

DEALING WITH BEING OVERWHELMED

Warren Wealth Weekly Wisdom
January 24th, 2020

FROM CHRIS:

1. I thought the topic of getting back into a routine after the holidays and into the new year would resonate with some of you, the way it did for me. The Collins family had a very busy, and wonderful, holiday season surrounded by extended family and friends, and we just said goodbye to our younger son Garrett as he just headed back to school for his second semester of college. I thought the following link might resonate with some of you: <http://elitedai.ly/2tJYXNB>

2. So many of us put a great deal of pressure on ourselves to establish New Year's Resolutions. As a professional planner, the concept of a resolution speaks to me, but the problem with resolutions in my experience is that it's really just a wish and not a plan. The following article discusses how to make more concrete steps towards bigger life changes - rather than "resolving" to achieve a goal and being mad at yourself if you don't succeed. So my New Year's resolution is to stop making New Years' resolutions! <https://bit.ly/3ONICCh>

FROM SCOTT:

1. Now that the holidays are over, getting back into a routine can be tough. My tip is to start with realistic goals and build from there. As a society, we often set unrealistic goals and get frustrated or disinterested when we don't achieve them. Start with the 5k goal, instead of the marathon goal, and stay positive.

2. This is the time of year when people put a lot of stress on themselves - especially those who have a big resolution. There is a reason why gym memberships spike in January and are back to normal by March. Build smart, identifiable goals and map out a plan on how to get there. Break your resolution or goal down into measurable steps - this will make it feel less big, and more manageable.



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