

## Eight Mistakes that Can Upend Your Retirement



Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of, if possible.

**No Strategy.** Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there – and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.

**Frequent Trading.** Chasing “hot” investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance, and time horizon; then, make adjustments based on changes in your personal situation, not due to market ups and downs. (The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation and diversification are approaches to help manage investment risk. Asset allocation and diversification do not guarantee against investment loss. Past performance does not guarantee future results.)

**Not Maximizing Tax-Deferred Savings.** Workers have tax-advantaged ways to save for retirement. Not participating in your workplace retirement plan may be a mistake, especially when you're passing up free money in the form of employer-matching contributions. (Distributions from most employer-sponsored retirement plans are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty. Generally, once you reach age 70½, you must begin taking required minimum distributions.)

**Prioritizing College Funding over Retirement.** Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.

**Overlooking Health Care Costs.** Extended care may be an expense that can undermine your financial strategy for retirement if you don't prepare for it.

**Not Adjusting Your Investment Approach Well Before Retirement.** The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed. (The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss. Past performance does not guarantee future results.)

**Retiring with Too Much Debt.** If too much debt is bad when you're making money, it can be especially harmful when you're living in retirement. Consider managing or reducing your debt level before you retire.

**It's Not Only About Money.** Above all, a rewarding retirement requires good health. So, maintain a healthy diet, exercise regularly, stay socially involved, and remain intellectually active.

Have a great weekend!

Source: Marketing Pro

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## Golf Tip of the Week



### At-Home Putting Drills

Most golfers are always looking to improve their short game. Sinking your putts is often the difference between a birdie and a par (or a par and a bogey). Here are some of our favorite, at-home putting drills that can help with your accuracy on the green:

- **The Clock Drill** - Place 12 balls in a clock shape around the cup. You can change up the distance, but 2 to 3 feet should work well. This helps you become more comfortable with short putts, no matter where your ball lies.
- **1-2-3 Drill** - The 1-2-3 drill is a classic drill to end your practice or just to do during some free time during your warmup. Place three balls in a straight line in front of the hole at various distances (such as 2 feet, 4 feet, and 6 feet). Putt them in, starting at the closest ball.
- **The “Tiger Woods Gate” Putting Drill** - This drill will help you square off the head of your putter every time, as you get a feel for this form. Place two tees just wider than your putter’s head into the green, and alternate hitting the putter through the gate with one hand at a time.

Tip adapted from True Strike<sup>i</sup>

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## Recipe of the Week

### Fall Chicken Casserole



[8 servings]

#### Ingredients:

- 2 lbs. boneless, skinless chicken breasts
- Salt
- Pepper
- Thyme
- Paprika
- ½ yellow onion
- 2 sweet potatoes
- 1 lb. of Brussels sprouts

- ¼ cup chicken broth
- 6 cups cooked rice
- ¾ cup dried cranberries
- ¾ cup almonds, sliced

### Directions:

1. Preheat the oven to 350° F.
2. Season the chicken with salt and pepper, and cook until done, about 8 minutes per side.
3. Cut chicken into 1-inch pieces.
4. Cook the veggies (sweet potato, onion, Brussels sprouts) and season with thyme, paprika, salt, and pepper, to taste.
5. Add the chicken broth and simmer on low for at least 5 minutes.
6. Stir in the cooked rice and chicken, and top with the almonds.
7. Bake for 20 minutes.

Recipe adapted from Delish<sup>ii</sup>

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## Health Tip of the Week



### Neck and Shoulder Stretches for Desk Potatoes

Many of us sit at a desk for hours a day and stare at a screen. This can cause neck and shoulder pain, and these easy, desk stretches can help:

- **Overhead side stretch** - Not only does this stretch lengthen your neck, it can also help stretch your lats (your side muscles) and your obliques. While sitting up straight, put your arms over your head and lean to one direction. Repeat on the other side.
- **Side-neck stretch** - Gently put your hand on the back of your head and guide it to your chest. Then, instead of putting your head straight down, turn it slightly by looking at your thigh. Here's a [video demonstration](#) (skip to 2:20 to see this stretch).

- **Neck-roll stretch** - Relax and lean your head forward, slowly roll it to one side, and hold for about 10 to 20 seconds, then slowly roll it to the other side.
- **Upper-trap stretch** - Stretch your traps (the muscles above your shoulders) and your back by gently pulling your head toward each shoulder. Hold on each side for 10 to 20 seconds.

As always, never force a stretch. As you become more flexible, you'll be able to grow into the movement more, but only stretch as far as your body lets you.

Tip adapted from Healthline<sup>iii</sup>

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**Our mailing address is:**

Ballentine Capital Advisors  
23 Buena Vista Way, Suite B  
Greenville, SC 29615

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**Sources:**

1 - [theweek.com/articles/818267/good-bad-401k-rollovers](https://www.theweek.com/articles/818267/good-bad-401k-rollovers) [1/17/18]

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<sup>i</sup><https://www.truestrike.com/latest-news/5-best-putting-drills-make-birdies/>

<sup>ii</sup><https://www.delish.com/cooking/recipe-ideas/recipes/a55760/healthy-chicken-casserole-recipe/>

<sup>iii</sup><https://www.healthline.com/health/deskercise#benefits>