

Market Recap



Third Quarter 2022 Market Recap

The U.S. equity market ended the third quarter down 4.5%.

[Read more >](#)

INDEX	PERIOD ENDING SEPTEMBER 30, 2022					
	Qtr	YTD	1 Yr Return	3 Yr Return	5 Yr Return	10 Yr Return
U.S. Equity Markets						
S&P 500 TR USD	-4.88	-23.87	-15.47	8.16	9.24	11.70
Russell 2000 TR USD	-4.46	-24.62	-17.63	7.70	8.62	11.39
Russell 3000 Value TR USD	-5.56	-17.97	-11.79	4.37	5.11	9.08
Russell 3000 Growth TR USD	-3.37	-30.57	-23.01	10.16	11.57	13.36
Russell 1000 TR USD	-4.61	-24.59	-17.22	7.95	9.00	11.60
Russell 2000 TR USD	-2.19	-25.10	-23.50	4.29	3.55	8.55
Non-U.S. Equity Markets						
MSCI ACWI Ex USA NR USD	-8.91	-26.50	-25.17	-1.52	-0.81	3.01
MSCI EM NR USD	-11.57	-27.16	-28.11	-2.07	-1.81	1.05
Fixed Income						
Bloomberg US Agg Bond TR USD	-4.75	-14.61	-14.60	-3.26	-0.27	0.89
Bloomberg US Treasury US TIPS TR USD	-5.14	-13.61	-11.57	0.79	1.95	0.98
Real Assets/Natural Resources						
DJ US Select REIT TR USD	-10.37	-29.32	-17.15	-3.29	1.95	5.49
S&P North American Natural Resources TR	-2.15	13.37	22.59	11.36	4.80	2.00

Past performance is not a guarantee of future results.

 GDP (LAGGING INDICATOR) Q2 2022 (Third Estimate) Decreased at annual rate of 0.6%	 EXISTING HOME SALES Thru August 31, 2022 Decreased by 0.4%	 UNEMPLOYMENT RATE Thru August 31, 2022 Increased to 3.7% (seasonally adjusted)	 CONSUMER PRICE INDEX August 2022 Increased by 0.1% (seasonally adjusted)
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Q3 2022

WEALTH SOLUTIONS CAPITAL MARKETS REVIEW | 1

End of the Year

We are now in the last stretch of the year and it feels like the span of 2022 happened in a blink of an eye. This may be an effect of the Information Age that has only accelerated our lifestyle today, whether we choose to adapt or simply go with the flow. In response, I offer you to consider taking a moment to "be with" the now. Hit that pause button. In the present, think of what's going well. What was the highlight of your day? Year? Surprise yourself with what you can discover and rekindle, and what more you can accomplish. Above all else, discover what truly matters, things that you appreciate, and are grateful for. I once heard a saying that goes like this, "What's working now and how to get more of it." Furthermore, in financial life planning, one school of thought is to consider the triad where money, time, and talent interact. That is to say, to live a life of abundance, how you choose to spend your money is equally important to how you spend time and make use of your talents. What does it mean to find balance? How can we find moderation in the different facets of life? A financial planner can help guide the conversation.

Related, I came across this article that discussed financial decisions you can make now. Notable topics included **tax withholding** outlay (whether you're employed or retired), **tax harvesting**, **donation** for those charitably inclined,

and **Roth IRA conversion**. Taking time to check in on what truly matters to you can begin to bring clarity to the planning process. Subsequently, set clear, authentic goals coupled with a financial planner that can help you create a roadmap to guide and facilitate. [Read more >](#)

Other reminders include end of the year investment planning review as well as required minimum distributions (**RMD**).

In my readings, another article I found to be excellent and provided nuggets of wisdom included planning for next-gen family run businesses. Whether you have an existing operation or an entrepreneur prospecting the talent around you, this Harvard Business Review provided several approaches. I think this article covered talking points that can be just as helpful for families with young kids and adult children looking to boost financial socialization and literacy. (Please contact us if you are unable to view the full article.) [Read more >](#)

More for our young cohort. [Read more >](#)

Lastly, I hope you enjoy reading and learning about "fearless conversations" as much as I did. [Read more >](#)

- Dennis

Review & Updates

As the final quarter of the year begins, this is a reminder to get in touch with us to schedule your review and update with the financial planner and advisor.

We want to make every effort to meet with you and address questions as well as provide information and updates about your planning, investment, and outlook. If you already met with us this year and want to revisit at year end, we also welcome the follow-on meeting to catch up. It would be great to hear what's been going well in our implementation and what have you learned during these months related to the ongoing process. Imagine it's one, three, or five years in the future, what would you like to say about our work together? And what are you most looking forward to?

What's important is that although we are at the tail end of 2022, with enough forethought we can still implement today as well as account for the new year to come.

Resources

**Workplace Retirement
Plans: Participant
Perspectives**

PARTICIPANT PERSPECTIVES

Q3 2022

HOW TO SET UP A COLLEGE SAVINGS PLAN FOR A GRANDCHILD

A Section 529 plan offers one tax-advantaged way to help fund the cost of college. Here's what you need to know about setting up a plan for a grandchild.

A four-year college education is expensive. According to research from the College Board,* the average published yearly cost of tuition and fees for 2021-2022 at a four-year private college was \$38,070, and \$10,740 for in-state students at a four-year public school; room and board represent an additional fee. And if history is any guide, college costs are unlikely to fall.

If you have grandchildren and would like to help them get a good start in life, what better gift than the opportunity to graduate from college with few, if any, student loans? A Section 529 plan provides one tax-advantaged way to help fund the cost of college. Here's what you need to know about establishing a plan for a grandchild.

WHAT THEY ARE, HOW THEY WORK

Most Section 529 plans are state sponsored and come in two varieties: prepaid tuition plans and college savings plans. You can set up a separate Section 529 plan for as many beneficiaries as you wish and fund each plan by investing a lump sum or by making regular contributions. You can contribute to a Section 529 plan regardless of your annual income or age. Moreover, if you don't like some of the features of your state's plan, you can participate in another state's plan.

The money in a Section 529 plan grows on a tax-deferred basis, and distributions for qualified educational expenses are free from federal income tax. Many states offer Section 529 plan tax benefits for their residents as well. To avoid federal gift taxes on your plan contributions, you can limit them to the gift-tax annual exclusion amount (\$16,000 per beneficiary in 2022, \$32,000 if you and your spouse contribute) or elect to treat a larger contribution as though the gift was spread out over five years. By contributing, you are generally also removing the gift amount from your estate for federal estate tax purposes.

Q3 2022

PARTICIPANT PERSPECTIVES 1

Disability insurance may be a helpful way to protect your financial health if you are unable to work for an extended period.

[Read more >](#)

GOAL-BASED INVESTING: AN INTRODUCTION

Goal-based investing offers a holistic approach to managing wealth by carefully aligning your investments with your life and legacy goals. It aims to bring discipline to investing by putting your financial objectives at the center of the investment process.

With goal-based investing, each investment has a purpose that's tied to a specific objective—for example, saving for retirement or buying a vacation home. Instead of measuring an investment's progress against benchmark returns or market performance, success is measured by how well an investor's portfolio is tracking against the goals set for it.

3 STEPS TO BUILDING GOAL-BASED PORTFOLIOS

One of the benefits of goal-based investing is that it can help investors stay disciplined and focused on their long-term objectives. This is especially important during periods of market volatility, when investors are likely to feel anxious about the value of their investments. Knowing they have a carefully articulated plan that reflects their personal goals can help investors maintain a long-term term view.

HOW GOAL-BASED INVESTING WORKS

STEP 1: IDENTIFY AND PRIORITIZE GOALS

Together with the help of a financial advisor, you should begin by identifying your financial goals—whether it's generating future retirement income, funding a child's or grandchild's college education, saving for a family wedding, or supporting a charitable cause.

The next step involves establishing the timing and characteristics related to each objective. Some may be one-time goals while others could be ongoing or periodic, like meeting annual retirement income needs.

It can be helpful to categorize your goals based on time horizon:

- Short-term goals: 0-4 years
- Mid-term goals: 5-14 years
- Long-term goals: 15+ years

If you have multiple goals, it's important to rank them by their level of importance. Knowing their relative priority makes it easier to determine which you may be able to reduce or eliminate if necessary.

Goal-Based Investing: An Introduction

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Goal-based investing offers a holistic approach to managing wealth by carefully aligning your investments with your life and legacy goals.

[Read more >](#)

2022 Tax Reference Guide

These tax tables are designed to offer a quick summary of tax brackets and taxes for: personal income, capital gains, children, and both employer and personal retirement plans.



M Financial Group

[Read more >](#)

Q4 2021

WEALTH SOLUTIONS
CAPITAL MARKETS REVIEW

INDEX	PERIOD ENDING DECEMBER 31, 2021					
	Qtr	YTD	1 Yr Return	3 Yr Return	5 Yr Return	10 Yr Return
U.S. Equity Markets						
S&P 500 TR USD	11.03	28.71	28.71	26.07	18.47	16.55
Russell 3000 TR USD	9.28	25.66	25.66	25.79	17.97	16.30
Russell 3000 Value TR USD	7.54	25.37	25.37	17.65	11.00	12.89
Russell 3000 Growth TR USD	10.89	25.85	25.85	33.21	24.56	19.39
Russell 2000 TR USD	2.14	14.82	14.82	20.02	12.02	13.23
Russell 1000 TR USD	9.78	26.45	26.45	26.21	18.43	16.54
Non-U.S. Equity Markets						
MSCI ACWI Ex USA NR USD	1.82	7.82	7.82	13.18	9.61	7.28
MSCI EM NR USD	-1.31	-2.54	-2.54	10.94	9.87	5.49
Fixed Income						
Bloomberg US Agg Bond TR USD	0.01	-1.54	-1.54	4.79	3.57	2.90
Bloomberg US Treasury US TIPS TR USD	2.36	5.96	5.96	8.44	5.34	3.09
Real Assets/Natural Resources						
DJ US Select REIT TR USD	17.22	45.91	45.91	16.84	9.65	10.70
S&P North American Natural Resources TR	8.13	39.94	39.94	10.06	1.27	1.27

Past performance is not a guarantee of future results.

Q3 2021 (Third Estimate)
Increased at annual rate
of 2.3%Through November 2021
Increased by 1.9%Through November 2021
Decreased to 4.2%
(seasonally adjusted).November 2021
Increased by 0.8%
(seasonally adjusted).

Q4 2021

WEALTH SOLUTIONS CAPITAL MARKETS REVIEW | 1

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