



**Merry
everything
and a happy
always.**

Some light reading for your holiday...

**HOW TO AVOID GOING INSANE
IN YOUR BUSINESS IN 2018**



REST

WE KNOW
YOU'VE
WORKED
REALLY
HARD
THIS YEAR.

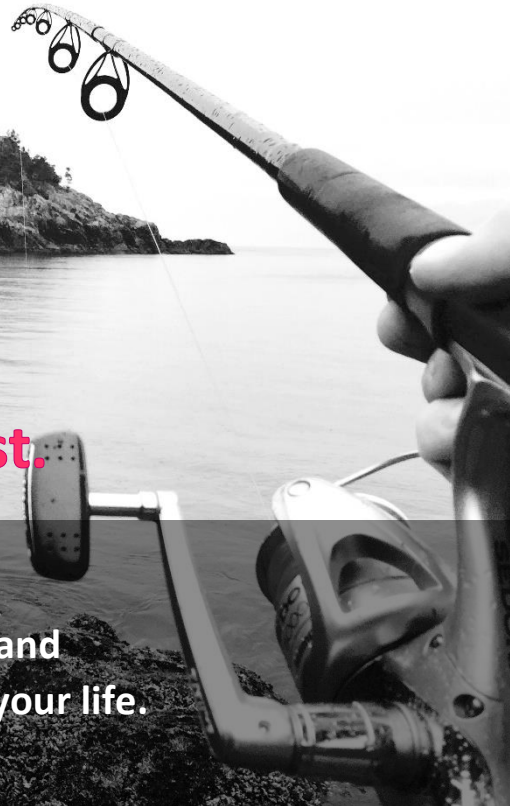
You've trained.

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.**

FREE -DOM



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

Freedom is the **oxygen** of
the **soul**.



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



MIND FREEDOM

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**



DRINK UP

TIME FREEDOM



Today; your precious time.

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.



We can **learn** a lot
from our **children**.

From our team to yours...

Have a fabulous holiday break!

Here's to a prosperous 2018.



P: + 64 9 262 0726 - F: + 64 9 262 3747

A: 116E Cavendish Dr, Manukau, Auckland 2104 - PO Box 76 588, Manukau City 2241

