Providing sound financial guidance since 2017

Total Financial Planning



July 2023

CALL OUR OFFICE AT 407-900-1653

FINANCIAL ADVISORS

TOTALFINANCIALPLANNING.COM

FREE

The Bear Has Left The Building!



a "bear market". That is when the stock market indexes have dropped 20% from their high point. A 20% rise from a low signals the start of a bull market. We reached a high on January 4, 2022 and emabarked on a steep decline. We started the bear market on June 13th of that year. I'm sure you opened your investment statements in 2022 and were disappointed.



So we've sat in these doldrums for the past year. We hit a low in October of last year and then started the slow temptation to sell.

tunities to buy more as you are ground to make up. getting everything on sale. I've

We've been in what is called seen many factors impact the markets over the years including Y2K, the wars in the Middle East, 9/11, the housing crises of 2007/2008, COVID and the market has always bounced back. Attempting to time the market has always been a chal- Where do we go from here? lenge. You have to know when your plan". Pretty profound.

course during the rough mar- market lasts about 6 months. of 18.7%! ket downturns and resist the In all, we were down 25.4% So, what is the takeway? from the high in January of We've been through some hard 2022. And we are still 10.5% off times. And past performance is In fact, those are great oppor- that high so we still have some



History shows a largely posito get out and when to get back tive return after we leave a in. It is generally best to stay in bear market like the one we've the market and not react to the been in. Since 1929, the avernoise. I once had a boss that age one-year return is 9.33% said "plan your work and work with a median of 13.17%. There were many negative years in the 1930s and 1940s After the market low in Oc- that make those numbers seem tober, we've rebounded and are lower than they should be. If finally up 20% from that point. you look at only the data since We spent almost an entire year 1948, there has only been one in the bear market category. negative year following a bear The longest duration since one market. That's great news since that ended in 1948. Most bear it spans 75 years! The average markets don't last that long, one-year return, if you only march back. As hard as it may so this pain we went through take into account data since seem, you have to stay the seems worse. The average bear 1948, is 18.45%, with a median

"... continued on page 2"



Summertime fun is here. With the kids and grand kids out of school, now's the time to plan that summer time off. Although some of you may have already completed your summer vacation! Whether it is a cruise, time at the beach or heading north to a little cooler weather, it is a good time to spend with those you

Happy birthday to our nation! Our country turns 247 this July 4th. I always enjoy catching some fireworks. Either neighborhood families that conduct their own celebrations or larger, organized fireworks hosted by municipalities.

July also features Major League Baseball's All-Star Game on July 11th. I usually enjoy the home run derby held the night before. I also consider the All-Star Game the unofficial half-way point of summer. Yes time flies. Hope you and your family have a wonderful, fun filled and adventurous summer!

Respectfully, Alexis Hongamen, CFP®, CRPC®



Your Advisor Got Engaged! Then He Got Married!!



It's true. Your advisor got engaged, and then less than two months later I got married! My wonderful bride, Mara, is now my better half and I couldn't be happier. We met last June and have been togethhave met her.

attractions such as Disney the great news! Springs and City Walk. We like exploring differmore.

ing with her.



highest points in Cen-buffet at Ravello's. tral Florida in Clermont We enjoy many of the and I proposed at Sunset. same things such as riding Thankfully she said yes!! our bikes, going for long That was after the initial walks/hikes and visiting shock of the proposal sank many of the things Cen- in! She immediately facetral Florida has to offer timed her kids and her such as our beaches and family to let them know

All of Mara's family outent areas such as Winter side of her two kids are Mara hails from Sao Pau- the US Consulate in Sao the future.

lo, Brazil. Sao Paulo is the Paulo are available about a largest city in the Ameri- year in advance, so realisticas by population and 4th cally we were not going to largest in the world. Al- have them here to celebrate though, I've been to Brazil with us for a long time. So I haven't been to Sao Paulo we decided to have a small but I look forward to visit- civil ceremony with immediate family that could come and postpone a larger celebration until 2024 when we could have everyone together.

We signed our marriage certificate and had one of our kids serve as witnesses and sign as well. This was done at the Four Seasons in Lake Buena Vista which We got engaged in April served as a nice backdrop. after coming back from We took some nice photos er ever since. She comple- a trip to New York City (thank you to our photogments me in so many way where I met her sister. rapher!) and followed that and I'm very blessed to I took her to one of the up with a nice breakfast



I'm very blessed to have Garden, Celebration and in Brazil, so we realized it found someone that serves look forward to exploring would take a while for all as my other half and lookof them to secure visas for ing forward to many nice travel. Appointments at memories to be made in



Our service offerings

I Specialize In Helping

- ➤ Planning For Retirement/Retirees
- ➤ Federal Employees
- ► College Planning

Fiduciary Services

- > Financial Planning
- > Wealth Management
- ► Hourly Consulting
- > Flat Fee Consulting
- Fees as a % of Assets Managed

Investments

- ► Exchange Traded Funds
- Stocks/Bonds

Account Types

- ➤ Brokerage Accounts
- > 401k Rollovers, Solo 401Ks
- ➤ Roth Conversions
- ► IRAs, Roth IRAs, SEP IRAs, Simple IRA

Contact the office



Phone: 407-900-1653 Mobile: 407-900-1653 Email: alexis@ totalfinancialplanning.com Address: 1120 Bella Vida Blvd, Orlando, FL 32828

Evenings and Saturdays available by scheduling at totalfinancialplanning.com/ schedule-call

"...Continued from page 1"

no indicator of future returns, but history shows us there is a good chance to

course with your invest- your plan. ments. And remember, to

best be optimistic. Stay the plan your work and work



Flashback 50 Years Ago This Month



Celebrity

Bruce Lee, 32, U.S.-born Hong Kong martial artist and actor, died less than a month before the August 19 U.S. release of his blockbuster film Enter the Dragon (I loved that movie). Lee's death was probably from an allergic reaction to a painkliller.



PEABODY AWARDS Canadian TV personality Alex Trebek made his U.S. television debut for as host of a short-lived game show on the NBC television network, The Wizard of Odds. He later became famous for Jeopardy starting in September 1984.

Watergate!

The nation was in the middle of the Watergate scandal as senate hearings were taking place. The scandal stemmed from President Richard Nixon's administration's attempts to cover up its involvement in the June 17, 1972 burglary of the Democratic National Committee headquarters at the Washington, D.C., Watergate Office Building. Hence, the name Watergate. In July, the existence of tapes that recorded everything in the Oval Office. The tapes were subpoenaed and Nixon had secretly recorded potentially incriminating conversations.

Tip Of The Month "Continued" who hasn't owned a home in 3 years.

4. Zero in on an area you find desirable and look for deals there. It is often a good idea to not buy the most expensive home in a neighborhood. Good schools, access to shopping and a low crime rate are all desirable in a neighborhood.

Questions? Call Alexis 407-729-8516



Tip Of The Month

July is finally here and summer vacation has started! No more screaming kids or rowdy teens making your job even tougher than it already is. We all know inflation is here and everything costs more. This includes housing!

A challenge everyone has is knowing how much they can afford for a new place to live. Here are a few tips as a guideline as you consider moving or buying a new place.

- 1. Keep your monthly housing expense to 1/3 your monthly take-home pay. If you own, this includes taxes and insurance. Yes, this is a struggle nowadays because housing prices have gone up even higher than general inflation, which is saying a lot in itself. You do not want to be "house poor", having something so expensive that you can't afford anything else!
- If you are buying, the higher the down payment, the more reasonable your monthly obligation will be. That's pretty obvious but it will also help you get approved for a loan a little easier as you have more "skin in the game" by putting in a higher down payment. You also may get better terms with a 20% (or higher) down payment. Same goes for obtaining a 15-year vs 30-year mortgage. There are usually better rates for a 15-year loan when compared to the 30-year loan. Having 20% down payment will also waive the private mortgage insurance (PMI) that lenders levy on those that put down less than 20% down payments on loans.
- 3. Look for first-time homebuyer programs in your state. Many offer loans preferred terms and even grants. First-time homebuyers are often defined as someone





Idiom Of The Month "Walking In High Cotton"



If you have ever lived in the Deep South, you've heard the term Walking in High Cotton. It comes from the antebellum (preCivil War) South when "high cotton" meant that the crops were good and so were the prices. The term has come to mean that a

person is doing well and successful. Because back then, if you were "walking in high cotton", it meant you had a bumper crop that would yield a good payday at the market. I remember chuckling when I first heard it, and haven't heard it in a long while. An old timer used the term a few years ago and it stuck with me as something a little different.



This newsletter is for informational and entertainment purposes only, and should not be relied upon as a basis for investment decisions. This newsletter is not engaged in legal, financial or other professional services.

