



THE POWER COUPLE'S GUIDE TO "PROTECTING YOUR ISH"

POWER TIP #1: The "Where We At" Date

Yes, I know... This sounds corny. In order to be and remain in control of your family's legacy, you have to have regular checkups. Just as you go to the doctor for regular checkups, you and your boo need the same. Here are some tips to get started:

1. **Mentally.** Chat about things that are keeping you up at night. Then, talk about and implement a plan to change that. For example, if the thing that keeps you up at night is the lack of personal time, then the next step is to decide TOGETHER how to fix that. Maybe your boo can agree to stay home with the kids once per week while you go and do WHATEVER. I don't care if it is going to Target alone (to some of us, that is a privilege so... I get it!) but DO SOMETHING ABOUT IT!
2. **Physically.** Chat about things that are going on with physically. If you feel like you're not as energized as you used to be, for example, then maybe you agree to start out with walking before work. Hubby and I decided to wake up an hour before getting the kids up in order to work out. That accomplishes two goals for us: 1) gives us some quality time, and 2) gets us in shape.
3. **Financially.** Chat about your money! Go over your budget, if you have one. If you don't have one, CREATE ONE! Figure out what your goals are TOGETHER and how you are going to get

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there. For example, if you would like to invest, but haven't had the chance to do it, **NOW IS THE TIME!** Decide together to invest \$250.00 per month. Start as small as you need to, but **DO IT NOW.** You can't "protect your ish" if you haven't start to "save your ish".

Finally, if you are going to commit to your "Where we at" date night, please **tag me!** want to see how it works out!!! On Instagram, @memphisprobatelaw and on Facebook and LinkedIn, Chasity S. Grice,

I Can't Wait to Hear From You!

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