

# **2020** was not what we **predicted.**

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## **We're hearing a collective sigh that it's nearly over...**

The staff party won't be the same,  
and New Year's Eve certainly won't  
involve kissing strangers.

## **The good news is that no one cancelled Netflix or wine!**

This year the word **unprecedented** was used an **unprecedented** number of times.

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**So, here's to you if you are:**

- Working, parenting, and schooling from home, struggling just to enforce clean underwear
- Regularly checking in on your elderly neighbours
- Looking forward to a cancelled holiday of a lifetime
- Grieving without your nearest and dearest beside you
- Wearing a mask to protect others
- Home officing from a literal cupboard
- Making hard decisions; for your work family's livelihood
- Missing your sibling's wedding
- Drunk on hand sanitiser some of the time
- Burnt out under unexpected Covid growth

**Whatever your reality**

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We hope you've been safe and have found some small positives in this otherwise crap time... even if it's only needing to dress your top half to 'go' to work.

The lines of work and home life have blurred.

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We've all had to...

# Re-engineer

[ change the design of a product or system ]

# Innovate

[ introduce new ideas or processes ]

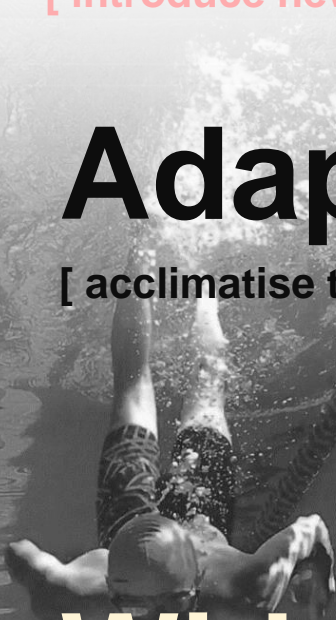
# Adapt

[ acclimatise to a changing environment ]

or

# Widen our lane

[ broaden our product or service offering ]



**Your achievements may not have been part of the **BUSINESS PLAN**, but they deserve a nod.**

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Take a moment to document the ways you've re-engineered, innovated, adapted, or widened your lane this year. And, be proud.

Next, document the positives from this year.

Lastly, write down what you're grateful for.



**Life is 10% what happens to you and 90% how you respond to it.**

**- Charles Swindoll**

# The **audit** of 2020 is yet to be completed...

From sourdough to speaking Spanish  
(let's not mention the day drinking)  
- 2020 has enabled many new habits.

## So, what habits do you want to break and build in 2021?

1. Pick three habits to build or break.
2. Write them on a piece of paper.
3. Describe the current roadblocks.
4. Brainstorm how you intend to overcome them.

**Put your answers somewhere safe - for later.**

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In case your new habit would benefit from some audio.

### *A podcast for everyone...*

IDEA 

- The High Low
- Entrepreneurs on Fire
- Desert Island Discs
- Tailenders
- Terrible, Thanks for Asking
- Grounded with Louis Theroux
- French & Saunders: Titting About
- The Daily - The New York Times
- Unlocking Us with Brené Brown
- Smartless
- Skill Up

# In times of uncertainty, control what you CAN.

## YOUR DAILY TOP 10

- 
- 1 hour of fresh air
  - 2 litres of water
  - 3 cups of tea\*
  - 4 colours on the plate
  - 5 minutes of meditation
  - 6 songs that delight you
  - 7 things that make you laugh out loud
  - 8 hours of sleep
  - 9 pages of a book
  - 10 slow, deep breaths

\*May be substituted for wine or beer

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We first make our  
habits, then our habits  
make us.

- John Dryden

# TIME FREEDOM

This year has felt like  
3 years and 5  
minutes at the same  
time.

**Despite being more apart than ever,  
2020 has brought us closer together.**

**10 classic movies you may not have binged this  
year!**

1. Die Hard 2
2. The Grinch
3. Little Women
4. La La Land
5. Elf
6. Casino Royale
7. The Shawshank Redemption
8. Forrest Gump
9. Star Wars
10. Gravity



Start a 'watch party' with  
your friends - synchronise  
your movie and group chat!

**Feeling guilty about your kids watching too much  
TV? Change up the language and put on subtitles.**

**Or, get outside and #mapyourwalk to create a fun,  
guilt-free picture. Try drawing a star, a mug of  
beer, a reindeer, Santa's sack or a Christmas tree.**



**If 2020 was a cocktail...**

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**It would be the blended contents  
of the office fridge we forgot to  
clean out before lockdown.**

Here's something better to try!

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## **Cucumber Jalapeño Margarita**

Ice  
60ml Grand Marnier  
120ml Tequila  
Cucumber slices  
Jalapeño slices  
Basil leaves  
1 tsp honey  
Lime

Add all ingredients to  
a shaker, muddle to  
release the flavours  
and shake it good!

Pour into a salt  
rimmed glass and, if  
you want to remember  
the evening, top with  
soda.

### **INGREDIENTS**



**MIND  
FREEDOM**



# FINANCIAL FREEDOM

## Need help?

We have a free personal budget template and other resources that can help.

**This year we've all shown how to spread positivity and kindness.**

**Giving is not necessarily about money.**

**Let's rethink what giving means and give ... patience, kindness, humour, an ear, forgiveness, a Spotify playlist, a helping hand, a great review, a show of interest, a smile, an apology, an idea, confidence, encouragement, empathy, a cup of tea, a second-hand book, what we don't need, flowers from our garden, our time.**

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*No one has ever become poor from giving.*

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- Anne Frank



Next year,  
let's stay connected.



From our bubble to yours,  
stay safe and have the best break you can.

**HERE'S TO 2021!**

We're not making any promises but  
**WE'RE FORECASTING AN  
IMPROVEMENT.**

