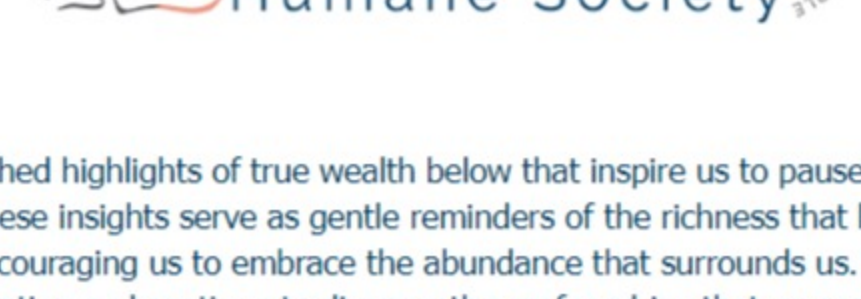




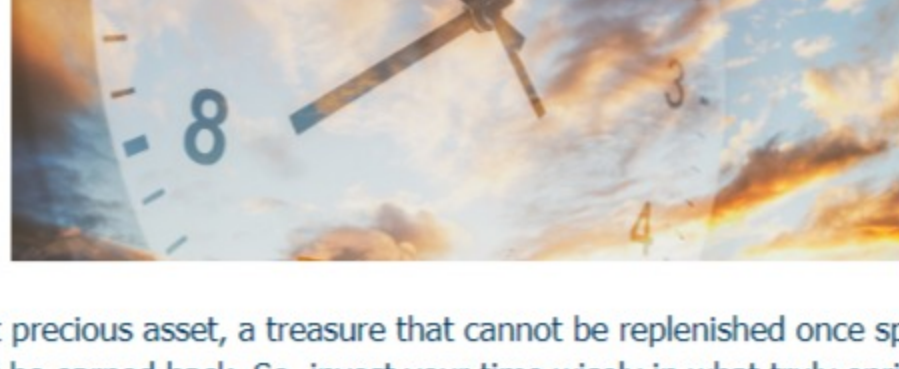
We began 2025 by exploring the profound essence of true wealth. Beyond the confines of financial gain, true wealth is a rich tapestry woven from four essential threads: the gift of **time**, the liberating power of **freedom**, the power found in having **options**, and the indispensable pillar of **health**.

Earlier this month, we also announced how thrilled we are to join the Capital Humane Society as a corporate partner, highlighting our heartfelt dedication to raising awareness and supporting animals as they search for their loving forever homes.



Explore our cherished highlights of true wealth below that inspire us to pause and embrace gratitude daily. These insights serve as gentle reminders of the richness that life offers beyond material gains, encouraging us to embrace the abundance that surrounds us. Join us on this journey of appreciation and continue to discover the profound joy that comes from recognizing and celebrating the wealth of experiences, relationships, and opportunities that fill our lives with meaning and purpose.

TIME



Time is our most precious asset, a treasure that cannot be replenished once spent. Unlike money, it cannot be earned back. So, invest your time wisely in what truly enriches your life—be it diving into your passions, cherishing moments with loved ones, or savoring the peace of solitude. Embrace each second with mindfulness, valuing the present rather than racing through the days.

FREEDOM



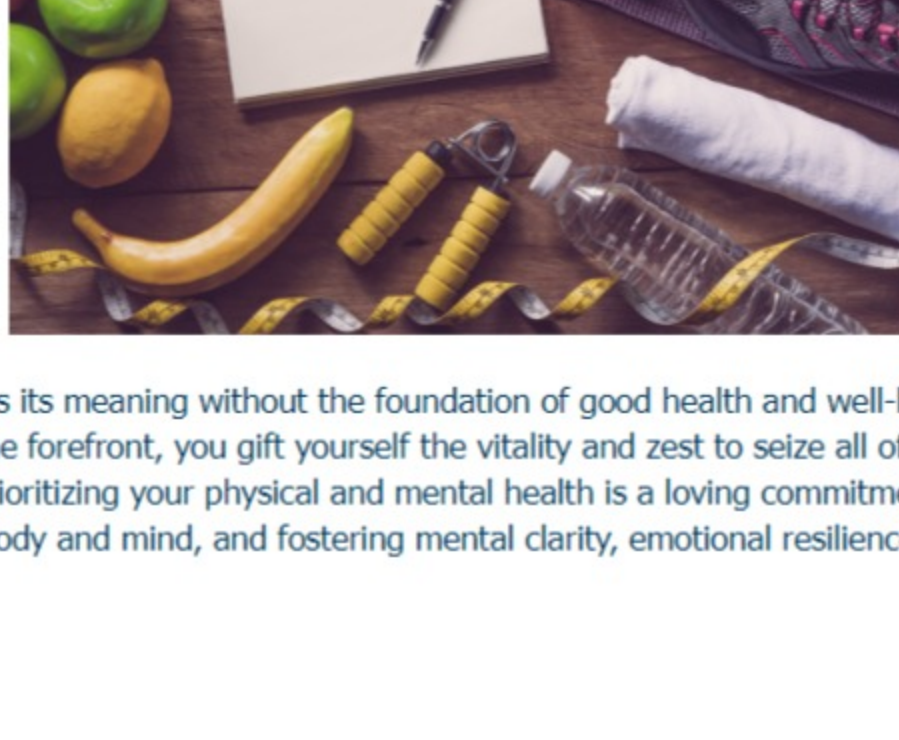
Imagine a life where every choice you make truly reflects who you are, this is the heart of true freedom, opening doors to personal discovery and growth. You have the liberty to save and invest, easing financial worries and expanding your horizons. You have the freedom to choose careers and lifestyles that align with your dreams, and you have the freedom to steer through life's changes and challenges in your unique way.

OPTIONS



Every day, the abundance of choices we have enriches our lives, offering us the privilege to explore countless paths. These options open doors to new horizons, inviting us to embrace diverse experiences and weave a life as vibrant and multifaceted as we envision. They empower us to forge connections and cultivate a supportive community. Whether you're stepping towards a healthier lifestyle or diving into a passion project, the options you choose today can illuminate a path to a brighter, more fulfilling future.

HEALTH



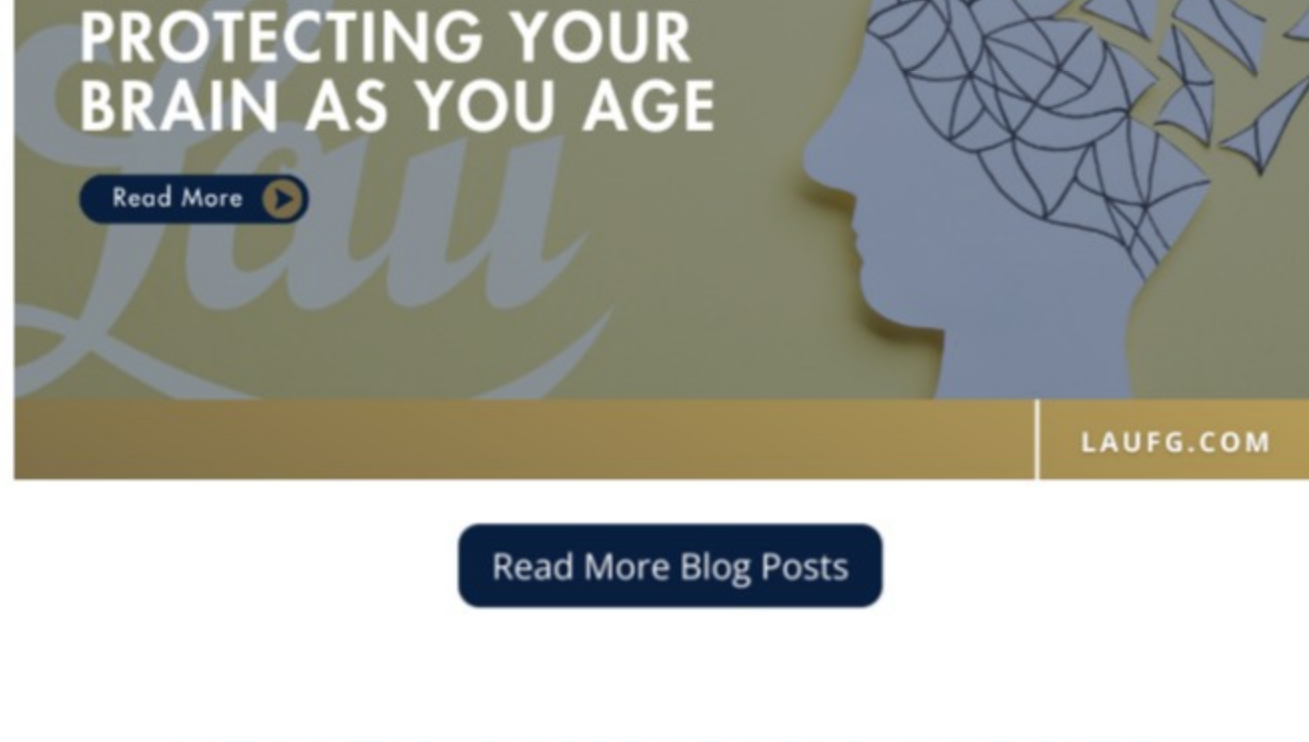
True wealth loses its meaning without the foundation of good health and well-being. By placing your health at the forefront, you gift yourself the vitality and zest to seize all of life's beautiful opportunities. Prioritizing your physical and mental health is a loving commitment to yourself, nurturing your body and mind, and fostering mental clarity, emotional resilience, and profound inner strength.

FRIDAY AFTERNOON CLUB

Get ready for our next Friday Afternoon Club on February 7th! Join us for engaging conversations, delightful refreshments, and lots of fun and laughter. We are looking forward to seeing you!



LIVING ACTIVE

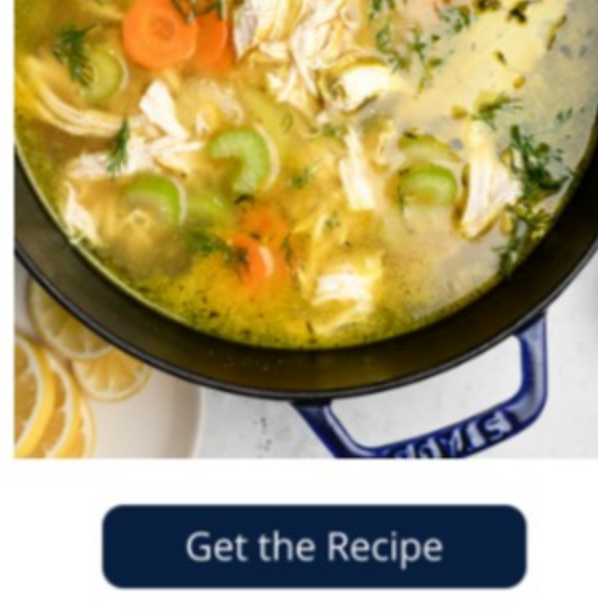


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HEALTH-CONSCIOUS CORNER

Healthy Chicken Soup



[Get the Recipe](#)

Whip up a bowl of zesty chicken soup, where tender chicken, crisp veggies, and a splash of lemon juice come together in a symphony of flavor. It's the culinary equivalent of a warm hug—nourishing, comforting, and just the ticket for a healthy lunch or dinner that'll have you clucking for more!

Best wishes,

Hugh & Jo

Browse Our Blog Page

It's Okay If You Didn't Achieve Your January Goals

If January didn't go as planned or start with the bang and progress you hoped for, don't fret. It's time to throw out social norms around busyness and reprioritize in 2025.



Think You're Too Young for Life Insurance? 4 Reasons You May Need to Think Again

If you're not sure about whether you need life insurance, answer these four questions. A "yes" to any one of them may mean you should make these moves.



What's New This Tax Season That Can Save You Money

Key changes to consider before filing your tax return



Here to Help: The Most Important Conversation to Have Before You Die

Talking about your advance care directive with your loved ones will make life — and death — easier later on.



The Insidious Effects of Hurrying

Hurry sickness — characterized by impatience, chronic rushing, and a constant sense of time scarcity — is quietly sabotaging our relationships and health. Harvard Business Review has new research on anxiety and stress, and how to free yourself. Because It's not about how fast you go; it's about how well you use the time you have.



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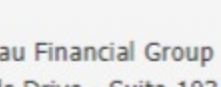
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