



We are just past the midpoint of the year- let's look back to see if things are as we thought and what may come next.

Looking back- No interest rate drops by the Fed, but inflation seems to be slowly headed downward. Consumers are a bit less steady but are still working. More of the same in world events and domestic politics. All in all, it has given us a market that has risen, without many shocks.

Looking forward- The Fed may lower interest rates once this year and probably not until after the elections in November. The stock market could easily drop a bit (as usual) in the fall but will most likely rise late in the year. Parts of the stock market have gained strongly (technology) others lagged (real estate). The big focus coming is our Presidential elections. It will make a difference who is our next President, but no matter who it is, there are items that our President will need to face. These include a ballooning national debt and the interest bill due, a moderating resilient economy, unstable world events, expiring tax cuts and a Fed that wishes to slowly lower interest rates. We are still expecting gains in portfolios to the end of the year, especially with bond and cash accounts earning good returns.

Enjoy the summer! Do something fun!

Market Summary As of 6/30/2024

S&P 500:	5,460.48
Dow Ind.:	39,118.86
Nasdaq:	17,732.60
10 YR Treas.:	4.36

When listening to people around us, we consistently hear of things that challenge us, makes life harder or causes us to worry. It is natural to share our hardships and grief with others- it makes it easier to cope. The media will show us things that are going wrong in the world, mostly to get us to watch more the next day. But today we want to share some short talks by people addressing **happiness**, **joy** and what we can focus on to create more **happiness** and **joy** for ourselves.

Ingrid Fetell Lee tells us to "Embrace joy! Where will you find joy today? The drive toward joy is a drive toward life." In her talk from April 2018 "Where joy hides and how to find it!"

https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it?muted=false&referrer=playlist-10_days_of_positive_thinking

Robert Waldinger suggests that "Good relationships keep us happier and healthier", in his talk "What makes a good life? Lessons from the longest study on happiness." from November 2015.

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

I think we liked this one the best- Catherine Price asks: Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness! Fun is the secret to feeling alive!

https://www.ted.com/talks/catherine_price_why_having_fun_is_the_secret_to_a_healthier_life

The NorthStar Team



2303 Waters Drive, Mendota Heights, MN 55120
651.272.3511 ✦ Fax 507.281.6884



959 34th Ave NW, Rochester, MN 55901
507.281.6650 ✦ Fax 507.281.6884