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FINANCIAL

Diversifying your Mental Portfolio

Hello Rebecca,

As any experienced investor knows, portfolio diversification is one of the key principles of sound financial management. Keeping all your eggs in one basket is never a wise strategy given the perennial dangers of a significant decline in a value's asset.

As a recent article in the Financial Times points out, the same lesson applies to your mental portfolio, especially as the world-changing possibilities of artificial intelligence disrupt traditional connections between education and career expectations.

However, mental portfolio diversification isn't only for university students planning how to best realize their career goals. As abundant evidence shows, engaging with diverse subjects and materials improves mental health, strengthening existing neural synapses and helping to create new connections within your brain, which can help protect against dementia. And since the health of your mind and body are inextricably linked, exploring a wide range of subjects and materials can also improve your physical health.

Furthermore, you never know how what you learn about something seemingly unrelated might benefit your financial decision-making. Warren Buffett has often pointed to his voracious reading habits as a key element of his investing success, a significant quantity of which consists of world history.

Whatever kind of portfolio diversification you'd like to talk about, be sure to let me know how I can help, as I hope these articles do, too.



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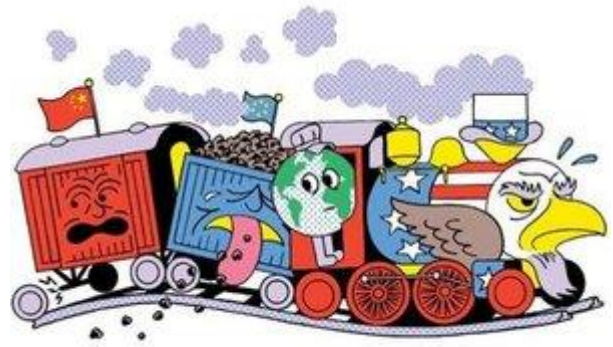
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