

GOOD LIFE NEWSLETTER

GOOD LIFE TRACKER

Q1

Q2

Q3

Q4

As Q3 wraps up, it's the perfect time to revisit your investment strategy. With the market's ups and downs this year, a quick check-in can help ensure your money is still aligned with your goals and working hard for you heading into the final stretch of the year. [Schedule your check-in here.](#)



MARGIE'S MOTIVATION

"Your mindset is your most powerful tool—use it to build, not to limit."

WHAT'S NEW ON YOUTUBE ANTHONY'S THURSDAY THOUGHTS

[Power Points: How Tariff Uncertainty Impacts Markets](#)

[Power Points: Social Security, Debt & What the "Big Beautiful Bill" Means for You](#)

[Power Points: Fed Projections for Growth, Jobs & Inflation in 2025](#)

[Watch More!](#)

Check out Anthony's article of the month: [Jerome Powell hints long-awaited rate cuts are coming soon—the first during Trump's term](#)



AMY'S ADVENTURES

On weekends I love getting out of my neighborhood for a long walk, but I tend to stick with the same favorites: Silverwood Park, Wood Lake Nature Center, and Westwood Hills Nature Center. This month I decided it was time to mix things up. That is how I found myself at Springbrook Nature

Center in Fridley. It is only 20 minutes from home, and somehow, I had never even heard of it.

Springbrook isn't trying to be anything fancy, and that's exactly why I liked it. Woods, prairie grasses, wetlands, and winding boardwalks. It reminded me of my other favorite trails, but with the bonus of new scenery to take in. I'll definitely be adding it to my regular rotation.

Now I want to hear from you—where are your favorite places for a nature walk or long stroll, especially those best-kept secrets? Send me your recommendations at ajohnson@steinfg.com, and you might just see your spot featured in a future Amy's Adventures!

CHARITY SPOTLIGHT

Alzheimer's Association

The Alzheimer's Association is a leading nonprofit dedicated to advancing care, support, outreach, and research—all in the fight to end Alzheimer's disease. This September in Minnesota, communities across the state come together for the Walk to End Alzheimer's—including a Twin Cities event at Target Field on September 27th and a West Central MN gathering at Robbins Island Regional Park on September 20th—uniting participants in hope, remembrance, and fundraising to accelerate the mission.



JEFF'S LIFE LESSON:

Why Are the Markets Doing What They're Doing?



Ever find yourself asking, "Why are the markets doing what they're doing?" You're not alone—Jeff breaks down the difference between the economy and the market, the role of investor sentiment, and why staying focused on long-term fundamentals matters. Check it out here:

[Read Here](#)

ERIN'S EVENT COLUMN



Smart Strategies for Women of All Ages: Investing for a Confident Retirement

SEP 10 12pm

[Register](#)

Medicare 101—Just the Basics with MediChoice Insurance Agency

SEP 30 12pm

[Register](#)

Cybersecurity Webinar

OCTOBER

Let's Connect!



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