Drink More Water

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While speaking with a cardiologist recently, my eyes were opened to the “Simple, but not Easy” strategy being applied in the medical profession. We communicate frequently about the importance of this strategy in personal finance so it was fascinating to see it play out in another profession. I thought it would be helpful to share this experience (Don’t worry, no one was hurt in this process!).

Cardiologists spend years learning their craft. Becoming a certified cardiologist requires extensive knowledge. If you visit a cardiologist, you may be put through expensive tests using fancy machines. A laundry list of hard to pronounce drugs may be reviewed (talk about foreign language for a finance guy!) You may need to relive your entire family health history (I guess this is one way to remember your ancestors😉.) After all of this, the advice might be “drink more water.” The initial reaction is, “this can’t be the answer, it is much too simple.” It is human nature to want complex answers after an extensive evaluation given by highly paid expert.

Just like investing, sometimes the answer can seem too simple. Maybe additional tests or more drugs would make us feel better. Maybe the fancy investment strategy or complicated planning idea is what we crave. Most of the time though, the answer is to do the simple things really well. It is the job of the medical professional or fiduciary investment advisor to be knowledgeable and confident enough to give the best advice, no matter how simple or complex the right answer might be.

We all need helpful reminders along our journeys, especially in areas outside of our own expertise. Your team at The MilWealth Group is here to make sure your financial plans and investment portfolios are “getting enough water”. Yes, we are available for difficult complex issues that arise, however, we are also here to help you do the simple things really well. Now if we can just get rid of winter we’ll really be on to something!

All the best to you and your families.

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