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FINANCIAL

## Staying Stoic Amid the Storm

Hello Kevin,

In times of uncertainty, the wisdom of Stoicism offers valuable insights—not just for our finances but also for our overall wellbeing.

The core tenet of Stoicism is distinguishing between what we can't control, such as market fluctuations, interest rates, or economic downturns, and what we can—how we respond. Maintaining a disciplined approach to saving and investing by avoiding reactive decisions based on fear or avarice is the best way to manage and grow the resources at your disposal.

Another Stoic principle is the practice of mindful simplicity. Focusing on the essentials of your wellbeing by avoiding unnecessary investment products and spending will lead to mental clarity and better financial health in the long run.

A third Stoic-based suggestion is the importance of cultivating contentment. For the Stoics, true wealth is about leading a fulfilled life. Therefore, be sure to regularly reflect upon what truly matters to you, ensuring that your financial decisions align with your life's purpose.

Remember: while global events like tariffs and geopolitical tensions are beyond our control, how we respond to them is not. Stoicism teaches us to accept our current reality without despair, focusing instead on how best to navigate whatever challenges we encounter.

I hope you enjoy these articles. Please share them with those who could also benefit from their wealth of information.



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*Thoughtful Wealth Management Starts with a Conversation*

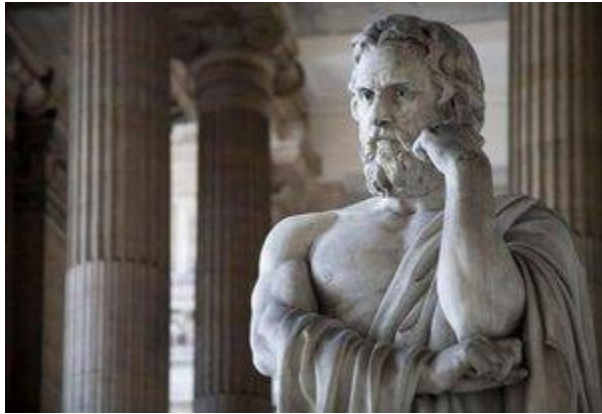
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