

NEWSLETTER
December 2025

As December draws to a close, we find ourselves reflecting not only on this past month but on the entire year. From moments of gratitude and connection to milestones that reminded us why relationships matter most, 2025 has been a year of growth and resilience. Each conversation, event, and shared experience has strengthened the foundation we're building together.

This year was about community. We celebrated traditions old and new, from Friday Afternoon Club gatherings like Cinco de Mayo at the Kretzman's acreage to honoring RB's incredible 80th birthday in December. We partnered with organizations that make a difference, embraced wellness challenges, and found ways to give back through campaigns that truly matter.

December brought themes of mindfulness and generosity, pausing to appreciate what we have and finding ways to share kindness. These small acts remind us that progress isn't measured only in numbers, but in trust, care, and the connections we nurture.

Honoring RB's 80th Birthday!

Earlier this month, we had the privilege of celebrating someone truly remarkable—RB! His wisdom, leadership, and dedication have shaped our team and touched countless lives over the years. The luncheon was a beautiful tribute to his incredible journey and the legacy he continues to inspire, built on integrity, vision, and heart.

A heartfelt thank-you to everyone who joined us in person or participated from afar through the birthday card shower. Your kindness and thoughtful messages truly made this milestone even more special.



Finding Calm Amid the Holiday Rush

The holidays can feel like a whirlwind of lists and expectations, but sometimes the most meaningful gift is a moment to pause. This month, we shared a Mindfulness Bingo Card, a fun, pressure-free way to sprinkle in small acts of calm and kindness. From taking a deep breath to writing down your thoughts, these simple prompts help you reset and stay present during the season.

Remember: even the smallest pause can make a big difference in how we experience the holidays.

Pause Every Day

Mindfulness Bingo

Wake up early	Breathe deeply	Eat deliberately	Speak honestly	Look softly
Relate kindly	Listen openly	Set a daily intention	Love fully	Live purposefully
Walk slowly	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Pause between action	Get lost in the flow of doing what you love	Connect with your senses
Be in the moment	Think freely	Notice your thoughts	Declutter one space	Get a good night's sleep

7 Days to Reset and Recharge

Life moves fast, and finding calm can feel like a challenge. That's why we shared our 7-Days of Calm Calendar—a simple guide to help you pause, reset, and stay centered. Each day offers an easy practice, from mindful breathing and digital detoxes to savoring nature and practicing gratitude.

Use it during the holidays or any time you need a refresh. By weaving mindfulness into your routine, you're laying the foundation for a healthier, more connected future, one intentional moment at a time.

7-DAY MINDFULNESS CALENDAR

DAY 1 Gratitude List Write down three things you're grateful for today	DAY 2 Mindful Breathing For five minutes, inhale deeply, exhale slowly, and notice the calm
DAY 3 Digital Detox Hour Choose one hour to unplug from screens	DAY 4 Savor the Season Indulge in a holiday treat without guilt
DAY 5 Mindful Movement Take a short walk or stretch slowly (*Are you counting your steps?!)	DAY 6 Nature Pause Step outside and notice the scents and sounds of winter
DAY 7 Reflect and Reset Take time to reflect on the year. What brought you joy?	
7 ways to be mindful and help you feel grounded	

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7-DAY MINDFULNESS CALENDAR

Partnering for Paws: A Year of Impact

In 2025, Lau Financial Group proudly partnered with the Capital Humane Society, reinforcing our commitment to helping animals find loving homes. From the fun-filled Tails & Treats Festival to the elegant Tails & Ties Dinner, and our annual Love Your Pet Campaign, every event was a chance to celebrate the bond we share with our pets while supporting a vital cause.

Thanks to everyone's efforts, these events, and many others, help thousands of animals each year receive the care, compassion, and second chances they deserve. We are deeply grateful for everything the Capital Humane Society does for our animals and the community, and we're honored to stand alongside them in this mission.

Here's to continuing this incredible partnership in 2026!



CAPITAL Humane Society

HELPING PETS FIND THEIR PEOPLE

Save the Dates: 2026 Friday Afternoon Club Calendar

Our monthly Friday Afternoon Club events reminded us how meaningful it is to share time and experiences.

We're excited to keep these traditions going strong in 2026. Mark your calendar for our first FAC of the new year on **Friday, January 9th**, and it's going to be extra special! We'll be kicking off the year and celebrating Lau Financial Group's **4th anniversary of going independent** on January 11, so we're including this milestone in the weekend festivities.

We can't wait to celebrate with you!

2026 FRIDAY AFTERNOON CLUB

Save the date! Visit us on the first Friday of every month between 11 AM and 1 PM.

- January 9th
- February 6th
- March 6th
- April 3rd
- May 1st
- June 5th
- NO FAC In July
- NO FAC in August
- September 4th
- October 2nd
- November 6th
- December 4th

We would be thrilled to have you come and meet with us. Come enjoy a delicious meal, dessert, & great conversation!

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Carrying Wellness Into the New Year

Our End-of-Year Wellness Challenge has been all about adding a little movement, mindfulness, and fun to our days. Whether it was walking, stretching, yoga, or simply standing up more often, every step counted!

But this challenge isn't ending, it's continuing into 2026! We want to keep incorporating health and movement into our lives by getting outside more, walking a little farther, taking mindful breaks, and finding ways to stay active together. These small habits make a big difference in how we feel and connect.

TIPS FOR A BALANCED LIFE

Read More

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Health-Conscious Corner: Twice Baked Sweet Potatoes



This festive recipe transforms simple sweet potatoes into a show-stopping side dish. Creamy mashed sweet potatoes are blended with maple syrup, warm spices, and a hint of milk, then returned to their skins and topped with a crunchy oatmeal-pecan streusel. After a quick bake, you'll have a sweet, nutty, and comforting dish that's perfect for holiday tables or cozy winter dinners.

Get the Recipe



Looking ahead to 2026, we're excited for new opportunities to deepen our connections and continue shaping a future that reflects our values. Thank you for being part of this journey with us. Your support and partnership make everything possible, and we can't wait to see what we'll accomplish together in the year ahead.

Cheers to closing out 2025 with gratitude and stepping into 2026 with mind and purpose!

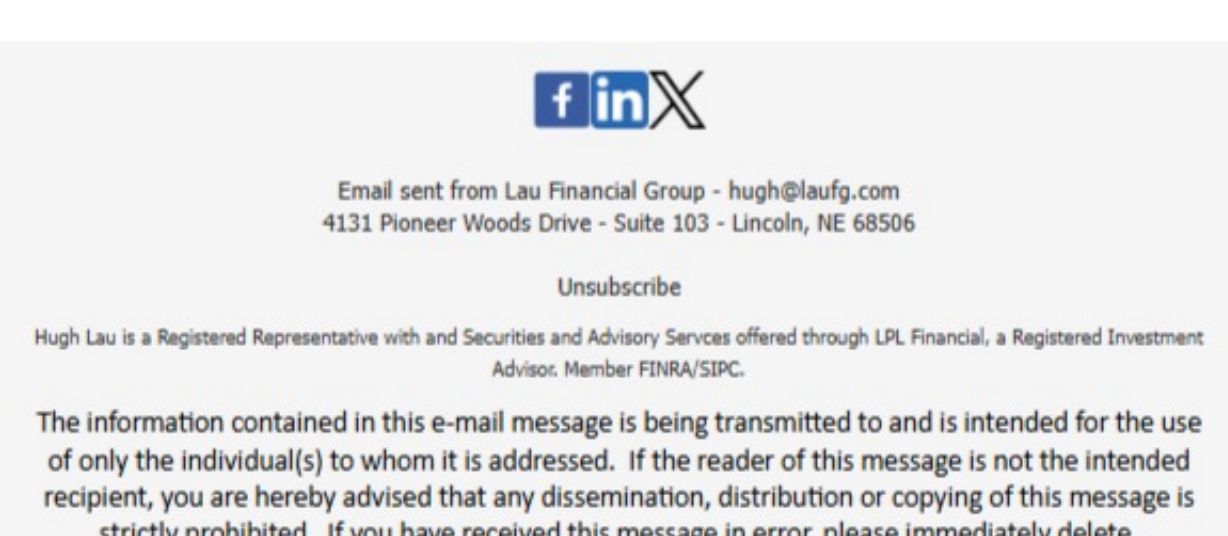
Warm regards,

Hugh and Joek

Additional Insights

'12 Days Of Fitmas Challenge': A Guide To Survive Holiday Eating

Learn how to break free from holiday stress and take control of emotional eating by counting down the days with the "12 days of fitmas challenge."



More People Are Retiring Abroad: Could It Be Right For You?

About half of Americans considering retirement abroad cite wanting to have a lower cost of living as their top reason. Political dissatisfaction and desire for better healthcare are major factors driving Americans to retire overseas. Quality of life improvements, including safer communities, climate, and social engagement, strongly influence retirement location choices.

How dogs make teens feel less anxious

The beneficial relationship between teens and their pets is much more than skin deep.

What's the Best Way to Beat the Winter Blues?

Bright light boxes mimic natural light. The New York Times asked experts if they worked. Here's what to know.

Visit Our Website

Lau Financial Group
Financial Advisors
hugh@laufg.com
Office : (402) 243-1200
Fax : (402) 243-1201
Learn More About Me
www.laufg.com

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Email sent from Lau Financial Group - hugh@laufg.com
4131 Pioneer Woods Drive - Suite 103 - Lincoln, NE 68506

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