

VALUABLES

Ideas, Systems and Strategies for Managing Family Wealth to Fulfill Your Greatest Values.

About VALUABLES

Many financial advisors focus on communicating with clients to provide complex analysis of the investment markets and economies. However, we have learned that most clients are not particularly interested in this complex analysis. Most clients hire an advisor for their knowledge of the markets, not for their ability to explain that knowledge. Most want to know what time it is, not how to build a watch.

Experience has taught us that wealthy families care most about using their wealth as a means to a desirable end, which is to achieve a more satisfying, fulfilled and impactful life, and to fulfill their most important Life Values.

VALUABLES is a periodic article series focused on the concepts, systems, and habits which we have observed among families who have been successful in this quest to use their wealth as a tool to live a life of significance. The most successful families share a set of habits, systems, and insights which enable them to use their wealth as a tool to fulfill their Values and what is most important to them.

We are naming this article series **VALUABLES**, because it will provide an exploration of those habits, systems, and insights. We hope it will help you to consider your assets and possessions which are most valuable to you, and how you can use your financial wealth to enhance and cultivate your true "Valuables".

The Happy Secret to a Better Life

By Erik Strid

"... They say, "Shawn, why do you waste your time studying happiness at Harvard? Seriously, what does a Harvard student possibly have to be unhappy about?"

Embedded within that question is the key to understanding the science of happiness. Because what that question assumes is that our external world is predictive of our happiness levels, when in reality, if I know everything about your external world, I can only predict 10 percent of your long-term happiness.

90 percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world. And if we change it, if we change our formula for happiness and success, what we can do is change the way that we can then affect reality.

– Shawn Achor

Happy Summer!

The purpose of our **VALUABLES** article series is to provide readers with specific insights about the habits and values which we have observed among families who have been successful in their quest to become financially wealthy, and to use their wealth as a tool to live a life of great Significance. We hope to share common principles which may empower you to use your wealth to enable a fantastic Quality of Life, and to fulfill your values and the things that are most important to you.

One of those common principles is that sometimes it pays to **stop and smell the roses**. It is important to take an opportunity when we can, to slow down from our busy lives, relax a little more, and enjoy and appreciate the blessings that our lives are enriched with. Summer is a perfect time of year to do just that, and we hope that this summer you are taking advantage of a wonderful opportunity to slow down, "unplug" from your busy schedule, and enjoy the relaxed and laid back pace of this season.

Train your Brain to be more Positive:

*3 Gratitudes
Journaling
Exercise
Meditation
Random Acts of Kindness*

Better Living Through Happiness

In light of that relaxed and laid back nature of the summer, we will also keep this month's **VALUABLES** article short but sweet. We were recently treated to a video of psychologist Shawn Achor delivering a speech about the role of happiness in our lives, and its impact on our ability to live successful and productive lives.

So, for our submission this month we will let Mr. Achor do the talking for us. Please make sure to watch the attached link, and we hope that you love it as much as we did!



http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html

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Disclosures

This article was originally published by The Strid Wealth Management Group (SWMG). In February 2014, SWMG became Concentus Wealth Advisors, an Independent Registered Investment Advisor.

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