



## Plan Today to Secure your Tomorrow

### Q&A

#### Question:

Should I include my cryptocurrency in my Estate Plan?  
-Digital Planner

#### Answer:

Dear Digital,

Just like any other property you want to pass on, detail in your estate plan who you want to inherit your cryptocurrency, and then include specific instructions in your will or trust how you'd like the accounts managed in the future. But do NOT include passwords or security keys in your planning documents, where they can be read by others.

This is especially true for your will, which becomes public record upon your death. Instead, keep this information in a separate, secure location, and provide your fiduciary with instructions about how to access it. Consider using digital account-management services to help streamline this process.

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## 12 Ways To Be Your Best Self And Live Your Best Life

Source: [https://www.huffingtonpost.ca/marcia-sirota/12-ways-best-self-best-life\\_b\\_9797478.html](https://www.huffingtonpost.ca/marcia-sirota/12-ways-best-self-best-life_b_9797478.html)

What does it mean to be your best self and live your best life? In my mind, being your best self is coming as close as you can to fulfilling your innate potential; being the best version of yourself that you can be.

Living your best life means maximizing the possibilities for happiness and success in six key areas: career, creativity, leisure activities, relationships, spirituality and wellness.

1. **Altruism:** Giving to others without thinking about the cost to yourself

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Given the complex and highly encrypted nature of cryptocurrency, consider including provisions in your plan allowing your fiduciary to hire an IT consultant to deal with any technical challenges that might come up.

As your Personal Family Lawyer®, we can help you update your estate plan to include not only your physical wealth and property, but all of your digital assets like cryptocurrency, too.



### Balsamic Strawberry & Parma Ham Crostinis

- 1 white baguette
- Olive oil, to drizzle
- 150g (2oz) strawberries
- 1tbsp balsamic vinegar
- 1tsp caster sugar
- Freshly ground black pepper
- 75g (3oz) cream cheese
- 75g (3oz) Parma ham
- A few chives to garnish

Wipe the strawberries, remove hulls and thickly slice. Place in a small bowl. Sprinkle over the balsamic vinegar and sugar. Allow to marinate for 1 hour at room temperature. season with black pepper. Preheat the oven to 180°C/350°F/Gas 4. Thinly slice the baguette and arrange the slices on a baking sheet. Drizzle with oil of your choice and place in the oven for 15 mins, turning once, until crisp and golden brown. Remove and cool on wire rack. Arrange the crostinis on a large serving plate. Top each with a little cream cheese, then a slice of Parma ham. Place a marinated strawberry slice on top and garnish with chives.

Recipe: [www.houseandgarden.co.uk](http://www.houseandgarden.co.uk)

2. **Authenticity:** Being real; expressing your truth; knowing how you feel about things and what you really need
3. **Compassion:** Demonstrating loving-kindness to yourself and others
4. **Flexibility:** Having an open heart and an open mind; being receptive to new ideas; being able to change your mind; having no obstacles to giving and receiving love
5. **Generosity:** The joy of sharing what you have with others
6. **Honesty:** Telling the truth, but always with kindness and consideration
7. **Integrity:** Doing what you said you'll do; always keeping your promises
8. **Passion:** Engaging in life with energy, enthusiasm and excitement
9. **Responsibility:** Not blaming others for the difficulties you're facing; doing what you're supposed to do, when you're supposed to do it
10. **Self-Denial:** Letting go of greed, self-indulgence, hedonism and the desire for instant gratification
11. **Self-Love:** Accepting and validating yourself; knowing that you deserve the best in life
12. **Skepticism:** Looking at things with a critical eye; not just believing what you're being told

And here's my list of the 12 ingredients necessary for living your best life:

1. **Collaboration:** Working with others to do more than you could have done alone
2. **Connections:** Social and emotional support make it possible to achieve happiness and success
3. **Creativity:** Thinking outside the box; trusting your intuition to solve problems; exploring new ideas
4. **Freedom:** Being guided by your inner wisdom vs. dogma or propaganda; having healthy skepticism
5. **Learning:** Seeing yourself as a student in life; always using your experiences as opportunities to grow and develop as a person
6. **Optimism:** A glass half-full attitude that helps you keep moving forward despite setbacks
7. **Participation:** In your family and community; a sense of belonging and interdependence with others
8. **Patience:** Not needing everything now; being able to work toward a major long-term goal

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- 9. **Persistence:** Not giving up; investing time and effort to create your goals
- 10. **Resilience:** The ability to bounce back from adversity; to learn from your hardships and heartache; to turn lemons into lemonade
- 11. **Self-Care:** Paying close attention to your mental, physical, emotional and spiritual well-being
- 12. **Self-Discipline:** Hard work to break bad habits and to envision and accomplish positive goals



## **Kids Are Headed Back To School! Have You Prepared Them in Case You're in an Accident?**

If you have minor children and own your home, then this will be the most important Back-to-School preparation you do all year. Here's why...Did you know that if you're in an accident, your kids could be taken into protective custody until the police can figure out who has the legal authority to take them, even if you've named legal guardians for them in your will? That's because the people who spend time with your kids don't have that authority automatically.

To make sure your kids are not taken into the care of strangers, even for a minute, you must set up a Comprehensive Kids Protection Plan. And you must put in place a well-considered estate plan that ensures your assets are immediately and privately available to your loved ones—and usually, a simple will is simply not good enough. When you and your parenting partner meet with us for a Family Wealth Planning Session, you will choose the right guardians for your kids and avoid making any of the 6 common mistakes most families (and even regular lawyers) make when naming legal guardians. Be one of the first 5 to schedule in August and we'll waive our regular \$750 planning session fee. Plus, you'll take home a free ID band that stores your children's essential information. Put it in their school backpack and know they will always be taken care of by people you love.