



## Sound Financial Bites 014 - Krisstina Wise Part1

### *Episode Transcription*

*“Our body is the most important asset.”*

Hello, this is Corey Shepherd, vice president of Sound Financial group and I'm excited to welcome you to Sound Financial Bites, where we bring you bite-sized pieces of financial knowledge to help you design and build a good life.

I'm glad you could join us on today's episode. Today we're welcoming a friend of mine named Krisstina Wise. Krisstina's done a great job at building a primary company. That is a real estate firm down in the Austin, Texas area and has subsequently built a coaching platform and philosophy where people go to events or pay her to coach them to teach them how to learn more about building what she calls a Wealthy Wellthy life. I think what you're all going to take away is how you can use some of her techniques and philosophies to help you design and build a good life. This is part 1 of 2, so I look forward to you all being able to hear this over a couple of episodes. Krisstina and I are really got into it, so it took us two episodes to get the entire interview done. I hope you enjoy it.

Well, welcome everybody to another episode of Sound Financial Bites. It's great to have you join us today. My name is Paul Adams. I'm president and CEO of Sound Financial Group and, today, we've got an incredible treat for you with a guest that I get the opportunity to be able to interview, have some conversations with and, I think, a woman that's going to give many of you a set of resources, and maybe even a change in paradigm and way of thinking that you may not have expected when tuning in today's podcast. Before we get launched and I introduce you to Krisstina Wise, let me share with you, if you're new to the podcast how you can engage with us, what you can do. You can like us on Facebook, connect with me personally on LinkedIn, send us a message, a question on a topic. You may well hear it in one of our future podcasts. You can go to our website. You can download the first 3 chapters of my book and by the time we're done with the podcast today, you could literally have it downloaded on your Kindle. So, we're glad to have you with us today. We've got some upcoming web events coming so you want to watch that on our website, as well as some of our in person client events, where we work to build a community of people who are spending time learning about money, so they could be more effective with it. Let me tell you a little about our guest today. So, Krisstina Wise and I got to know each other about a decade ago as we participated together in a set of educational learning about being better in business. Krisstina built a successful real estate company, real estate brokerage down in Austin, Texas, where she has not just built a group of people that come in to do real estate together, but a group of high performers, that are not only helping people get into homes and be effective on that front but they're taking good care of themselves in their lives because of Krisstina's leadership. She has other businesses, where she has operational partners that run those businesses, as well as what you're going to notice – is you're going to notice that she has her own podcast, where she is reaching out to an audience, where she promotes and talks about her principles she covers in her conferences, in her Wealthy Wellthy brand and, Krisstina, I'm so glad you could join us today and I'm glad that you could speak into our audience. Let me start by asking you a question. What do you think, when it comes to people wanting to build wealth, what is the most important asset that they have to care for?

Well you set me up perfectly for that one. As you know, part of what I teach - I teach money - I