

FREEDOM WEALTH NEWSLETTER: JULY 2021



FREEDOM
WEALTH SERVICES

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HOW TO GET AHEAD IN THE NETWORKING GAME

Networking is crucial to succeeding in your career. You need connections with people in all sorts of industries who can offer you advice, support and sometimes work. Follow these guidelines from Silicon Republic to build the network you want:

- **Networking should be mutually beneficial.** Don't go into it only thinking about what you'll get out of it. To build useful, long-term relationships, you have to be available to help your contacts as much as you hope to get help from them. Don't constantly ask for favors. Volunteer your service and expertise so people see you as a reliable partner.
- **Join diverse groups.** You grow your network by getting involved in industry associations, trade groups, and the like. Look for groups with a diverse range of people. The wider your network, the better your access to information you can use and people with experiences and insights you might not encounter elsewhere.
- **Present solutions.** Position yourself as an expert by speaking at conferences and offering solutions to longstanding problems. Getting visibility will attract people to you. You'll be able to interact with a wider variety of experts in other fields who can share experiences and ideas while benefiting from your own.
- **Say yes to opportunities.** You have to put yourself out there to prove yourself to the people you want in your network. That means volunteering your services and also saying yes to requests to help. Be willing to help. This shows you're a team player committed to everyone's success, not just your own.

THOUGHTS OF THE MONTH

"If you spend your whole life waiting for the storm, you'll never enjoy the sunshine." - Morris West

"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein

ACCEPTANCE GROWING FOR MEAT ALTERNATIVES

Meat isn't automatically on the menu these days, according to the Lansing State Journal. A 2021 poll found that 41% of Americans say they're likely to buy artificially produced forms of meat that look and taste the same, up from 33% in 2018.

The survey looked at people's understanding of the relationship between food and climate change. Fewer than 50% of people surveyed realized that eating plant-based foods can help reduce greenhouse gas emissions.

Meatless meat was originally made from beans, soy, cauliflower, and the like. Newer versions feature plant-like "meat" designed to resemble traditional meat. But Americans are becoming more open to eating meat-like products made from other sources: One 2019 poll found that 25% of Americans are willing to try meat made from insects.



SIMPLE TIPS FOR SAVING MONEY

Saving money doesn't have to be complicated. Try these strategies from CNBC:

- Go on a savings spree. For one month, save a dollar amount on the day that corresponds to the date. On the first of the month, for example, save \$1; on the second, save \$2, and so on. By the end of the month, you'll have saved up close to \$500—and gotten into the habit of saving.
- Match spending and saving. For every dollar you spend, put another dollar into savings. This will help you curb your spending as you consider whether or not you want to commit the same amount to savings.
- Increase your retirement savings by 1%. Bump up your contribution to your 401(k) or other plan you have by just 1%. You won't miss the money, but in time it will add up to a sizable amount for your retirement.

MONTHLY QUIZ

Which Danish Author is considered by many to be the most prolific fairytale writer?

Hans Christian Anderson

What 1982 American science fiction horror film was directed by John Carpenter and starred Kurt Russell?

The Thing

A stroopwafel is a wafer cookie that originated in which European country?


Netherlands

HEALTH IN THE NEWS: TAKE CARE OF YOURSELF

Eat healthy food and exercise regularly. Get plenty of rest and sleep, whatever else you're up to. Identify sources of stress so you can take steps to alleviate it before it becomes too much to handle.

TROUBLE BREATHING? THIS MAY BE THE CAUSE:

Shortness of breath can be a terrifying condition, especially after this year. It has many possible causes, though. Don't panic but do seek medical attention. Medical News Today website points to these common causes of breathing difficulty:



Anxiety. Anxiety can cause muscle tension, rapid heartbeat, agitation and other symptoms which can lead to shortness of breath.

Asthma. Symptoms include wheezing, coughing, and mild chest pain. It can be triggered by tobacco, dust mites, pollen, exercise and other factors.

Obesity. Carrying excess weight or body fat can have a negative impact on overall health, including breathing. Obesity can also be a factor in acne, excess body hair, skin tags and dermatitis.

Heart Arrhythmia. This is a condition where your heart has an irregular rhythm. You may not experience any symptoms, although some people suffer from a rapid heartbeat, low blood pressure, tightness in the chest, or a temporary loss of consciousness.

“WE HOLD THESE TRUTHS TO BE SELF-EVIDENT...”

On July 4, Americans celebrate the signing of the Declaration of Independence. The Declaration was adopted by the Continental Congress in Philadelphia on July 4, 1776, although Congress formally declared independence from Great Britain on July 2, and the Declaration wasn't signed by all 56 members until August. Some other facts about the founding document of the United States that you may not know:

- There's a message on the back. No, it's not an invisible treasure map (as in the Nicolas Cage movie National Treasure). The words "Original Declaration of Independence, dated 4th July 1776" appear on the reverse side of the document on display in the National Rotunda, at the bottom and upside down.
- About 200 copies of the Declaration were immediately produced by printer John Dunlap for distribution throughout the 13 colonies. Of these original "Dunlap broadsides," 26 still exist.
- The original document wasn't printed on paper, but "engrossed" on parchment. Engrossing is a process for preparing an official document in large, clear handwriting.
- At the bottom left corner of the Declaration is an unidentified hand print. Historians speculate that it's the result of the document's being rolled up for transport and handled by various people for extensive exhibition in the early years of its existence.

DID YOU KNOW? Source: www.did-you-knows.com p28

- Each red blood cell lives an average of 4 months and travels between the lungs and other tissue 75,000 times before returning to bone marrow to die.
- The hardest substance in the human body is enamel.
- There are over 10 trillion living cells in the human body.
- Diabetes is the number one cause of blindness in the US.
- Trees do not have life expectancies (most can grow indefinitely).
- Rain contains vitamin B12.
- Over 500 meteorites hit the Earth each year.
- Clouds fly higher during the day than the night.
- The Sun has a diameter of 1,390,176 km (864,000 miles).



REFERRAL CORNER I want to thank you for your referrals over the years. We always tell our clients, "If they can just refer us one client per year, it will help us immensely." We are grateful to everyone who's referred someone and we always love to have new people become part of our inner circle of friends and family.