



IFG
THE BRAIN TRUST
Paul Peeler

September 2020



Navigating Unexpected Twists

Your plans for the future are really a story that you tell yourself. Some of the chapters are easy to imagine and plan, like buying your first home, sending your kids to college, or picking out dream retirement destinations with your spouse.

Paul Peeler
(770) 353-6321
ppeeler@intfingroup.com
planlifenow.org

But life has a way of throwing unexpected plot twists at you, such as, say, a global pandemic that upends how you live and work. If you feel like your story has lost some of its most important plot threads, use this three-step method to find a new happy ending.

1. Accept

An unexpected job loss. The death of a loved one. Losing your home in a fire. A major illness.

Life is never the same after you experience these kinds of unexpected transitions. Your lifestyle might change. Your relationships might change. Your daily routine might change. And your long-term personal, professional, and financial goals might have to change as well.

Letting in feelings like sadness, embarrassment, and fear can be very challenging. If you're having trouble expressing yourself to your spouse or another confidant, try journaling. Getting your thoughts and emotions down on paper can help open you up for the conversations you're going to need to have as you navigate through this new transition.

2. Edit

Now that you've accepted this change in your life, you need to figure out how you're going to adapt to it. Big transitions often feel so overwhelming that they can be paralyzing. Where do you start?

Start with today.

Racking up smaller daily wins will make this new transition feel a little more manageable every single day. You might also create some new habits that will make you healthier, happier, and more productive.

planlifenow.org

We use a time-tested process to help Clients stay on track for the things that are important to them.

These are our values:

The interests of the Client are paramount.

The Client's story comes before our story. We elicit and honor it.

We continually grow, learn, and innovate in the interest of better outcomes for our Client.

We work to live, rather than the other way around.

We conduct our business with modesty and humility.

Twists *(cont. from page 1)*

Break the new transition down into smaller parts. What is one thing on your list that you can accomplish today and that you can build on tomorrow? If your doctor says you have to start eating better, make a new shopping list. Need to exercise more? Buy a pair of running shoes. Brush up your resume so you can start a job hunt. Register for an online class that will help you make a career change. If it's time to tighten the family belt, cancel that streaming subscription you never use.

3. Rewrite

In the moment, unexpected transitions can feel like an end. But as you gain personal momentum from your new routine, you'll start to see that there are opportunities ahead of you as well. And when you finally close this chapter, you can start writing a new one.

Some of the details in this revised chapter might be a little different than you imagined before. But not all change is bad. Maybe, instead of retiring to that beachfront condo, you remodel the family home and have your grandkids over more often. If you have to hang up your tennis racket, taking long walks with your spouse could be a new way to exercise, unwind, and spend time together. Now that one phase of your career is over, it might be time to promote yourself to CEO of your own company.

If you're really struggling to see a way through an unexpected transition, here's an easy daily win to get you started: get in touch with us. We can review your Timeline in-person or over a video chat to figure out if any of your anticipated transitions need to be edited. We can also coordinate with other professionals like your attorney or accountant to iron out any other major adjustments you might need to make.

No matter how your life story continues to change, we're here to help you make the next chapter the best one yet.



200 Ashford Center North
Suite 400
Atlanta, Georgia 30338
planlifefirst.org

Paul Peeler
(770) 353-6321
ppeeler@intfingroup.com

Jennifer Acosta
Director of Client Care
(404) 334-0076
jacosta@intfingroup.com