PLAN. INVEST. THRIVE.

A BEHAVIORAL REFLECTION

Where your *attention* actually went today.

Money is one of the things you trade attention for. Most days, it's already been spent before you notice. This is a small exercise — not to make you feel bad, but to make the receipt visible.

DAILY ATTENTION RECEIPT

a typical Tuesday · 16 waking hours

News cycle	0:47
Phone, just checking	2:11
Worrying about money	0:38
Email, just in case	1:22
Comparing yourself to others	0:31
Markets, the score	0:24
Remaining for what matters	**0:19**

this receipt prints every day,
whether you look at it or not.

WHY WE SHARE THIS

A financial plan is built on numbers. A life is built on attention. Most of the worry our clients carry isn't about whether the math works — it's about whether the days are being spent on the right things.

We hand you this because the things that actually move your plan — saving more, staying invested, talking to your spouse, talking to us — take less attention than checking the news.

WHAT WE NOTICE

The clients who feel best about their wealth aren't the ones with the most. They're the ones who've decided, on purpose, what to spend their attention on — and what to stop watching.

The market closes. The news loops. The accounts grow without you watching. Almost everything you can reduce will help you, not hurt you.

THREE QUESTIONS TO SIT WITH

1. If the receipt for tomorrow looked the way you wanted it to, what would the biggest line item be?
2. Which of today's line items would you remove without losing anything that matters?
3. What's one thing you'd let us worry about for you — so the receipt has more room at the bottom?

You hired us so you'd have to think about your money **less**, not more. The plan should give you back your attention, not ask for more of it.
