Anjali:	[00:15]()	Hi everyone. Thanks for tuning in to today's episode of Money Checkup where we take a deep dive into matters related to money, business and personal finance. I'm your host, Anjali Jariwala, CPA and Certified Financial Planner. Today my guest is Tarang Patel. Tarang is a radiologist and host of the doctor Money Matters podcast. Tarang, welcome to the show.
Tarang:	[00:36]()	Well, thank you for having me. Excited to be here.
Anjali:	[00:38]()	I'm excited to have you on because you are a man of all trades. I would say you're a practicing physician, a podcaster, you have a very successful Facebook group. So I'd love for you to tell our listeners your story and why you decided to launch the podcast to teach people about personal finance.
Tarang:	[00:56]()	Yeah, so I'm a radiologist and Arizona and uh, even though I do the other things, that's about like 98% of my workload is the physician active practice part of it. But when I came out of training and, uh, out of the military, yeah. You know, I noticed that I didn't really know that much. I've always been interested in finance, but I didn't really know granular details about the financial topics and things and I've always been interested in it. So I kind of tried to learn a little bit about it. I started, Gosh, I think in back when college, I was actually, uh, a business major and then I switched to medicine because I really didn't think that I wanted to work in the business world for a career, but, but that is kind of stayed with me and I, you know, when I was, uh, coming out of training, uh, you have a jump in income and I started realizing, hey, you know what, uh, I read this book, the Millionaire Next Door And I remember in that book a specific, a chapter devoted to physicians and how they really didn't do as well as they should. We all have this picture of physicians doing very well financially and most of them have a pretty good income. But the book actually highlighted quite a bit of a discrepancy amongst various physicians, some who lived paycheck to paycheck, which just kind of blew my mind that that would be the case in the physician world. And so I started reading that, that book, I went to the Bogleheads blog, tried to learn a little bit about different topics and, and, and that's a great resource for anyone who's interested in is the Bogleheads blog or a forum. And then, you know, I sort of listening, I think a, I sort of listening to podcasts about five or so years ago and I just kind of enjoyed that format because you can do it when you drive back and forth to work or you're working out or whatever. So I was like, you know, that's, that's pretty good. And at the time there weren't that many specific resources other than a white coat investor. And he does a phenomenal job devoted to physicians. There were a few blogs like position on fire, uh, and

such. But I just kind of like the, uh, the podcast format. So I was like, you know what, let me, let me try it out. I've always been into tech stuff and I, you know, starting the podcast and learning how to do it and kind of trial and error things. And it seems to have caught a little bit of a niche, but still still a hobby for me.

Anjali: 03:18 Okay. No, that's a great story. And my husband's a physician, so we've talked about this, but for years it's your education and your training as a physician is very focused on the medicine aspect of it. And there's just really nothing on the finance side. And physicians come out and see those really big jumps in income. A lot of physicians, I know the ones coming out nowadays that I work with, there's also a really large student loan debt burden and there's no basic knowledge. They're not albeit not their fault of, of how to manage all of that. And, and, and it's really unfortunate that there's still nothing captured within the education to teach people, especially physicians about the basics of finance. So that's a really great service you're providing for the community. And I live in southern California, so I love podcasts because we spent so much of our day driving around with the traffic here.

Tarang: 04:09 Right, right. Yeah. And same thing. I mean it's, it's really tough for physicians to learn this because like you said, it's not a part of our curriculum. But at the same time, I mean, I, I can't blame med schools for it because there's just so much that they expect you to learn. And you know, I was talking to some other physicians about this and everyone would think it'd be a good thing to put into the med school curriculum. And one of my podcast guests, he actually does that as part of a, a fourth year medical school course. But the reality is, is that there's 50 million things that we have to learn in medical school. And, and so I don't know that I would advocate that every physician, you know, have it in their med school curriculum. Because I think when you're forced to learn something, you tend not to do it. But I think that at some point, most physicians, uh, realize that this is something they need to learn about, at least the ones who want to be successful financially. Right. And so the good news is now with, with all these various, a Internet based media sources, you can get any information you need when you need it. So I think the podcast, whether it's a blog, whether it's a youtube video, whatever books, obviously the resources are out there, I think that it's definitely doable for physicians to learn. And so I, I don't think that you have to do it early in, in medical school because quite honestly there's enough on your plate at that point. But the earlier you, you kind of learn this stuff, the better off you'll be.

Anjali:	05:38	That's an excellent point that you bring up, especially someone who's pretty close to finishing up may have the mental capacity at that point to start learning. And I think in general, whether you decide to manage your finances on your own or seek outside help, I think it's still imperative to know the basics, right? Just because will help you as an individual make much better financial decisions. And as you mentioned, a lot of people that, you know, not just physicians, but a lot of high income households end up in that rat race where they're living paycheck to paycheck. And it's because there's habits that develop early on that if you don't get a grasp on and get a hold of it can perpetuate out of control. So it's imperative that earlier you can start the better, but obviously when you have the capacity to do so, because I'm not a physician, but I seen when my husband went through going through his training and talking to clients and whatnot. So you guys have very little time during that time of your life.
Tarang:	06:34	To be honest, I, I wish that this would be more in, in residency, in whatever specialty you're in, like as one of the lecture topics that they put in towards the end of residency. Because I think that's when it's probably the most applicable. I mean there are certain basics that anyone can get even early on, but right around, you know, your final year of residency, I feel like that's when you're probably most receptive to this and still can probably put into practice most of the things without necessarily making major mistakes before you really boosting up your income.
Anjali:	07:05	Right. So I'm curious to know what shaped your views on money. There's certain people, I'll talk about myself as an example. I'm Indian as are you. So I grew up with immigrant parents and it was ingrained in my mind to to save as much money as possible to get a good job and work at that same job until I essentially retired. So I inherently have been known to be very cheap. So I'm married to my husband who is very different even though we come from similar cultural backgrounds in terms of how we view money and spend money. So I'm kind of interested to hear what your money story is in terms of how you grew up with money and how it's shaped your views on money.
Tarang:	07:47	Yeah, I mean it's actually like you described similar background, immigrant parents actually, I mean I myself technically I'm an immigrant. I came here when I was six and my dad is a physician, but when we came to the US he had to, you know, restart residency. So we were living on a resident single income with a, I have two older sisters, so there's five of us that were

being supported on a residence income and at the same time being a resident, he worked quite a bit. So, you know, we had to develop good financial habits early and not that I was thinking about financial habits at, at, at that age, but it was just kind of ingrained that, okay, you're not going to go crazy buying new shoes, uh, every, you know, few months or anything like that. Just cause you know, there wasn't the bandwidth to support those kinds of habits. I think that's a, that's a story that many, uh, immigrants have grown up with. You're not relying on anyone. You just kind of have to make things work. And to be honest, if you, if you have that mentality, I think you find ways to, to make things work so that that's how it started, you know, and then then you kind of a, as my father became more successful in this practice, we moved to, you know, maybe nicer areas and things, but I also grew up in the Midwest in a very, uh, I would say financially conservative area. So, you know, it wasn't like you were growing up in southern California or in Miami or something where displays of wealth I think seem to be a little bit more common. So I think just by geographic area it was just, you know, I was forced to grow up at the, in a more conservative financial mindset. Now I live in in Scottsdale, which seems to be more kind of along the lines of the southern California or a or a Miami lifestyle. So it's kind of a funny contrast.

Anjali:	09:35	It is. That's a good segue into my next question. So we grown up kind of in a certain way based on our parents and, and the, the values they've instilled. But we both also have children and I live in southern California, in Redondo beach. We're pretty close to the ocean and it's a very different lifestyle that we're living now than what my husband and I grew up with. So one thing that we talk about a lot in our family is, is how do we instill those money values in our children? So what are things that you and your wife are doing to help instill those values for your kids? And any tips you have for our listeners.
Tarang:	10:11	Yeah, this is a tough one. Obviously the parental influence is, is primary, but, uh, the things you can't control are the, you know, secondary environmental influences. And that's something that I struggle with because even though I think I'm instilling by practicing what I'm doing, good financial habits, I don't necessarily teach my kids directly yet. Uh, they're still pretty young, although my oldest one is at the age where she understands enough. I, I think I mostly am just showing good habits by not necessarily going out and spending a ton of money and buying them everything that they want. A, obviously I get them what they need, but, uh, it's tough because I do think that a little bit around here, it's just a, you know, you see kids with

cell phones in third grade, fourth grade, and then, you know, it's hard to answer when your kids ask you for those things. I'm like, no, you don't really need those types of things. And so the biggest tip I would have is just your kids are going to model their behavior unconsciously, uh, one way or the other on how you are. So I think going to either extreme is probably not a good idea because then I, in my opinion, kids tend to rebel one way or the other, but at the same time, you, that's the biggest influence. Uh, but unfortunately you just don't know the fruits of that until your kids are adults. So I think you do the best you can practice your own good habits. You talked to him, you talk to kids about money, but not necessarily, you know, what kind of income you make. I don't think kids need to know though, those types of things. But I do think that having talks about money with your children and then just trying to describe to them, you know, the of a dollar and hey, you know, if you wanted that new pair of Nice boots or a nice outfit, well, you know, your mom and dad had to work this amount to pay for that. And I think that if you do that every now and then, I don't know that you need to make those talks all the time. But I, you know, I hope, at least that's my philosophy. I hope that that'll be a good, a way of teaching kids. And then the second thing I think is a teaching kids because they're kind of isolated to the social bubble that you're in, whether, you know, whatever a social circle that they're part of with at school and then your, your friends and stuff. And the other thing to talk to them about is that there's a world beyond that. So I like, I, I feel like my kids, and we talked about this with our friends, are kind of isolated in the, you know, in, uh, Scottsdale social bubble. But there's, you know, an entire financial world beyond that. So that's one thing that I do try to consciously make an effort is talk to them about, hey, you know, there's a lot of people who are struggling out there. And so you kind of have to be thankful for what you have and hopefully that that translates to them down the line as well.

Anjali: 12:57 Yeah, no, that's great. So my daughter is two and a half, so we do a lot of the, do you need that or do you want that? Just to help her understand the difference because she'll say, I need that. And I was like, do you really need that? And you're like, no mom, I want that. I was like, okay, well if it's something you want, then we'll have to wait on that. So there are ways, and I completely agree that there's ways to really teach kids about money without necessarily disclosing your financial situation, but helping them understand that and values and no, I think that's great. I mean, have you on a little later when your kids are older to see how that's going for,

Tarang:	13:34	it's tough though. I, I think, uh, especially a lot of physicians, you know, they tend to socialize with other physicians. Uh, yeah.
Anjali:	13:40	Right. I mean we have 90% of our friends are, you know, those with their physician households and it just kind of happens and you don't realize you're doing that, but that's just people kind of hang out with like minded people
Tarang:	13:53	and it tends to skew your overall perspectives. I think that's something that um, I am a little bit cognizant of and an end a little bit worried. But it's tough to, you know, I mean, it is what it is, but you try to do your best with that.
Anjali:	14:05	Yeah. That's great. So circling back to the topic of physicians and finance, your experience, you've had, you know, a number of guests on your podcast you’re working as a physician, so a lot of physician colleagues. What financial mistakes are you seeing that physician seem to make most often?
Tarang:	14:23	I think the biggest mistake is not taking an interest in their money. And to be honest, it's not a mistake because you don't know you're making that mistake. You think as a physician, well, you know, I'm making x hundred thousand dollars a year and, and it's, it's enough to, uh, live my lifestyle. And yeah, it is, but I don't, I don't think what they realize is that it's not, it's enough to live your lifestyle right now if you make that in perpetuity. And what they don't think about, and I think this is probably true of most people, but I think physicians are not, but people grow into their lifestyle, into their income pretty quickly and it's hard to go back. You know, this is the one thing that they, all everyone talks about is living below your means. And it's easy to talk about. It's very hard to do. And so that kind of goes back to what I was saying is like when, when you're in your last year of residency is probably the best time to start understanding this stuff is because that transition from making, you know, 50, $60,000 as a resident to 200,000 or you know, significantly higher depending on your field is a big jump. And that's the best time to, to not make your lifestyle grow into your income. And so I think that that's where physicians make this mistake. And the funny thing is one of my, uh, podcasts guests recently is the author of the Next Millionaire Next Door, which is, you know, the, the followup book, uh, that she worked on with her late father. I asked her this question is that our physicians now with the advent of, with all these resources that we have making the same kinds of mistakes. And it's kind of funny because we still are, we still are making the same mistakes that previous generations have made even though there's a lot more information out there. So it is, I think it's way harder. It's the

same thing about like people eating unhealthy or not exercising. I mean, we all know now that you know, you should be eating healthy or you should be exercising. But boy, putting that into practice is a lot tougher. And the same thing applies for finances.

Anjali:	16:33	I agree. Just from my own firm to set up savings goals and, and to make sure people are spending within their means. It's, it's much easier for me to do at when a client brings me on right when they're finishing up residency or fellowship than it is for the physicians I have who are 10 to 15 years out because the ones who are just finishing up, they haven't come to that hymen income yet. So they're not used to spending that much. So once we set it up so they're maximizing all of their savings goals, you know, retirement, they're purchasing a home college funding for kids, whatever it is. And even though with the leftover money, it's still significantly more than what they were making before. So they feel like they're in really good shape and they're starting off on really good solid footing. I have, and this is not to ding physicians and all, but I have a few, you know who are
Tarang:	17:24	please ding us
Anjali:	17:27	there's lifestyle creep there. It's, and there are 10 to 15 years out since those habits are so ingrained that just unwinding them is taking up so much work. So it's a different type of planning I have to do for them. It's, it comes down until me hiding money and it's not hiding, but it's like, okay, well I see this much excess in your account, so every month I'm going to pull this much from your account and it's going to go into this account and you're not going to see that other account in. So it becomes this game that we stripped money out of their primary bill pay account just to help them save. And, and there's nothing wrong with that. It's just, it's very easy. And I think this happens not just with physicians, but with anyone who sees that large jump in income, that lifestyle creep comes up. I know it's very common in California because people do display their wealth here. So it's, it's very much what car are you driving? Are you driving a Tesla? How big is your house? Things like that. So it's very easy to get caught up in that, but it takes a really big toll. And people think that if they're just maxing out their retirement plan contributions, that that's enough. But it's not the limit right now if you're just an employee is $19,000 for the year. So if you're just maxing that out, but you spend $250,000 a year, there's no way that 19,000 even if it's invested appropriately, is going to be enough to sustain that type of lifestyle in retirement. So, you know, the more you're spending now and the more money you're going to need to accumulate or come

up with other sources of income in order to help supplement that if you're planning to retire by normal age. So it's definitely something that, as you mentioned, being addressed sooner rather than later is key.

Anjali:	19:00	I think what you touched on right there as a really good point, because I talked to so many physicians who think that exactly that, oh well I'm maxing out my 401k and I'm putting money into a, you know, an IRA is enough and I'm like, that's not even close. Right. You know, I mean, they assume that they're going to be working for the next 30 40 years and that's great. But you know, one thing that, uh, physicians who are coming out now, they face a lot more challenges in the financial realm than generations past have faced because a, like we talked about, they have a lot more student loans and then B, most of them are employees so they don't get the tax benefits of owning your own business. And most of them don't want to. And that's fine. I mean, I, I'm not saying one way or the other, but then you just have to realize the tradeoffs and then the downside of being an employee other than not just the tax benefits is that you are at the whim of whatever group or corporation that you're working for. And you don't have the security. I mean, I mean, even if you're in your own practice, you don't have, I have a ton of security, but you really don't have the security that a physician's in, in the past have had. Right. And so you know, you, you can't afford the mistakes that generations past have, have been able to make and still recover from.
Anjali:	20:23	Yeah. The other thing to keep in mind is that when you're finishing up your behind already, because you're not finishing your training until what, you're in your early thirties right. And so someone who's, let's take me, like I came out of school, I got a master's when your program, I started working by 23 so at 23 I was already contributing to a retirement account. So I've have 10 plus years more than my husband who didn't really get to start contributing until he was done. So not only are you behind in terms of time, but you're behind in terms of how much money you can put in. And there are limits to these 401k plans and the IRA plans and the limits don't go up very often. They, they went up this year, but the, the amount of the, the 401k has been pretty stagnant. The Roth IRA and the IRA finally went up to 6,000 for 2019 but it's been consistent and 5,500 and even lower in previous years. So it's just, it's not enough. And so when I start to run these projections for our clients and show them that in addition to what you're doing here, we need to now put x amount more into savings in a taxable account. It's sometimes a shocker for them because they don't really understand. But when they see the numbers, they realize that,

oh wow. And that can make a material impact on lifestyle as well. So if you're, you're already living a certain lifestyle and then having to unwind that is much more difficult. And the other thing I'll say is you don't have to necessarily live like a resident to make your finances work. You can live a very comfortable life and still be able to meet all the savings goals you want to meet. So I think that's the other misconception. Then on my side I see with physicians.

Tarang:	21:59	Yeah, I think that's true. The, the issue then becomes, you know, when you're again, that we go back to the, you know, physicians hanging out with other physicians. That's the hardest part. It's like keeping up with the Jones's mentality and, you know, sometimes you, you just don't do it and it's okay, but, but it's tough. I mean, when you're in the middle of it, it's, it's tough to say no to that fancy trip or not. But, you know, I guess it just depends on what you want to do. And like I say, I, I'm not saying that physicians need to save 50% of their income, but if, you know, just know what you're giving up. And I think the funny thing is a lot of physicians don't really even think about saving in a taxable account. And it just blows my mind. I'm like, wait, what do you mean you don't, you know, they're like, well, yeah, I put, you know, my 401k, my wife's 401k, my husband's 401k and, uh, and then that's, that's, that's good. And I'm like, you know, yeah, you have kids. Yeah. What about a 529, you know, those types of things. And, and do you plan on, you know, doing anything else? So I, it's just amazing that sometimes they don't even think about it and then some of them will put, you know, a certain or a certain amount into a savings account but then they'll just use that to, you know, pay a for a car or two, something like that. And I'm like, well that's not the ideal solution. But um, I guess it's better than nothing.
Anjali:	23:15	Right. The savings is good to have for those short term large expenditures. But I would say for, for most physicians, if all you have is your employee contribution into your retirement account, you probably want to start thinking about having a taxable savings account that year investing are targeting for some sort of investment. Whether it's, you know, in the markets or real estate or something else. Cause it's, cause you will need more than just that.
Tarang:	23:42	Right. Right.
Anjali:	23:43	So you mentioned this earlier in the podcast that you think physicians are relatively poor accumulators of wealth despite their high incomes and something I, I've, I've seen consistently

as well. So we've talked a little bit about this, but love to get your expanded thoughts on why you think that is.

Tarang: [24:01]

It's a combination of factors and I think it kind of goes into a lot of the points that we touched on. But the biggest one is that, you know, we start out late in the accumulation phase and then we don't have the underlying knowledge. And then again, that goes to a lot of people. Most people don't have the underlying knowledge of how to do wealth accumulation. I think physicians, lawyers could probably be put into this a little bit as as well, people expect them to have a certain lifestyle and maybe they themselves expect themselves to have a certain kind of lifestyle. And, and certainly a lot of, uh, families expect physicians to have a certain lifestyle. And so, you know, they tend to spend a lot, the combination of factors leads you to accumulating things rather than assets. And it's, it's a problem that can be addressed, especially if you're a, you know, a high income specialist or a dual physician couple or are dual professional couple, you can recover from, uh, the late start. But it's not a, it's not that necessary. It's not a fatal is a flaw. But if you're a single income primary care physician who maybe, you know, you, you kind of went into this into a second career and are starting out later than your colleagues, you may not be able to recover from a bad start if you don't develop the habits, the good habits that we talked about early on. And so, you know, it's a multitude of factors, but I think physicians will be able to be successful financially despite all these issues if they follow some of the basic tenants of, you know, just kind of living below your means, investing in things, not just you know, your retirement accounts, but having a taxable account, whether what you choose to invest in real estate, whatever, understanding that and you can invest in your own practice, that that can also be a significant, uh, income generator. Not just from your own professional practice, but you know, owning the building that your practice is part of employing other people, a mid level providers, nurse practitioners, physician assistants to increase your actual overall revenue. So those, those are all things that you don't get taught, you don't think about, but those are all ways to uh, overcome, uh, the late start. But those are all investments that are required in developing asset accumulation. So I think that, you know, that that's the positive side of physicians. You know, the negative side is that, again, like we talked about, you start later and you don't necessarily have the knowledge and, and I don't know that now with all the regulation involved in, in medicine that, that people want to deal with that. Most people, uh, even they're entrepreneurial side wants them to give it a go. They just don't necessarily feel like physician practices are the, are the outlet for that. Uh, and myself included. Now, you know, as a radiologist, it's pretty difficult to start a physician practice. Uh, most radiology practices are, you know, 30, 40 physician groups. And to try to compete with that would be very difficult. So you know, but that that makes it, that makes it a more imperative that you get your own financial situation in order sooner.

Anjali: [27:14] Right? Especially if you're looking at grow a practice, a lot of your ability to take on debt and do things like that is, is very dependent on your personal finances because the bank is actually going to look at all of your personal finances to make sure that your liquid, that you have enough there. I have a few clients who are expanding their practice and and so they're, they're looking at all of that. So even if your business financials are buttoned up, but there's not that much liquidity or assets on the personal side that that may impede your ability to really grow your own practice, which then hinders your income potential going forward. So they're all very interconnected even though it seems like they should be separated. And I think another good point you bring up is I think for residents and fellows looking at their first job offer at a training or even someone looking to to move, it's really understand what other benefits are being offered and not just the salary because I think there's a lot of value in being able to put more away into some sort of deferred account. My husband works for Kaiser in southern Permanente. So if once you're partner, you actually get to contribute to a Keogh plan and once you're in a Keogh plan, you're actually able to put away the Max into your retirement, which is 56,000 so even if you're looking at a job and maybe the income is slightly lower than another job, but there is an ability to put more away into retirement or a deferred compensation plan, there's a lot of value there because that's going to always be a forced savings mechanism for you. And for, you know, a lot of my clients, if they have both people are partners and they're both putting away that 56,000 that's over a hundred thousand getting put away into retirement, that ends up being sufficient for them when I run the projections. And so then you have a little bit more freedom on your personal spending side to do what you like to do because you've already put away what you need to for savings. So your take home pay is truly just that money that can be spent for living needs and things like that.

Tarang: [29:13] So, yeah, I think putting away, you know, in a retirement account, a tax deferred, obviously if you can put away that amount, then the Keogh plan or if you're self employed and you can start your own deferred tax accounts, those are ideal. And, and like you said, if you can put away that much, especially if you and your spouse can put away that much, then yeah, you're probably uh, uh, well off. But most don't have that opportunity. In fact, uh, most physicians I would say, what are the latest stats show something like 80% of graduating residents if not higher, our employees and most of the employed models don't have that option. I think Kaiser, Mayo, some of them are exceptions to the rule. Um, most of them, you know, they may have 19,000 now and with a little bit of, uh, a match from the employer, you can put those things away and then they may have a 457 account, which you can put a little bit more away. But it's tough. I mean, I, I, it's probably hard for the average primary care physician to put away that. And then IRA and then still pay back student loans and fund their kids' accounts and things like that. So I, I think that you, you know, you should do those things as best you can. And, and, and the knowledge of, you know, like you were talking about these different benefits is ideal if you can get them at the same time. There's that talk about should I move to, um, you know, a lower physician density area like practicing in, uh, in the Midwest or North Dakota or something like that versus practicing in a, you know, a saturated area like California where it's a higher cost of living and a higher expensive as high, just kind of salaries, salaries are not as high. So yeah, uh, you know, there's a lot of things that you have to weigh upon, uh, and make a decision. But to be honest, I think even those physicians who practice in the bay area are going to be able to succeed if they follow these steps. It may just take them longer. You know, the area being one of the most costly areas in the country, you could still be fine. So it's not like, um, um, uh, predicting doom and gloom for physicians that are far from it. I think that, you know, we've reached a point though where the financial pressures, the ever lengthening training periods have, have hit a point in physicians careers were like, like I talked about earlier, did just less margin for error. There still is a margin for error. So if you made these mistakes, it's not the end of the world. You just going to have to work a little bit harder than maybe someone did 20 years ago or maybe work a little bit longer. But, you know, I don't think it's too late. And for most physicians, if you follow pretty good procedures, you're not more than 10 to 15 years away from getting to a very good financial picture.

Anjali: [31:56] Yeah, no, that's, that's a great point for our listeners. We don't want this to be, and to me, absolutely not. Absolutely not. And I've seen it, I've seen it happen as well. I've seen some dire situations that people were able to turn around in a much shorter time frame than 10 to 15 years. And once you kind of recognize the problem and have a basic understanding it, it is very easy to turn that around easy in terms of coming up with a plan and then it's just having the follow through to do so. Which I think you bring up some really good points on that.

Tarang: 32:26 It's, it's just the same thing as in in medicine. Preventative medicine always better than dealing with the problem afterwards. But that doesn't mean that once, once we have the problem, once you have heart disease, things like that, we have ways to help with that. Preventing it is better. So the earlier you get this, the better you are,

Anjali: 32:45 right? It's just like anything else. If you're taking care of your health and it's also good to take care of your financial self. So making sure you're dedicating time to do that, just to make sure that that piece of your life is also being managed the way you would manage your health or your kids or anything else.

Tarang: 33:03 Exactly.

Anjali: 33:04 Okay. So there's always a few personal questions I like to ask my guests. So the first one is what's our financial goal that you or your family are currently working towards?

Tarang: 33:13 I don't know that I have a specific a goal. I mean, obviously financial independence is the ultimate goal that we're all working towards. I don't have a like a number of goal. I actually have asked some of my guests this question and I've thought about it and you know, I think when I was, uh, in training, I had a number of goals that I wanted to hit. And then as I got into the educating myself more on finances, I started realizing that a, it's always a moving goal, right? Right. But not necessarily in the way that most people think, oh, you know, when a lot of people think, okay, I have to hit, let's say the number is $2 million or 5 million or 10, but whatever the number is, uh, you know, and then I'll be happy. Now what a lot of people think is if they hit that number and then they just want to, they just moved the goalposts further down. Right. What's interesting is I'm starting to realize that the goalpost can move the other way too, because you start realizing that you don't need as much as you think you do if you practice a lot of these habits.

Anjali: 34:13 Yeah, that's, that's a really great point.

Tarang: 34:15 No, because if you're saving 50% of your income or 30% of your income, especially in the post tax world, you really need a lot less than you thought you did, so you can end up working part time and not even touching your savings. And so, uh, for me, the, the, the goal itself is just, is the knowledge. I think that's the biggest thing I'm working on is transitioning from the brute force accumulation that a lot of us start out with. And, and just learning more about different, uh, asset classes and investment type. So I think last year in my Facebook group, I put this out and I guess I need to do it again for financial, uh, you know, goals for the new year. And I was, you know, interested in learning more about real estate. So I, I had a couple of real estate investments in the last year and we'll see how that goes. But I, I, you know, I'm learning more about it. Uh, I'm kind of moving in cautiously into that aspect, but I'm trying to diversify myself away from just, just the market I still have the bulk of my assets in, in the, uh, in the stock market. But I'm trying to diversify myself away from that. So I guess, I guess that would be my, yeah.

Anjali:	35:27	Okay. And then kind of follows your advice side, investing in assets instead of in things, so that you're a good role model for practicing. You actually give advice. That's great. You kind of have mentioned this throughout the podcast, but to summarize, what's that one piece of financial advice, good or bad that you'd like to give to our listeners?
Tarang:	35:47	Well, I'll start with the one thing, and I think this would have, especially for the people who are, um, you know, just coming out of training or are in training is get insurance, get the right type of insurance as early as you can get disability insurance, term life. And I'm not talking about whole life because obviously, you know, that's a different issue. I get good term life insurance if you need it, if you're single and you may not need it. If you're planning on getting married, having children, things like that. Get the insurance as early as you can. I think that's one thing that needs to be done asap, even even earlier than um worrying about your student loans in my opinion. But the second thing is invest in yourself and your own financial knowledge. Whether that means you take the time to listen to this podcast, my podcast, other, other resources, uh, grab a book. But just take a Sunday a morning, just try to get an hour in of, of basic financial knowledge and any, you know, and then maybe do that once a, you know, every couple of weeks, once a month, however it works for you, uh, and, and just kind of make it a part of your routine. I like podcasts because you can do that while you're maybe, you know, at the gym or something like that. But try to do that because I think if you start becoming aware of these issues, you can address these. I'm like going to the gym and pumping out, you know, uh, I'll work out or whatever. This becomes easier the more you do, uh, you know, and you can automate a lot of things like you were talking about with your clients, you may be automated transition some of the

		savings into different accounts and then once you do it, you don't even think about. Right. So I think those, those are the two big things, but definitely get the insurance early.
Anjali:	37:30	I agree. That's a great piece of advice, especially the disability and the lock in those lower rates before you're fully practicing. If you're in a state outside of California and you're going to be moving to California, get your insurance before you come to California because disability is significantly more expensive here. So you know, there's little things that talking to like a good agent and then getting those policies in places. I agree. Key and term life insurance is always going to be cheaper the younger you are. So there is a need that in a locking in those low rates I think is, is great advice. Okay, good. Great. Well I'm so glad that you're able to come on and share your expertise in your advice. So tell our listeners how they could learn more about you subscribed to your podcast.
Tarang:	38:11	So, uh, my, my podcast is a Doctor Money Matters. Yes. All spelled out doctormoneymatters.com or you can search for it on Apple or Google or wherever, you know, you listen to podcasts. And you know, I mostly talk about financial topics, but I've also touched on physician burnout, reaching out, like starting out on your own. You know, I think like, I like I talked about a lot of physicians now find it overwhelming to start out on their own. But you know, I have a advice from some of my guests who have done it. So those tend to be sort of my more popular episodes. But then I also run a Facebook group for a, um, physicians, their spouses and other healthcare professionals. A also called Doctor Money Matters. You can find it on Facebook where we talk about different investment types or, or other issues relating to finances. So, uh, encourage a, your listeners to join.
Anjali:	39:02	Great. And, uh, we'll have Tarang's information in the podcast notes as well as including links to listen to his podcast. Thank you so much for being on the show.
Tarang:	39:12	Thank you. Thanks for having me. Good luck with the show.
Anjali:	39:16	Thanks for tuning in today. If you enjoyed today's episode, please leave us a review on iTunes. If you have a burning question you'd like my expertise on, please visit www.fitadvisors.com and submit your question on my podcast page.