



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.



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.

The logo for EPA BUSINESS features a red square on the left containing a white, stylized cursive letter 'E'. To the right of this square, the words 'EPA' and 'BUSINESS' are stacked vertically in a bold, black, sans-serif font.

**EPA
BUSINESS**



Unit 3, 15 Sir Gil Simpson Drive, Burnside,
Christchurch 8053

www.epabusiness.co.nz

Phone: 03 358 1330