



## Sound Financial Bites 015 - Krisstina Wise Part2

### Episode Transcription

*“Spend your way to becoming rich through spending in your different buckets.”*

Hello, this is Cory 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.

Hello, and welcome to episode two where we’re spending some time with Krisstina Wise, longtime friend of mine, successful business owner, and coach in helping people design and build a good life. In fact, her real estate company is called the Good Life Team, and in all of her coaching programs what you’re going to notice is the focus on making sure that you’re wealthy beyond your assets. In fact, what you’re also doing is taking care of the rest of your life. I hope you enjoy part two of two as much as I enjoyed the conversation with Krisstina.

If you’re going to move to this other side that we’re talking about, you have to get naked, you have to meet with a planner, you’re going to have to get some help, and just know that it comes with the territory if you want to really have riches and wealth, like really.

I do love the metaphor going to the doctor because even if you’re really fit, and in good shape, and the doctor says, “Hey you got to take off your clothes. I’ll be back in a minute.” There’s nobody that’s like, “You know what, I’ve been really looking forward to showing my quads off to somebody.” Even somebody who’s in great shape is going to have something that they feel embarrassed about, and the reason -- we’ll just do that for a doctor, we’ll almost always only be because we’ve got some acute issue. Not only should we probably do that with a doctor more often, but we need to do that more often with an advisor, somebody that can take that holistic view of money. That’s what we try to do here, and helping people do that design and build a good life. One quick shift in topic, Krisstina, periodically on these podcasts what I will do is give people a fun good life tip. Something that they can do, and I didn’t prep you for this, so sorry. Some piece of technology where you might be able to say I’ve used this piece of technology made my life better. One, my good life tip for the day that I didn’t realize until relatively recently, but it’s been amazing is using Siri on my iPhone and its geo-fencing ability to remind me, when I leave work, to do things, or when I’m leaving the house, or when I’m coming to the house. It automatically knows when I’m moving in and out of that geo-fence and produces the reminder.

Remind me to call Paul when I get to the office.

Yes, exactly right, and what’s that done for me from a good life perspective is that I can do that quick note with no new thinking. I also use something like Evernote and the secret weapon philosophy with it. But that quick note allows me to, something distracts me, I need to call Krisstina when I get to the office tomorrow. I make the quick notes now I’m back and totally present with my family. Not having prepared you for that one, is there anything that’s top of mind for you from either a technology perspective, or something you’ve done structurally in your own life that has made life the kind of thing somebody could leave this podcast and do directly as a result of that idea.

Well, there’s maybe two things that are jumping out at me. You stole a couple of mine I used.