

MORISON+CREED

— *We advise business* —

Best wishes for a happy holiday season.

All is calm, all is bright (or, it will be soon).

Some light reading as you wind down...  
to maximise your break and avoid  
insanity in your business next year!



You do enough...

You have enough...

You are enough...

So, activate holiday mode!

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

A hammock with a striped tarp is strung up in a wooded area. The hammock is made of a light-colored fabric and is suspended by ropes. The tarp is striped in shades of grey and white. The background is a dense forest of trees with sunlight filtering through the leaves.

**UNWIND**

**REFLECT**

**PREPARE**

# Unwind

---

PROCESS THE YEAR  
THAT WAS

Let go of the stresses,  
release the frustrations and  
breathe in the holiday air.

# Reflect

---

NOW IS THE TIME FOR REFLECTION.

IMAGINE & ACCEPT WHAT NEEDS TO CHANGE.

So, when you're at the beach or in your happy place, take the time to be reflective, and, with pen and paper in hand... ask yourself three simple questions.

- 1. What were your business goals before you started out?**
- 2. If you could change three things in your business right now, what would they be?**
- 3. What will you do differently in 2019?**



# Prepare

What's on your  
#2019Wishlist?

**Store your answers safely. You are  
part way to setting your plan for 2019.**

Now... to get back to your holiday. In the New Year,  
let's talk about helping you turn reflection into reality.



Plan for **tomorrow.**

---

Live for **today.**

# FREEDOM

---

THE **OXYGEN** OF THE SOUL



We're all striving for MIND, TIME and FINANCIAL freedom.

VACAY or STAYCAY

Here are some ideas to help you maximise balance and freedom these holidays.

# FREEDOM of the MIND

---

## Grapefruit Gin Fizz

### Ingredients:

Ice

45 mls of gin

3-4 cucumber slices

A thin wedge of grapefruit

½ cup soda water

¼ cup grapefruit juice

Mint

MIX BY THE  
GLASS OR  
QUADRUPLE  
THE RECIPE  
FOR A  
DELICIOUS  
PITCHER TO  
SHARE.

cheers to that

# The FREEDOM of TIME

---

Your holiday.  
Your precious time.

Disconnect from technology.

Reconnect with humans who get you.

Live in the now.

Say yes to adventure.

Sleep in.

Stay up late.

**Act whatever age you want to.**

**Don't underestimate the  
value of doing nothing.**

- A. A. Milne



# FINANCIAL FREEDOM


Five free things to do  
that'll make you smile!

1. Get some vitamin SEA!
2. Visit an animal shelter.
3. Go on a Xmas light trail.
4. Have an epic water fight.
5. Climb a mountain.

'Travel is  
the only  
thing we  
buy that  
makes us  
richer.'

- Anon

Laughter is an instant vacation



We can learn a lot  
from our children.

From our team to yours, have an energising holiday break! Here's to a prosperous 2019.



Our office will closed from lunchtime Friday 21<sup>st</sup> December reopening Thursday 10<sup>th</sup> January.