

Two Hundred and Fifty: That's a Big Number



Keith Tyner

Lightning struck, it was bright, immediate and impressive. Two hundred and fifty years ago, brave pioneers established the United States of America. There

has never been anything like it and it's miraculously still functioning. July 4th marks the United States' Semiquincentennial

I was completing the requirements for my Eagle Scout designation when the US Bicentennial unfolded. There was much more hoopla for it than I have

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noticed for the Semiquincentennial. The Eagle Scout designation required three merit badges pertaining to citizenship. Citizenship in the Community, Nation and the World. The essence of all three was understanding both the benefits of living here and the responsibilities that come with it.

There is a certain aura to my life that was shaped by scouting. It includes an attitude toward humanity and creation that I still carry today. I am proud of that training. The adventures, responsibilities, and skills I learned through scouting were unmatched. I wonder what elements of America stir your soul with pride?

The last 50 years have flashed

like a lightning bolt! When I think of the United States, I think of peace, prosperity, freedom, worship and abundance.

The gift of living in a country with strong security and only two borders is an incredible blessing.

Free enterprise provides opportunities that few other places can match. You can start a business today that blesses people for decades.

There is a remarkable freedom here few other places have ever experienced. The Pulliam family posted 2 Corinthians 3:17 on the Indianapolis Star decades ago, boasting our liberty.

Freedom of worship is not normal

around the globe. You have the autonomy to worship as you please. That's amazing.

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Our Up Your Average podcast will feature Sabin Howard later this month and his latest celebration of America. If you haven't seen our original conversation with Sabin, check out Up Your Average #19 and his celebration of our World War I heroes!! You can find it on YouTube and any other place you listen to podcasts!

Toss It, Shred it, Give It!

Hasbro, Inc. released the toy Bop It in 1996. The game was a plastic wand with three options to its components; Bop it, Twist it, Pull it! The game would call out a sequence of actions, and players had only a short time to respond correctly. With each success, the pace accelerated.

In honor of our annual shred event, we'd like to offer our own version of the game:

Toss it, Shred it, Give it!

The belongings we accumulate over time become a sort of memory game themselves. Why did I keep this? Why did I buy it? Where did it come from? Yet the urge to declutter

is often pushed off until tomorrow.

We will shred whatever personal documents you need to get rid of in honor of our friendship. Give our team a call to verify we are available and we shred your old bank statements, tax returns, bills and whatever other formerly important documents this month.

But as you're gathering those papers, why not find some old belongings you can throw in the trash or give

to someone or some charity? Our friend, Bob Goff, uses Thursdays as a catalyst to give up something. Pick a Thursday to be your **Toss it, Shred it, and Give it** day! We'll help with the shredding!!



Time Flies When You're Having Fun

2025 has been the best year of my career. I have experience, passion, wisdom and a drive that makes me smile. It's impossible to believe I complete 40 years of helping families this month!

The pressure of AI, regulations and the fast pace of our industry would tempt one to coast or slack off. It is quite the opposite for me. I have 40 years of experience, good health and a never-ending desire to help people. Now is the time to bring the best I have.

I find myself focusing on 4 key aspects of our business:

1. Pouring as much wisdom as possible into my teammates at Gimbal.
2. Working closely with you to

accomplish your financial dreams.

3. Studying the markets and offering my thoughts to our investment team.

4. Creating financial insight and thoughts for our Up Your Average podcast to share as much of my experience and wisdom for as many people as possible.

I point out these elements of my day to answer the question, "how long are you going to work?"

I will remain a contributor at Gimbal Financial as long as I am adding value to the team and you and as long as I remain healthy. At this writing, I sense it will be 5-10 more years. My health is good and I am having a blast helping develop our thoughts for the future.

The motivation of working daily with Caleb Tyner is more than I imagined. His presence motivates me to be at Gimbal. The Gimbal team is as skilled, motivated and caring as I can remember. (We've had many superstars in this category through the years.)

My excitement for the future is amazing. If you know any friends or family members who would like to connect, I am happy to help them and encourage them on their journey.

AND most of all, these years have developed thanks to YOU! Your trust and loyalty to Gimbal is more than I can comprehend. Thank you for all that you are, for the confidence you have placed in us, and for allowing us to serve you!

Chicken or The Egg

"It's easier to change a child than an adult." - Judge Vincent Grogg

Do thoughts create habits or vice versa? Neuroplasticity suggests thinking better will create better habits. Neuroplasticity is your brain's ability to reorganize itself by forming new neural connections throughout life. It means your brain can adapt to new input, thoughts, experiences or practice.

Neuroplasticity and habits form loops that strengthen your efforts in the areas you focus.

Dr. Lee Warren's, *The Life-Changing Are of Self-Brain Surgery*, incorporates neuroplasticity with other helpful ideas to enable the reader with a more productive future. Warren is a brain surgeon and author. His life was turned upside down when his 19-year-old son died

traumatically.

The death stirred his soul deeply and shut his body down in a manner that he just stayed home. Until one day his accountant emailed him that if he doesn't go back to work, they will have to fire their employees and shut the surgery practice down. The shock startled him out of his funk enough to ignite the neurons.

Warren discovered a formula out of scripture that helped him begin reforming his thoughts and future. John 10:10 says, "The thief comes only to steal, kill and destroy, but I can so you might have life and have it abundantly." The formula that helped his pathway to health was Abundance is greater than stealing, killing and destruction. (A > SKD)

Although the destruction in life is emotional and wearing there is hope. He discovered that abundance

functions simultaneously with SKD. The abundance you choose to live your life can literally rewire your brain and your future.

The good news is where you are today is not your destiny or prison. You can find abundance and an incredible future.

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