

Sandra Boggs

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To: Sandra Boggs
Subject: Welcoming Fall 2022 and looking forward to 2023



NAVIGATE FINANCIAL
Charting Your Journey



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WELCOMING FALL 2022 AND LOOKING FORWARD TO 2023

2022 has been quite a year! We all continue to struggle with the COVID global health crisis; it has caused feelings of loss, stress, and unrest. Our world has changed. We are learning to cope and find balance. Humans are amazingly resilient. The downturn in stock and bond values we see are related to the current health crisis, along with other factors such as the war in Ukraine. It has now been nearly three years of navigating a world which suddenly became unpleasant with unprecedented changes. I'm confident that life will go on; we are, and will continue, to adapt. I propose we give more grace to ourselves (as well as others) and wait this out. My advice is focus on the actions you can control and do what you can to make our world better. Accept what you cannot change and stay connected. Every year of my life has had its challenges and celebrations, and I'm glad to have lived each one (some more than others, admittedly).



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TAKE A LOOK



Building Financial Resilience

You can take steps to build the financial resilience you need to help you handle turbulent times and hopefully emerge even stronger.

TAKE A LOOK



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