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FINANCIAL

An Olympic-sized Life

Hello Rebecca,

What makes an Olympic athlete? Sure, natural talent and countless hours of training are key, but there's something extraordinary that takes them to the top—their mindset.

An athlete's mentality is the driving force behind how they chase their goals and perform under pressure, fueled by a powerful belief in themselves. With the Paris Olympics coming up next week, it's the perfect time to learn from these elite athletes—especially when it comes to our money mindset. Here's what you can focus on:

- **Goals, Goals, Goals:** Just like Olympians set their sights on gold, you need clear, focused financial goals.
- **Measuring Performance:** Analyze your financial habits and make adjustments where needed.
- **Keeping Emotions in Check:** Don't let fear or greed drive your financial decisions.
- **Working with Professionals:** Even the best athletes have coaches. Who's guiding you toward success?

Let's huddle up. The articles below have some ideas and info for you as well. Enjoy!



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