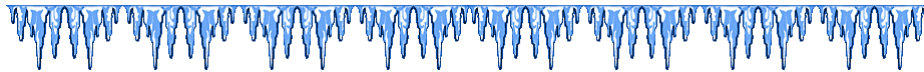


# A Husband's Point Of View

## A.M.H. Financial Services



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### On the Lighter Side

What do you get when you cross a snowman with a vampire? Frostbite

Do not walk past the end of a pier.

Lottery: a tax on people who are bad at math.

If we were meant to touch our toes they would be higher up on our bodies.

Middle age is when the narrow waist and the broad mind begin to change places.

Happy New Year I hope that you had a restful and happy holiday season and are all ready for the new year!

As the TFSA reaches a major milestone early this year, the savings and investment vehicle continues to grow in importance for Canadian investors both in terms of its prominence in financial planning and in the amounts of assets now held in those accounts.

On January 1, 2019, the TFSA, which was announced in the 2008 federal budget, celebrates its 10th anniversary.

Over the years, the total assets held in TFSAs have grown. According to recent data provided by Canada Revenue Agency, there was about \$233 billion held in TFSAs at the end of 2016, the most recent year for which the CRA provides statistics. About 13.5 million Canadians held at least one TFSA, and there were a total of about 18 million TFSAs held by the end of 2016.

The federal government has raised the annual FTSA contribution limit to \$6,000 for 2019 from \$5,500. As a result of the increased contribution limit for 2019, the cumulative contribution limit will be \$63,500 for investors who have never contributed to a TFSA and who have been eligible since 2009.

Perhaps more appealing for investors than the TFSAs growing contribution room is its flexibility.

For more information on TFSAs call me at **780 425-4058** or e-mail me [andy@amhfinancial.ca](mailto:andy@amhfinancial.ca)



### A Husband's Point of View



# 2019

## The Tax Free Savings Account



The Tax-Free Savings Account (TFSA) was first introduced in 2009, and has gained popularity over the years as a tool for savings or investing in general. Contribution room for the TFSA is indexed to inflation and since its inception has been updated just twice. A short-lived increase to \$10,000 in 2015 by the Conservative government was reversed in 2016 by the new Liberal government.

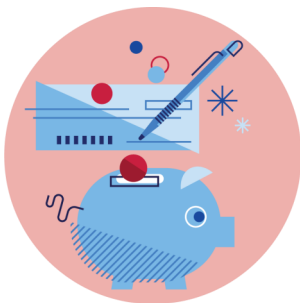
One of the attractions of the Tax-Free Savings Account is that investment income or returns earned are tax-free.



Tools to build a better future!

### The TFSA limit for 2019:

Year	TFSA Annual Limit	TFSA Cumulative Limit
2009	\$5,000	\$5,000
2010	\$5,000	\$10,000
2011	\$5,000	\$15,000
2012	\$5,000	\$20,000
2013	\$5,500	\$25,500
2014	\$5,500	\$31,000
2015	\$10,000	\$41,000
2016	\$5,500	\$46,500
2017	\$5,500	\$52,000
2018	\$5,500	\$57,500
2019	\$6,000	\$63,500



There is a maximum amount of money you can deposit into your TFSA each year. Currently, this annual maximum is **\$6,000**. Luckily, your total contribution is cumulative, so you can roll over this contribution room year to year. So the amount you can save will go up each year, whether you deposit money or not. It doesn't matter how much the savings or investments in your TFSA are *worth*; the only thing the government limits is *how much you can put in*.

#### Your TFSA limit if you've never contributed before

If you don't have a TFSA, then you could open one and contribute a maximum of **\$63,500**.

#### Your TFSA limit if you already have a tax-free savings account

Have you already opened a TFSA and started saving? That's great. If you've never withdrawn money from your account, you can keep adding until you hit the current TFSA limit.

## **8 New Years Resolutions You'll Actually Be Able To Stick To**

We're beginning 2019, which can only mean one thing: It's New Year's resolution time. Though most of us start off the new year with the best of intentions - be it to get healthy, put our finances in order, or finally learn how to play the guitar - most of our resolutions end up being massive failures. In fact, a whopping 80 percent of resolutions fail by the second week of February. But, there are ways to make your resolutions work. Below are 10 common resolutions people make that may be setting them up for failure - along with the 10 you should be focusing on instead.

**THE COMMON RESOLUTION: "I'm going to take control of my health."**

**THE SMARTER RESOLUTION: "I'm going to make an appointment with my doctor."**

Why it works: Getting your health in fighting shape requires different things for different people: One person may need to ramp up their physical activity, while quitting smoking might be the smartest step for another person.

**THE COMMON RESOLUTION: "I'm going to eat healthier."**

**THE SMARTER RESOLUTION: "I'm going to have at least two pieces of fruit a day and eat a salad before every dinner."**

Why it works: Picking one or two things to focus on is much more realistic than changing your entire diet—and telling yourself when you're going to incorporate these changes during your day makes it more attainable

**THE COMMON RESOLUTION: "I'm going to work out every day."**

**THE SMARTER RESOLUTION: "I'm going to exercise 2 to 3 days a week."**

Why it works: Going from zero to 100 just isn't realistic. If fitness isn't a part of your daily routine, and then you make a pact to hit the gym daily, you're going to burn yourself out and quit after a month.

**THE COMMON RESOLUTION: "I'm going to lose 20 pounds."**

**THE SMARTER RESOLUTION: "I'm going to focus on what I can control, like changing my diet and exercise routine, rather than the number on the scale."**

Why it works: You can't necessarily control the result, but you can control the behaviors that bring you closer to your weight loss goal. Focus on what you need to do to make it happen.

**THE COMMON RESOLUTION: "I will land my dream job."**

**THE SMARTER RESOLUTION: "I will expand my professional network."**

Why it works: Opportunities are found through people. Sending your resume out to a black hole job portal won't get you the job, having someone who can vouch for you will. Identify three or four people who are steps ahead of you in their careers and reach out to them.

**THE COMMON RESOLUTION: "I'm going to save money."**

**THE SMARTER RESOLUTION: "I will create and maintain a budget."**

Why it works: Creating and sticking to a budget gives you the tools to help you save more. There is no right or wrong way to create a budget, but you want to make it as simple as possible so you stick with it.

**THE COMMON RESOLUTION: "I'm going to quit smoking."**

**THE SMARTER RESOLUTION: "I'm going to make a plan to quit smoking."**

Why it works: According to The Truth Initiative, 70 percent of smokers say they want to quit. but only 7.4 percent actually achieve this resolution each year. The best way to quit smoking is to prepare by expecting setbacks and occasional lapses. Be "prepared to start over, but commit to keep trying.

**THE COMMON RESOLUTION: "I'm going to get more sleep."**

**THE SMARTER RESOLUTION: "I'm going to shut off the TV and turn off my computer one hour before bed."**

Why it works: If you're a parent you know a thing or two about sleep schedules with your kid. But just because you're a grownup doesn't mean you shouldn't live by the same rules. Getting into a consistent bedtime routine is a must when it comes to improving both the quality and quantity of your sleep.



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Take a look at our website

[www.amhfinancial.ca](http://www.amhfinancial.ca)

AMH Financial Services is a full-service firm. We offer services to help you examine your financial goals and select the options that will best suit your needs, timeframe and investment style. We believe in helping you create a comprehensive financial plan for your family that includes planning, insurance and portfolio management.

**MY COMMITMENT AS A FINANCIAL ADVISOR IS TO HELP PEOPLE TO REACH THEIR FINANCIAL GOALS. IF YOU HAVE A FAMILY MEMBER, FRIEND OR COLLEAGUE WHO YOU FEEL COULD BENEFIT FROM A CONVERSATION WITH ME, I WOULD BE PLEASED TO SPEAK WITH THEM WITHOUT OBLIGATION.**

I believe that every individual has an unalienable right to make the best and most effective use of hard-earned income, to have easy access to up-to-date and informed advice, and to be able to provide for short and long-term requirements.

I am committed to serving the individual customer with investment and financial portfolios which will meet current needs and provide for future requirements and situations.



My mission is to help you to make an educated decision that you are comfortable with!

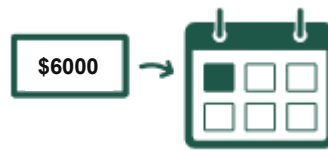


## Benefits of a TFSA



Tax-free growth

You don't pay taxes on the investment income or growth earned in your TFSA.



Contribute up to \$6,000 in 2019

Any unused contribution room is carried forward



Tax-free withdrawals

You don't pay taxes on withdrawals



You can put back any amount you withdraw

You can re-contribute amounts withdrawn in the year or years after you withdraw them.