

HAVE A MERRY CHRISTMAS AND A FABULOUS NEW YEAR!

Some light reading for your holiday...

HOW TO AVOID GOING INSANE IN YOUR BUSINESS IN 2018



WE KNOW YOU'VE WORKED REALLY HARD THIS YEAR.

You've trained.

You've sprinted.

Now it's time to rest,

GO OFFLINE FOR 3 DAYS.

Disconnect from technology and connect with the humans in your life.

Balance isn't when you show up. It's how you show up.

RE_{FLECT}

THIS IS YOUR TIME TO REFLECT, DREAM & ACKNOWLEDGE WHAT NEEDS TO CHANGE.

So, when you're sitting on the beach these holidays and you're feeling reflective, ask yourself three simple questions.

- 1. What were my business goals before I started out?
- 2. If I could change 3 things in my business right now, what would those things be?
- 3. What will I do differently in 2018?

PLAN

WRITE YOUR ANSWERS DOWN & SEAL THEM IN AN ENVELOPE.

You're now one step closer to setting a plan in 2018!

Now, safely stash the envelope and get back to your holiday.

In the New Year, pull out that envelope and we'll talk about making sure you turn reflection into reality.



A dream without a plan is just a wish.



We're all driven by freedom.
Whether that is MIND, TIME or
FINANCIAL freedom.



Here are some tips to help you attain balance and freedom these holidays.



Rosè slushie cocktail

In a powerful blender pulse together:

- 1 bottle of Rosè wine
- 2 3 cups of ice
- 1 2 cups of fruit (watermelon & / or berries)
- Add Vodka if required
- Add salt & edible flowers to be fancy





- 1. Set an automatic email Out of Office Reply.
- 2. Take your watch off.
- 3. Put your phone down.
- 4. Live in the now.
- 5. Don't ever feel guilty about taking a break.

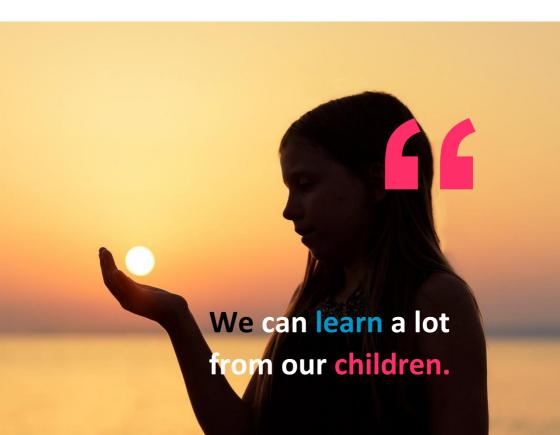
The time you enjoy wasting is not wasted time.



FINANCIAL FREEDOM

Five free things to do with your kids:

- 1. Go on a Xmas light trail.
- 2. Go camping in your back yard.
- 3. Build a fort from Xmas gift packaging.
- 4. Build a sand empire.
- 5. Chase a waterfall.



From our team to yours...

Have a fabulous holiday break!

Here's to a prosperous 2018.



Contact us 09 600 1887

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