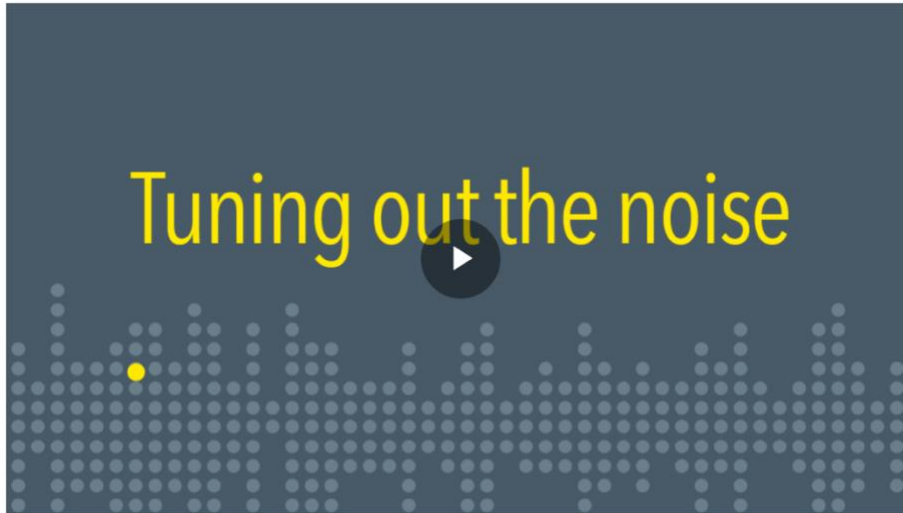


Keeping Focus

Tuning Out the Noise

Creating a portfolio you are comfortable with, understanding that uncertainty is a part of investing, and sticking to a plan may ultimately lead to a better investment experience. However, with the amount of media attention the markets are getting at the moment sticking to your plan can be challenging. This short video speaks to tuning out the noise.



Navigating the Uncertainty

Carl Richard's, a weekly contributor to the financial pages of The New York Times and author of 'The Behavior Gap', shares some steps to help cope through these uncertain times. Greetings my friend...

So many of you have asked for help navigating this uncertainty so I'm sharing the four steps I'm using.

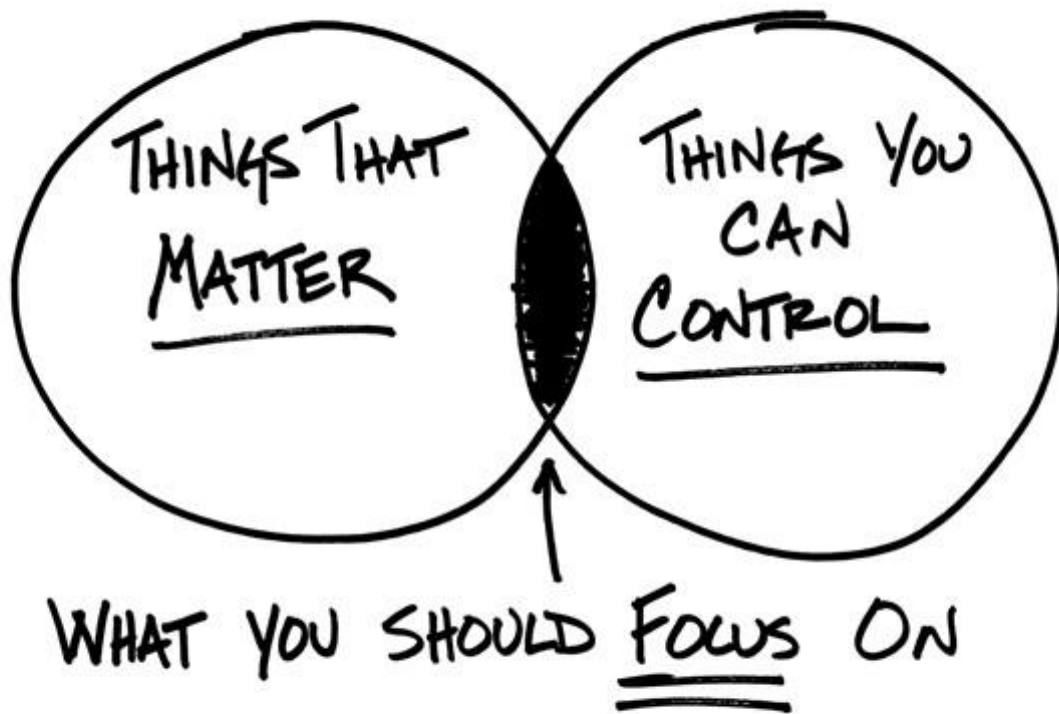
Step 1: Do nothing.

No solutions in this step. Just sit there and feel. Let yourself feel all the feels. Notice them. Name them. Write or talk about them.

One of my favourite questions to use for this is: If what you are feeling was a colour, what colour would it be?

Step 2: Find something you can control.

It might just be your breath for now, but whatever it is, return to it over and over, and your sense of control will grow. Small actions over time have a massive impact.



BEHAVIOR GAP

Step 3: Do Something.

Take some micro-action based on what you find in step 2. I have found myself going on walks, organising digital files, cleaning up photos, and proactively reaching out to friends and family. All of these feel SO much better than endlessly scrolling through Twitter.

Step 4: Repeat. Over and over.

One moment at a time, my friends. Remember, things change. We will get through this.

Take care.

-Carl

We hope you find these updates useful and welcome any feedback or suggestions for future articles.

Have a good weekend everyone. Stay home, stay safe, and keep well.