



Sucré-Vail Wealth Advisors[®]

Achieving Financial Wellness without Unnecessary Risk

The Thrill of the Secret

We all love a good secret. And this time of year, is chock full of them.

Whether it's wondering who's on Santa's nice list, to choosing the perfect gift for a loved one and brimming with anticipation while you wait to see their face light up as they open it, that element of surprise and reveal brings such joy during the holidays.

Now there's research that backs up the sentiment. Below, in the New York Times article "The Quiet Thrill of Keeping a Secret," researchers found keeping positive secrets to yourself has an energizing effect.

Similarly, the same can be said for the anticipation you can feel striving for your longer-term financial goals. Think about it: envisioning your dreams – like a secure retirement, destination vacation, or new car or home – and taking definitive steps to turn your dreams into reality ignites the same sense of excitement, just for longer.

So, this holiday season, reflect not only on your short-term secrets that will soon end but on your long-term aspirations as well. Build up and savor that excitement. And enjoy these articles selected this week to help get you there. Remember, if you'd like assistance navigating these topics or help otherwise managing your finances, don't keep that a secret – let's talk!

Thanks,

Margaret & Henry



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The Quiet Thrill of Keeping a Secret

Nov. 27, 2023



New research suggests keeping good news to yourself can be energizing.

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5 Pros Offer Their Top Year-End Financial Tips

Nov. 27, 2023



Barron's asked financial advisors to share their most surprising year-end financial-planning or...

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Four Tips To Keep Your Holiday Stress With Family In Check

Nov. 24, 2023



Family gatherings can create a lot of stress. Have a plan for yourself to deal with difficult...

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The price of love: Three important money tips for caregivers

Nov. 22, 2023



Danielle Miura had a lot of dreams for what her life might look like at age 25. Then life stepped...

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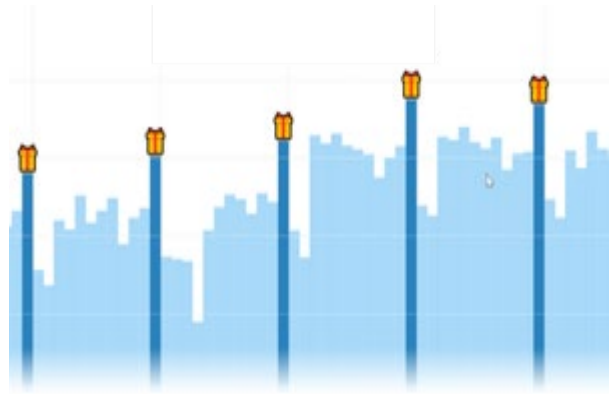
When to tell your kids the truth about Santa, according to a psychotherapist

Nov. 23, 2023

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Whether you're writing letters to Santa or reading books about reindeer, your child's excitement...

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It's the Most Wonderful Time of the Year (For the Economy)

Nov. 27, 2023



For many Americans, the end of the year is a time for parties, family gatherings, festive meals...

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