



FULLCIRCLE
FINANCIAL

Heat advisory: Lessons from taking the temperature of markets

Hello Rebecca,

Amidst the scorching summer days, let's take a moment to check your financial temperature.

Just as monitoring your body temperature can help detect disease or sickness, so can monitoring these 3 factors in your financial wellness:

- Net income
- Cash reserve
- Revenue sources

Have any of these changed recently for you? If so, we can put a new strategy in place tailored to your distinct needs and goals.

With the seesawing economic conditions we've encountered over the past few years, it's crucial to maintain a deep understanding of your financial health and wellness. Doing so helps you make informed decisions and positions your portfolio for success – however you'd like to measure it.

Read the articles below to explore what's happening in the economy this week and how it relates to your finances. As always, please feel free to reach out to me with any questions or concerns. Together, we can navigate these hot markets and keep you cool, calm, and collected on the path to pursuing your long-term goals.



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These are the five economic scenarios we may be facing — and they're not as scary as you think

July 14, 2023



Everyone is talking about a recession, but it isn't the only way the economy might play out.

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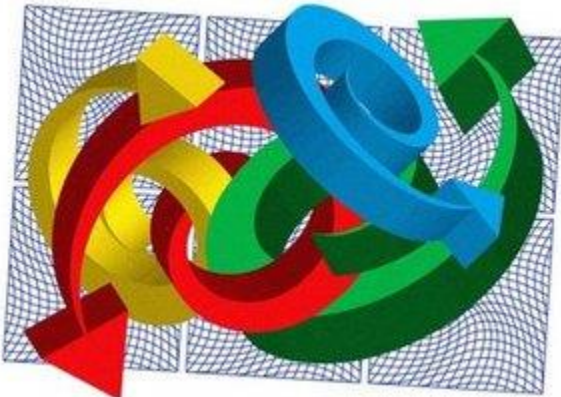
Here's how the Bank of Canada's interest rate hike to 5 per cent will impact Canadian households

July 14, 2023



The central bank has been steadily increasing interest rates over the past three years in an...

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If You Find the Economy Confusing, Don't Worry: It Is

July 14, 2023



Puzzled investors should diversify and hope to do just OK in any scenario.

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The Point You Become Financially Independent

July 17, 2023



If you want to become financially independent, you've got to know what it means to be financially...

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When will the past year of rate rises actually start to bite? And why haven't they so far?

July 17, 2023

**THE
GLOBE
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MAIL** 

The key question in front of investors these days is simple: When – if ever – will the recent...

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How to Make a Staycation Feel Like an Actual Break

July 13, 2023



A 'mental flip' can help make your time off more restorative, even if you're not traveling far.

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