

Get F.I.T. in 2019

As we begin another New Year, it's a time where many of us focus on what we would like to do better.

At the top of the resolution list for many is to become more physically fit. Before we can get fit, however, sustainable systems, processes and habits should be put in place to achieve, and more importantly, to maintain and surpass our objectives.

As it applies to fitness, if we can ingrain specific habits of eating right and exercising, we increase both the probability and sustainability of a positive outcome. The results of our habits, such as reducing weight, blood pressure or other metrics, will simply be a byproduct of the consistency we've developed and the compounding effects of a healthier lifestyle.

The same compounding mindset applies to becoming more financially fit. The New Year is a wonderful time to develop healthy new habits across a unified framework of Financial, Investment and Tax disciplines that we unfortunately call F.I.T. planning. So here are a few habits in each discipline that we believe will place you on healthier financial footing.

FINANCIAL PLANNING HABIT: TRACK YOUR CASH FLOW AND

SAVINGS METRICS

Cash flow truly is king (or queen)! When some hear the word "budget," it can automatically engender the thought of some type of constraint. In reality, we believe the opposite is true. If you become more conscious of your spending and saving habits, and align them with what matters most to you and your family, it can potentially lead to a feeling of more control and less constraint. Ultimately, your cash flow management will impact key saving metrics such as your rainy day funds, flexible funds, projected retirement lifestyle and future down payments for aspirations such as a home purchase or college for the kids. In 2019, get a great handle on what's coming in, what's going out and where you want your money to go.

INVESTMENT PLANNING HABIT: TRUE-UP WITH YOUR RISK TOLERANCE AND REBALANCE IF APPROPRIATE

After 9-years of market gains from 2009-2017, the end of 2018 provided a stark reminder to investors that earning reward goes hand in hand with taking risk. This sometimes means dealing with swift market declines. If you don't know your threshold for accepting the potential risk of



GUEST CORNER
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investing, you can leave yourself vulnerable to making poor decisions during difficult periods like we just went through. An accurate assessment of your risk tolerance or "comfort zone" may help you align your portfolio with your own ability to withstand difficult market performance. We believe a good portfolio doesn't seek to maximize return, but minimize regrets that may impact your "big picture" financial plan. If your portfolio is not one you feel you can stick with, a re-evaluation and rebalancing may be in order.

TAX PLANNING HABIT: PROJECT TO PROTECT

While tax preparation season generally ends on April 15, effective tax planning is a year-round endeavor. By running one or two tax projections a year, it may help to optimize your take-home pay and potentially identify ways to help reduce your overall tax liability. Having some foresight on your individualized need for tax-loss

harvesting, charitable contributions and tax-deferred savings may help you keep more of what you make while directing your dollars more effectively towards your financial objectives.

An important point to make about these habits, is that each may amplify the effectiveness of the other. A more conscious spending and savings plan may lead to more consistent cash flow available for long-term investment.

We believe a portfolio that is aligned with your "comfort zone" can lead to a more consistent and effective investment experience, and more potential flexibility within your financial plan. And tax-efficient habits may provide more cash flow to help continue the virtuous cycle. By establishing these

initial habits across the spectrum of financial, investment and tax planning, we believe you give yourself a great chance of achieving a more sustainable and financially fit 2019 and beyond.

Jeff Wund is a Principal for AtwoB, an independent registered investment adviser located in Katonah. For more information, visit today2b.com or call 914-302-3233. This article is for information only and should not be considered financial planning or investment advice. A copy of AtwoB's current written disclosure statement discussing AtwoB's business operations, services, and fees is available at the SEC's investment adviser public information website or from AtwoB upon written request.

10TH ANNUAL!

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