

Pacific Cascade

Thrivent Member Network Quarterly

WINTER 2021

Thrivent Quarterly

Your Thrivent Member Network is your connection to special Thrivent client programs and resources that can help you create impact in your communities and improve the lives of others.

We are proud to serve over 100,000 clients across Alaska, Idaho, Montana, Oregon and Washington.

We are part of Thrivent, a membership-owned, holistic financial services organization that is committed to providing financial advice, investments, insurance, banking and generosity programs. Thrivent exists to help people achieve financial clarity and make the most of all they've been given. To find the latest resources and news happening in our region, visit:

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Mindset Reset – Give Yourself the Gift of Done



If 92 percent of New Year's resolutions fail, why do we set ourselves up for failure each year?

New York Times bestselling author, Jon Acuff, has found the most effective exercises are not those that push people to work harder. The ones that get people to the finish line do just the opposite — they take the pressure off.

Why? Because the sneakiest obstacle to meeting your goals is not laziness, but perfectionism. We're our own worst critics, and if it looks like we're not going to do something right, we prefer not to do it at all.

If you're tired of being a chronic starter and want to become a consistent finisher, join us for a virtual event in January where you will learn to give yourself the gift of done. Let's start AND finish the year strong together.

See page four for event details.

5 Ways to Live More Sustainably

Many simple money-saving hacks are also eco-friendly.

1. Don't toss it, fix it

Take up basic sewing skills to fix holes or sew buttons on your clothes. Look online for tutorials to fix or repurpose other common house-hold items.

2. Lower your energy bill

Incorporating small changes like switching to LED or CFL lightbulbs, turning off devices at night, or opening your blinds to enjoy natural light, really add up.

3. DIY when you can

Whether it's for cleaning, beauty, or hygiene, many products can be made at home with simple ingredients that are free of plastic and harsh chemicals. Not to mention, it's a good money-saver.

4. Buy less

Before buying anything, think of the environment. The more people buy, the more waste ends up in landfills. If you need something or want to treat yourself, try looking at secondhand stores first.

5. Reduce food waste

Try to only buy the groceries you need. Embrace meal prepping and get creative with leftovers. Composting is also a great way to reduce waste.



Which Annuity is Right for You?



Famous author Jane Austen wrote in her book, *Sense and Sensibility*, "People always live forever when there is an annuity to be paid them."

The U.S. Census Bureau shows that Americans are living longer, with an expected 130,000 Americans estimated to celebrate their 100th birthday in 2030. With many of us expected to live longer than generations before us, what does that mean for the way we fund retirement?

Annuities are one of the few investment solutions that can ensure you won't outlive your money. They also offer the simplicity of regular payments and there are a variety of types to fit your unique financial needs.

No one should live in fear of outliving their hard-earned nest egg. With a close look at your goals and values, a financial professional can help you decide which type of annuity is right for you.

Refer to the Thrivent Investment Management Inc. Regulation Best Interest Disclosure document for information on fees, services, potential conflicts of interest, and additional information. Available upon request from your financial professional and on thrivent.com/disclosures.

Variable annuities are long term investment vehicles designed for retirement purposes.

Variable annuities are subject to investment risk, including the loss of principal and contract value are not guaranteed and will fluctuate. Guarantees are based on the financial strength and claims paying ability of the insurance company. Variable annuity contracts have exclusions, limitations, reductions of benefits and terms under which the contract may be continued in force to discontinued. For costs and complete details of coverage, contact your licensed insurance agent/producer.

Thrivent and its financial professionals do not provide legal, accounting or tax advice. Consult your attorney or tax professional.

Investing involves risk, including the possible loss of principal. The prospectus and summary prospectuses of the variable annuity contract and underlying investment options contain more information on the investment objectives, risks, charges and expenses, which investors should read carefully and consider before investing. Available at Thrivent.com.

Two Annuity Stages:



Stage 1 - Accumulation

Save and build the cash value of your annuity.



Stage 2 - Distribution

Convert your annuity into income for retirement.

Four Basic Types of Annuities:

The four types are based on two primary factors - WHEN you want to start receiving payments and HOW you want your annuity to grow.



1. Immediate Annuities - Lifetime Guarantee Option

Designed specifically to provide immediate guaranteed lifetime payout and fees are woven into the payout. A drawback being, that in general you won't have access to the full lump sum, but you can contribute a certain amount to know exactly how much you'll be receiving in the future.



2. Fixed Annuities - Low Risk Option

Simplest type of annuity to understand. The insurance company gives you a guaranteed fixed interest rate on your investment when you agree to a length of your guarantee period with a variety of options for when your contract ends.



3. Deferred Annuities - Tax-Deferred Option

Provide guaranteed income in the form of a lump sum or monthly income payments on a date in the future. This option is great for those who want to contribute to a retirement income on a tax-deferred basis - meaning you won't have to pay taxes until you take the money out.



4. Variable Annuities - Highest Upside

Tax deferred contract that allows you to invest your money into sub-accounts. Similar to a 401(k) but the annuity contract can guarantee lifetime income. With time, your sub-accounts can help you keep up with or even outpace inflation.

Make 2021 Your Best Financial Year Yet

This year may have been tough, but that doesn't mean 2021 has to follow the same pattern. With some planning, you can make 2021 your best financial year yet.

1. Invest in Yourself – Similar to investing financially, the best time to start was yesterday, but the second-best time to start is now. Whether it is learning a new skill, or instilling a new healthy habit, decide what you want to do to invest in yourself and go for it.

2. Start a Budget – Create a budget that works for YOU. Start with the basics, find and incorporate your values, and choose budgeting principles that make sense for you. You will be surprised at how easy it can be.

3. Invest Your Money – Many people tend to shy away from investing due to fear or lack of knowledge. The best way to invest is to work with your financial advisor to develop a plan for the long term that is consistent with your values and goals.

4. Set a Goal... And Then Set Milestones on Your Way to That Goal – What do you want to accomplish in next year with your finances? One of the best things you can do is to set a specific goal for what you want to accomplish. Think of a milestone as a smaller goal that helps you get to your larger goal. It's basically reverse engineering your goal to make it easier to reach.

5. Cut Things Out that Don't Work – Removing things from your life that don't matter removes obstacles on the path to your goals and a lot of those things you can cut out either have a direct or indirect impact on your finances. These include clutter, spending, debt, clothes that don't fit, wasting food, or anything in between.



6. Increase Your Income – Increasing your income will give you more financial security and help you reach your financial goals faster. Set up a meeting with your boss and discuss what specific skills to develop to either receive a promotion or a raise. If that is not an option, search for a new job or start a business based on your hobbies and skills.

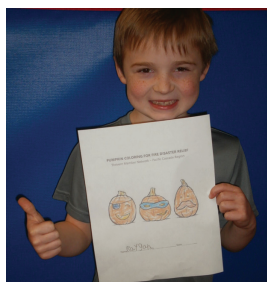
7. Automate EVERYTHING – Automation saves you time and makes managing your money easier. One of the best ways to start saving and investing more is to automate the deposits into those accounts. If you never see that money in your checking account, you are much less likely to spend it.

8. Find and Focus on Your Why – Why do you want to accomplish what you want to accomplish? Whether it is so you have financial freedom, or the financial ability to give generously, determine your why and go after it. Keep it in the front of your mind and watch your motivation skyrocket.

Northwest Clients Thrive with Purpose

Pumpkin Coloring for Fire Relief

After the devastating fires of 2020 in Washington and Oregon, we invited everyone to color pumpkins for fire relief to help our neighbors in need. With 326 coloring submissions, we donated \$6,520 to support fire relief efforts in both states.



Oregon winner: **Raygan, age 7**, from Grace Lutheran Children's Center in Scappoose, OR.



Washington winner: **Ellie, age 4**, from Ms. Ferrell's Precious Little Lambs Preschool in Deer Park, WA.

"Fostering Hope" Virtual Fundraiser

Through a virtual fundraiser, Embrace Washington recently raised over \$98,000 to help bless the lives of children in foster care. These funds were used for school supplies, tutoring services, and Christmas gifts.

Using Thrivent Action Team funds, our Thrivent team delivered pizzas to all attendees to enjoy during the virtual fundraiser. Congratulations to everyone involved!



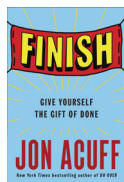
2021

Calendar of Events

Enjoy these live virtual events from the comfort of your home on your computer or mobile device. To learn more and register, visit our website at <https://bit.ly/TMNpcevents>

January

Finish: Give Yourself the Gift of Done in 2021



In every element of your life, goals matter. Yet for many of us, resolutions never get finished.

Join *New York Times* Bestselling author, Jon Acuff, as he provides practical, actionable ways you can accomplish your goals and complete more of the things you care about.

February



2 Economic Update

It seems that some financial topic is in the headlines every day. Should those headlines influence your decisions around your financial strategy? Learn important updates and changes in the economy and what they mean for you.



4 Your Money, Your Goals

Want to reduce debt, boost your credit score or invest for retirement? Learn how to set smart financial goals to help achieve your dreams.



9 Income for Life - Introduction to Annuities

Discover how annuities can help protect what matters to you most and fund your future for a fulfilling retirement. Learn how annuities work and what type of annuity is right for you.

March

Gasping for Breath



Four-part series held each Thursday of the month.

At some point, we all find ourselves gasping for breath – personally, professionally, spiritually or relationally. Join authors David Johnson and John Busacker as they unpack simple practices and share inspiring stories for how to recover your breath and be fully alive.

Sources

Mindset Reset:

Finish: Give Yourself the Gift of Done by Jon Acuff, *New York Times* Bestselling Author & Speaker

5 Ways to Live More Sustainably:

www.thrivent.com/magazine/2020/september/5_Ways.html

Make 2021 Your Best Financial Year Yet:

www.atypicalfinance.com/10-ways-to-make-2021-your-best-financial-year-yet-no-matter-what-this-year-looked-like

Which Annuity is Right for You:

www.thrivent.com/posts/money-and-your-goals/the-4-types-of-annuities-which-is-right-for-you.html

www.census.gov

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Advice | Investments | Insurance | Banking | Generosity

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