

Brevity of Life

Over the course of my life, I have become fond of working out and becoming physically fit. This was something that my parents ingrained in me from the time I was a child. I distinctly remember my father once telling me that their goal for all of us kids was not to necessarily know what it is like to be very fit, but to recognize what it felt like if we weren't. If you recognize that, you won't like it and you'll do something about it. Exercise has always been part of my life, wanted or unwanted. As I write this, I'm on an airplane flying to Annapolis, MD to celebrate 25 years since graduating from the United States Naval Academy. During the 23 years I served in the active and reserve US Navy, physical fitness was not a choice, but a requirement. Flying in a high-g environment on a regular basis made it a prerequisite to survival. Throughout all those years of service I never really found a fitness program that felt like the perfect fit for me, personally. Then, just a few months before retiring from the Navy I had to undergo some minor hip surgery. Through the physical therapy process I was introduced to a very passionate man who, through his own journey and a lot of research, created a fitness program out of his garage. He did this while also working a steady job. Long story short – this gym in his garage turned into a neighborhood gym down the street from our El Dorado Hills, CA office. This gym, Mini's House of Pain, was his passion. I don't have time to go into the intricacies of the gym itself and what made it different in many ways, but in my opinion the crucial difference was this man's passion. I've been going for years now, and it has changed my life so much so that I offered membership to all of our staff because being fit makes you a healthier person, both physically and mentally.

Last Tuesday morning, this man of passion, died suddenly in the morning before his 4am class at the gym.

This was a person devoted to physical fitness and helping others seek it. He, and those of us motivated by him, were instilled with anticipation of a long, healthy life. I am struck with some strong and impactful thoughts. The first is the brevity of life... it is so short, and it goes by so quickly. The second is just how little control we have over it.

I have two major themes I would like to mention –

First, please make sure your affairs are in good order. We aren't estate planning attorneys, but we know some very good ones and would be happy to introduce you to them. If this resonates with you, please don't wait any longer. Just don't. Reach out to us and we will help point you in the right direction. Let those close to you know what the plan is when you're not here anymore, or unable to make decisions for yourself or your family members. If we haven't met them already and you feel comfortable, please introduce them to us. Understand that we will be here to help guide *them* through the financial planning process should you be taken early. Please be a good steward to your family in this regard.

Secondly– please live your best life. I beg of you. I have always been a destination person, not a journey person. At some point in the last decade, I had to change that mindset or risk sacrificing the emotional health of my family. I smell the roses much better now. Life is really about the journey however long it may be. Quite honestly the best part about executing financial planning for folks is because we can encourage them to enjoy this journey. The objective of our firm's occupation is to help you focus on your well-being, not the balance of your accounts or the numbers on your statement of net worth. You can't take it with you. When you talk with us, we will always spend time on the numbers, but then we will also envelop your emotional and mental perspectives as those are closely tied to your objectives . . . to your journey.

As you move forward through life, I encourage you to make an impact, find your passion and use it. Move people with it. Change lives. Change your own life if you want to. We have many clients who have achieved financial freedom by setting expectations and planning – it's an amazing feat. You have worked so hard to get to this point so what are you going to do now? My suggestion to you, and coincidentally the basis of our firm's mission is: Live with a purpose. We want to help you do it. I encourage you to find your purpose, that thing that makes you want to get up in the morning and put those shoes on, regardless of your stage of life. As a man of faith, purposeful living is part of every breath – I implore you to find your purpose – let's make it happen.

25 years ago, I graduated from the academy and started my journey with the Navy, and it feels like yesterday. I loved the ride. It was an amazing time of accomplishment and great satisfaction for me. My dad used to be concerned that I would struggle with finding fulfillment following my Navy career. – I was

concerned as well. I am no longer worried. Be good to people, be kind, find contentment, live your purpose and live it with immense passion – you just don't know when the journey will end so, please enjoy it. It is our mission for you....

Statherós Mission

Guiding individuals and businesses through intentional planning with an unwavering commitment to education, principles, and relationship so that they may live with purpose...

Rest in peace Vince Mini, may God hold you in the palm of His hand.

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