



FINFIT

NEWSLETTER

ISSUE

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August 2026

A MONTH OF COMPLETION, CLARITY & FINANCIAL GROWTH



July invited families to rethink investing as something calm, simple, and emotionally intelligent — not a high-pressure race. As we move into August, we close out the Investing for Real Families series and step into a new season of financial clarity.

Because once you understand why investing feels overwhelming — and once you see the simple steps that make it doable — the next question becomes:

What does investing look like across a lifetime?

August is about answering that question with confidence.

CLOSING THE SERIES: INVESTING FOR REAL FAMILIES

Over July and early August, we explored the emotional, cultural, and practical sides of investing — the parts no one ever teaches us, but every family deserves to understand.

From the reasons investing feels hard to the mistakes real families make, this series helped us build a foundation of clarity and courage. As your July newsletter reminded us, growth is possible at any age, any income, any starting point.

And now, with the final video releasing in Week 2 of August, we officially complete the series.

If you missed any part, you can find all five chapters on the FinFit blog and YouTube channel.

INTRODUCING THE NEW SERIES: INVESTING BY DECADE



This next chapter is one of the most practical, empowering frameworks you can give real families.

Because investing isn't one-size-fits-all. It evolves — just like life does.

Throughout August and September, we'll explore what financial growth looks like in each decade of life, starting with your 20s and moving all the way through retirement.

1. Your 20s: Building a Foundation

The decade of habits, systems, and early confidence. We'll talk about simplicity, automation, and learning without pressure.

2. Your 30s: Growing & Protecting

The decade of expansion — and the decade where life gets full. We'll explore how to grow your investments while protecting your family's future.

3. Your 40s: Catching Up & Optimizing

The decade where many people feel "behind." We'll break down how to catch up calmly, strategically, and without shame.

4. Your 50s: Accelerating & Preparing

The decade of intentionality. We'll talk about strengthening your retirement plan and reducing financial stress.

5. Your 60s: Transitioning to Retirement

The decade of shifting from accumulation to stability. We'll explore income planning, risk reduction, and clarity for the years ahead.

Summary: Your Money Milestones

A clear, decade-by-decade map of what matters most — and what doesn't.

Each part will be available on the FinFit blog and YouTube channel throughout August and September.

A MOMENT OF PERSONAL REFLECTION



AS WE MOVE INTO THIS NEW SERIES, I INVITE YOU TO NOTICE:

- WHAT DECADE YOU'RE CURRENTLY LIVING IN — AND HOW YOU FEEL ABOUT IT
- WHAT STORIES YOU'VE INHERITED ABOUT "BEING ON TRACK" FINANCIALLY
- WHAT CLARITY OR CONFIDENCE YOU WANT TO BUILD NEXT
- WHAT FUTURE YOU'RE CREATING — AND HOW INVESTING SUPPORTS IT

JUST LIKE JULY REMINDED US THAT GROWTH IS POSSIBLE AT ANY AGE, AUGUST REMINDS US THAT **YOUR FINANCIAL JOURNEY IS NOT A RACE — IT'S A RHYTHM.**

AUGUST MINI-REFLECTION

1. WHAT DECADE ARE YOU IN — AND WHAT DO YOU WANT TO STRENGTHEN FINANCIALLY RIGHT NOW?

2. WHAT'S ONE HABIT THAT WOULD HELP YOU FEEL MORE GROUNDED THIS MONTH?

3. WHAT'S ONE STEP THAT WOULD HELP YOU FEEL MORE CONFIDENT ABOUT YOUR LONG-TERM FUTURE?

THERE IS NO PERFECT INVESTOR — ONLY A LEARNING ONE.

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WANT TO EXPLORE THESE TOPICS MORE DEEPLY?

VISIT WWW.FINANCIALFIT.MONEY OR SCAN THE QR CODE BELOW TO ACCESS FINFIT'S TOOLS, GUIDES, AND COMMUNITY RESOURCES.



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THROUGHOUT AUGUST AND SEPTEMBER, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE INVESTING BY DECADE SERIES — FROM BUILDING YOUR FOUNDATION IN YOUR 20S TO TRANSITIONING CONFIDENTLY INTO RETIREMENT.

IF YOU'VE BEEN ENJOYING THE INVESTING FOR REAL FAMILIES SERIES, YOU'LL LOVE THE CLARITY, CALM, AND EMPOWERMENT IN THIS NEXT CHAPTER.
SUBSCRIBE, COMMENT, AND GROW WITH THE FINFITFAM.

MOVING FORWARD WITH CONFIDENCE & CLARITY

JULY HELPED US UNDERSTAND THE EMOTIONAL SIDE OF INVESTING. AUGUST HELPS US UNDERSTAND THE TIMELINE OF INVESTING — AND HOW TO GROW WITH CONFIDENCE AT EVERY STAGE OF LIFE.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY THIS MONTH BRING CLARITY, COURAGE, AND THE CONFIDENCE TO INVEST IN THE FUTURE YOU'RE BUILDING.

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