

Information from Power Investment Services and CFS * to help keep your financial life in balance

Consumer Sense

Don't Forget About Your IRA

Many times, IRA assets are invested the same way for years without thought to changing market conditions. Think back to the decisions you made, perhaps years ago, regarding your own IRA. Maybe you put your IRA contributions into one investment year after year, and haven't reevaluated whether it still meets your objectives. Or, perhaps your credit union has a standing instruction to automatically roll over your IRA into another certificate of deposit, without regard to prevailing interest rates or other investment alternatives.

If you expect your IRA to become a viable means of support during your retirement, it is important to take an active role in managing these assets. Take care of your IRA by supporting it with yearly contributions and nurturing it with appropriate investments. Take time to review your IRA investments to ensure that they are in appropriate investments that will help accomplish your objectives.

Have You Read...

Investor Therapy: A Psychologist and Investing Guru Tells You How to Out-Psych Wall Street, by Richard Geist. Dr. Geist shows that investing success depends on understanding and managing one's emotional reactions to financial markets.

Transitions: Making Sense of Life's Changes, by William Bridges. This thoughtful book from the author of *Job Shift* presents helpful insights for adjusting to major life events such as new jobs, moving, retirement, marriage, starting a family, and sudden success.

View Point

Your Financial Fitness

Have you asked yourself recently how healthy you are – not just physically, but financially as well? In order to be healthy physically we need to have a plan for diet and exercise, and consistently strive to meet our goals. Financial health works the same way.

Our financial plan is like our diet and exercise program. We need to be monitoring our progress and ensuring that we stick to our “diet,” or in other words, our financial plan. Our goals are long-term in nature, so if we get off track at times, such as not saving one month, we can make up for it by getting back on the program next month.

Just as exercising is easier with a coach, managing your money may also be easier when you have someone there to monitor your progress and encourage you along the way. This is where we can be of real value. We're here to help you design a financial regimen, follow it, and stay focused on your goals. That's why we need to meet regularly, so that we

can work together to stay on track. As you probably know, it can be a long time before you see the effects of a healthy lifestyle. Financially, this is true too. Many of the goals you have are probably long-term, such as paying for your children's college education, or funding a retirement full of travel. You will be able to see the potential benefits of following your financial plan if you hang in there for the long haul.

We encourage you to think of this newsletter as an invitation to get together. You may be a client of ours, or you may not be familiar with our investment program, but getting to know you and understanding your needs can be an important first step.

We're aware that in order to be able to help you develop an effective financial strategy, we first need to understand your situation, the challenges you face, and what's most important to you. If we discover that there is something we can help you with, then great. If not, that's fine too.

Interested in Learning More?

I specialize in helping people maintain a healthy financial balance and discover smart money strategies. Call me at **954-538-4424** or **1-800-548-5465 ext. 4424** to set up an appointment to review your investment objectives, and to discuss any questions you might have. I look forward to speaking with you soon!



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Do you have a topic you'd like to see covered in future **Money Talk** newsletters? Email your questions and comments to me at: dbrown@p1cu.org

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