

A horizontal bar composed of seven colored segments: four dark blue, one red, one orange, and one yellow.

## **ACTION Tidbits**

In our first article, Brad highlights an ongoing journey into self mastery. We all have opportunities to better ourselves, and Brad discusses some of these ideas that he's discovered to continue to help him own each day.

Our second article explores why the "three-legged stool" of retirement - once considered the ideal retirement model - has become outdated and offers suggestions on how to reinforce your future.

### **Self-Mastery**

Over about the last 5 years, I've increasingly become more aware of the concept of "Self-Mastery." It started for me when I became "aware" as I switched from listening to the same type of information on Bloomberg Radio, Fox News, CNBC and the like on my morning and evening commutes to audiobooks...[read full article](#)

### **Whatever happened to the 'three-legged stool' of retirement?**

Once considered the ideal retirement model, the three-legged stool has fallen out of favor because one of the legs-defined benefit pensions-is not as stable as it once was. Read on for ways to reinforce this leg so you can enjoy a long and fulfilling retirement...[read full article](#)

### **Nautilus Meeting:**

Brad, Jenny, Krista and Wendy soaked up a week of knowledge at the 2018 Nautilus Convention in Dallas Texas this month, which included a moving speaker by the name of John O'leary. As a child, John experienced first-hand, the devastating nature of fire which left him burned over 100 percent of his body. He was given less than one percent chance of surviving the first night. His unlikely recovery meant a journey of pain and loss that could have easily been insurmountable. Yet, John chose not only to rise above adversity, but to thrive. He shared lessons of the countless people who emerged, served and inspired him along the road to recovery.

John passionately spoke to our group on choosing to be the best version of yourself - that one person, one action, one word does indeed make a difference. He challenged us to look at life's challenges (and rewards) from a new perspective by asking yourself "what more can I do?" What more can I do to be a better person, what more can I do to be a better wife/husband, a better mom/dad, a better employer/employee...

"You can't always choose the path you walk in life, but you can always choose the manner in which you walk." - John O'leary.

He is author of an inspiring book "On Fire: The 7 Choices to Ignite a Radically Inspired Life."

## **Get to know Krista!**



**ACTION**  
FINANCIAL STRATEGIES

### TEAM SPOTLIGHT

**ALL-TIME FAVE FOOD** | Oreo Blizzard

**FIRST JOB** | McDonalds  
*(age 14)*

**FAVE PACKER** | Donald Driver

**LIFE GOAL**  
*(non-work related)* | To own a pontoon & a cabin on a lake

**FUN FACT** | I'm a twin!



**Krista**  
Associate Financial Adviser

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From your friends at Action Financial Strategies,  
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