, most importantly, our mindset to avoid being overwhelmed by choice. That's where I can help:

- Take the decision out of your hands by automating your savings and investing.
- Help you by creating deadlines for decisions.
- Consider opportunity cost by ensuring that you are focused on time in the market vs. timing the market.
- Remembering that perfect is the enemy of the good. A balanced strategy focused on your long-term goals is the best way to pursue them.

Ready to regain control of your financial well-being? Check out these articles below and share them with friends who might need some peace of mind:

Together, we'll navigate the path to financial clarity and peace.

Thanks,

Margaret & Henry



**Margaret R Sucré-Vail, AIF® AWMA®**

Advisor

**Sucré-Vail Wealth Advisors**

Office : [888-286-9991](tel:888-286-9991)

[margaret@sucrevailwa.com](mailto:margaret@sucrevailwa.com)

[www.sucrevailwa.com/](http://www.sucrevailwa.com/)



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## 3 Types of Overthinking — and How to Overcome Them

Feb. 16, 2024



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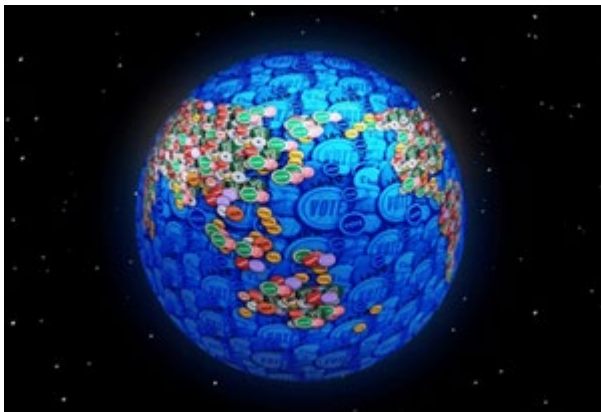
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16862 Royal Crest Dr - Houston, TX.77058

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