



January 2016



[About Kathleen Longo](#)

.....  
**The Secret to Making Good Decisions**

Deepak Chopra is a doctor, a noted author who has written more than 20 New York Times best-sellers, and a renowned public speaker. The Chopra Foundation is described on his website as being "dedicated to improving health and well-being, cultivating spiritual knowledge, expanding consciousness, and promoting world peace." Its mission is to "advance the cause of mind/body spiritual healing, education, and

## Flourish Updates

I hope 2016 is off to a great start. At Flourish, we began the year with the materialization of our long awaited office expansion which is now in full gear and should be completed in a few short weeks. We are all looking forward to the end of our daily background noise of "construction in progress" and are excited to share our expanded office space with you.

This month's Flourish Insights includes our recent blog focusing on essential questions to ask your aging parents along with a few articles about understanding the decision-making process. We hope the combination of this information will provide helpful perspective as we remain focused on your long-term financial goals.

## Flourish Blog

### 7 Essential Questions to Ask Your Parents

A few years ago, my Mom was diagnosed with Stage 4 Hodgkin's Lymphoma Cancer, which prompted some quick changes in our family as we were not prepared for a medical crisis. The first priority was to find the best medical care possible, meaning a sudden move from her cabin life in Northern Wisconsin to Minneapolis where she would have access to significantly more medical resources. My parents moved in with our family during her 6-month treatment plan, which was both a blessing and a challenge. I am happy to report that my mother is doing well and has been "cancer free" for a couple of years. However, the medical crisis made me realize the importance of getting in front of medical and financial matters before it is too late. We were fortunate that this was an opportunity to update her estate documents, organize her finances, and get a long-term medical plan in place. As I work with clients, I usually ask about their parents' health and finances. The most common response is that their parents don't talk about money,

research."  
Chopra writes in one of his blog that when decision-making is studied, not enough weight is given to the human element that is involved in the process. He looks at the four human elements that help make a decision a good one: **emotions, self, vision** and **surroundings**.  
[->Click here](#)

.....  
**Overcoming Analysis by Paralysis**

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing and the worst thing you can do is nothing." -- Theodore Roosevelt

Paralysis by analysis is the result of too much thinking causing too little action. Doing nothing can be the easiest course of action, especially with the overload of information available today.

Forbes offers some things to consider when you are feeling inundated with information.

[->Click here](#)

.....  
**Flourish Wealth Management**

3300 Edinborough Way,  
Suite 420  
Edina, MN 55435

they are too private to discuss finances, or that money was a taboo topic growing up.

Although this may be an uncomfortable topic, it is important to have conversations before the medical emergency or financial crisis arrives. Here are the top seven questions you should be asking.

[-> Read blog](#)

---

## Making Your Best Decisions



The first decision many of us made at the beginning of the month was whether or not we truly want to stick with our New Years' Resolutions. Like many decisions, sticking to those resolutions becomes harder over time and hopefully you have been able to keep some of the good ones in place so far. There has been a lot of recent research about the decision-making process everybody goes through on a daily basis, with direct implications for your financial goals. The following blog from Carl Richards, Director of Investor Education with the BAM Alliance, provides an interesting introduction to the study of how decisions are made, or not made.

### Decisions, Decisions...

Life is full of decisions. There are ho-hum, everyday ones (bagel vs. oatmeal, what color shirt to wear). There are larger, wider-scope ones (how to spend our most precious resources -- time and, of course, money).

When it comes to those financial decisions, Carl Richards, director of investor education for the BAM ALLIANCE, says, "The single most important thing you can do when it comes to making good decisions with money is to get clear why you are doing it. ... Why are you doing the things you do with money? Take the time to have a discussion about your values so you can be clear about why you are doing the things you are doing."

P: 952.392.4474

E:

[klongo@flourishwm.com](mailto:klongo@flourishwm.com)

[Visit Our Website](#)

[-> Read Blog](#)

---

Follow us on social  
media



An Independent Member of



THE BAM ALLIANCE®