



Third Quarter 2022

Don't Forget to Put the Power of the List to Work!

Feeling a bit overwhelmed? Worried about how to stay in control of your life? Use the power of the list.

Lists are powerful tools for organizing our lives and orienting our talents. Lists give you control over your life, from a list of what needs to be done, to friends you should contact, events to attend, items that you need to purchase, and so much more.

Without a written list, it is much too easy to get distracted and fail to start or finish priorities. There is also considerable satisfaction to be found in completing and crossing items off a list. Post your list where you will notice it several times a day. Don't let it disappear in a digital file that you can ignore.

Lists are also excellent tools for decision making. Considering pursuing a new job or opportunity? Write down the advantages and disadvantages of your current job; why you are dissatisfied; where your particular talents lie; what you enjoy doing the most and how your talents might fit a different job. Then look at the skills you might need if you change positions and how you can gain those skills if you do not have them now.

Next time you find yourself worrying about a situation, a problem or life in general, make a new list that forces you to look for pros and cons, good and bad, opportunities and drawbacks. Then focus on what you need to do to take care of the situation so you can stop worrying. Lists are a path to better answers. Put them to use!

USE THE LIST POWER

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Brian R. Carruthers, CFP, CMT

BCA
BRIAN CARRUTHERS & ASSOCIATES

Your Conservative Advisory Firm Since 1990
301 Forest Avenue
Laguna Beach, California 92651-2115 USA
Telephone: 1-949-464-1900
www.gobcafunds.com
brian@gobcafunds.com