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FINANCIAL

Embracing Essentialism to Ensure You Do What Matters Most

Hello Rebecca,

Amidst the information maelstrom of contemporary life, there is a constant temptation to be captivated by trends, short-term gains, and the constant urging to act now rather than reflect and wait. However, buried beneath the clutter is a crucial truth: our long-term financial security is often sidetracked by our own habits of "inverse prioritization." This phenomenon subtly nudges us to focus on the immediate and seemingly urgent, while inadvertently sidestepping the foundational elements that ensure our future wellbeing.

However, adopting an essentialist mindset can help refocus your priorities by helping to discriminate among the many options available, thereby directing your energy towards the tasks and goals that genuinely make a difference in your life. By understanding what is critically important and eliminating what is not, you can better counteract the distractions and impulses that threaten your best intentions.

Consider this message as an invitation to pause and reassess. These articles have a plethora of insights and strategies to help you realize the essential activities to fortify your financial foundation—be it revisiting your saving strategies, optimizing your investment portfolios, or planning for future needs like education or retirement. Learn to say "no" to the unnecessary and "yes" to the essential, laying a course for sustained prosperity.



Kevin Giffin, CFP CLU EPC

Certified Financial Planner

Full Circle Financial

Thoughtful Wealth Management Starts with a Conversation

Office : [\(416\) 341-7901](tel:(416)341-7901)

Cellular : [\(416\) 708 - 6229](tel:(416)708-6229)

kgiffin@fullcirclefinancial.ca

www.fullcirclefinancial.ca/





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54 Great Oak Drive - Toronto, Ontario - M9A 1N2

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