



## Mindful tips and greetings from Elaine



You made it through the hustle and busyness of December. Congratulations! As the New Year sets in many of us are thinking about ways we can improve our habits and reflect on lessons learned from the year before.

Quiet, thoughtful reflection is desperately needed in our culture. Our phones, jobs and demands seem to take over. Try scheduling a time of reflection to turn off the noise for a bit and focus on you. Encourage young people to do this. The digital age is having its effect on the new generation's ability to think creatively. Here is a video from Simon Sinek who wrote *The Power of Why*. It's about 20 minutes but very insightful and worth watching.

<https://www.facebook.com/simonsinek/videos/the-millennial-question/10154844919181499/>

## Getting emotional about market headlines?

The negative volatility associated with the fourth quarter of last year was daunting for many investors. Lower investment account balances posted at year end is certainly not a fun thing to experience. It is easy to let your emotion take over. I encourage you to take a deep breath and remember your goals and objectives as well as how much you do have. January is a great time to reach out to your advisors and recheck your financial goals and objectives. It's also a great month to reflect on your health and schedule those checkups to make sure you are keeping healthy.



May you find warmth in friendships and self-reflection this month.

Until next time,

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