



NUMBERS THAT WORK FOR YOU

**Merry  
everything  
and a happy  
always.**

**Some light reading for your holiday...**

The bottom section of the image features a background of numerous out-of-focus yellow circles, creating a bokeh effect.

**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.**





# 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

This is YOUR holiday; 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.



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# 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.**



**Make 2018 a year for change.**

**Book your complimentary catch up to discuss how we can make next year everything you hope for and more.**

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