



## 15. Friday Footnotes

### Expressing Gratitude

*It was another wild ride this week in the equity and fixed income markets. While volatility has given us a reprieve, there is much to be worked out. We are maintaining our stance on patience and are watching the news and markets carefully.*

**In the face of peak uncertainty, we have been touched by calls and notes we've received from clients checking in on us, asking how we are doing. It fills our hearts with joy to receive these kind inquiries! Thank you for your support and caring, we appreciate it so very much.**

*I am inspired by all of you to express gratitude in my daily life. It is a wonderful way to gain a shift in perspective. It also forces me to slow down and breathe as I take inventory of my blessings, all good for the parasympathetic nervous system! I hope you are all reserving moments for self care, and if you aren't, call the office and we'll breathe together! -Sarah*

### Reflection before Reaction

In times of market volatility, numbers alone can be insufficient to calm the noise. See below for some thought provoking questions to ask yourself as you journey through uncertainty to clarity.

- What's been the hardest part of this for you - the headlines, the numbers or the uncertainty?
- When you think about your finances today, what emotions come up first?
- Is there a story or thought that keeps repeating in your mind lately?
- If you could name the one thing you don't want to lose sight of, what would it be?
- Let's project this moment out five years, what would your future self want you to remember in a moment like this?
- What part of your plan feels the hardest for you to trust right now?
- Are there decisions we've made together that you'd like to revisit or better understand?
- What do you need from Bookends right now – information, reassurance, or just someone to listen?

[Click this link](#) to send us your answers or thoughts. We're here to talk or meet as well, please call the office to schedule! **317-859-2502**

## BOOKENDS

FINANCIAL PLANNING  
*for every chapter of your life*



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