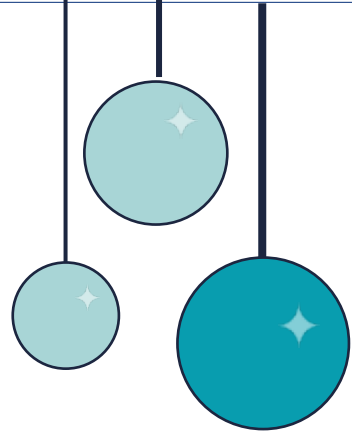


**Once again, our  
predictions for 2021  
were off target!**



**After another year of  
Zoom meetings...**

**Happy  
Holidays  
(Finally!!)**

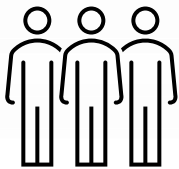
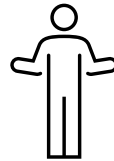


# It's been 'accrual' world...

... nothing has gone to plan  
in 2021 so let's redefine  
what success looks like!

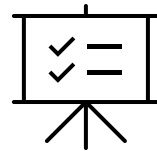
**For you:**

(hours, role, drawings, holidays)



**For your team:**

(culture, flexibility, salary,  
progression, perks)

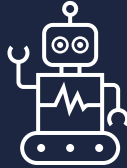


**For your business:**

(sales, cashflow, growth, business plan)

Are you one of the few who didn't purchase a puppy,  
a jet ski, or an air fryer? Take that as a win!

**You may not feel like you've had much success – so focus on what you can control.**



**Wherever there is change, and wherever there is uncertainty, there is opportunity.**

– Mark Cuban



- Take a moment to review your year
- Document the positives
- Record improvement opportunities

## **What success do you want in 2022?**

1. Pick three definitions of success.
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.**

# TIME FREEDOM



## HOW TO BOOST HAPPY BRAIN CHEMICALS

### SEROTONIN

The Mood Stabiliser

- Sun exposure
- Mindfulness
- Nature walks



### OXYTOCIN

The Love Hormone

- Socialise
- Physical touch
- Pet an animal



### DOPAMINE

The Reward Chemical

- Food
- Achievement
- Sleep



### ENDORPHIN

The Pain Killer

- Laugh
- Exercise
- Listen to music



Making time for these activities will pay off in your business and beyond.

Habit will sustain you whether you're inspired or not.

- Octavia Butler

”

If we're happier, we're more focused & productive.

# When you're done doing what's good for you, here's 10 TV series to binge:

1. Ted Lasso.
2. Mare of Easttown.
3. The Flight Attendant.
4. Sex Education.
5. The Billion-dollar Code.
6. The Undoing.
7. Clickbait.
8. Vigil.
9. Maid.
10. Squid Game.

## Or check out these apps to keep your brain sharp.

1. Happify - overcome negative thoughts and life's challenges.
2. Duolingo - learn a new language.
3. Balance - meditate to improve sleep and reduce stress.
4. Lumosity - strengthening brain training games.
5. Ten Percent Happier - meditations, stories and inspiration.
6. TED - learn from world-class thinkers.
7. Fit Brains Trainer - improve memory and concentration.
8. Mnemonist - improve memorisation skills.
9. edX - expand your knowledge.
10. Words With Friends - play with others to build vocabulary.

**Time you enjoy wasting is not wasted.**

- John Lennon



# MIND FREEDOM



**If 2021 was a cocktail  
it would be a...**

## **Salty Dog**

**Ingredients:**

- 150ml grapefruit juice
- 45 ml vodka
- Coarse sea salt
- Ice
- Sliced grapefruit to garnish

1. Place salt on a small plate. Moisten the rim of the glass with a grapefruit slice and dip rim in salt!
2. Fill glass with ice.
3. Shake grapefruit juice and vodka until combined. Pour into glass and garnish with grapefruit slice.



# FINANCIAL FREEDOM



**Step 1:** Review your personal budget and identify areas to trim.

**Step 2:** Determine how much you *really* need from your business.

**Step 3:** Refine your processes to ensure you get paid faster.

**Step 4:** Review and minimise expenses.

**Step 5:** Make it through the year with less financial stress.

BUDGET: A  
mathematical  
confirmation of your  
suspicions.  
– A.A. Latimer

**Need help?**



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

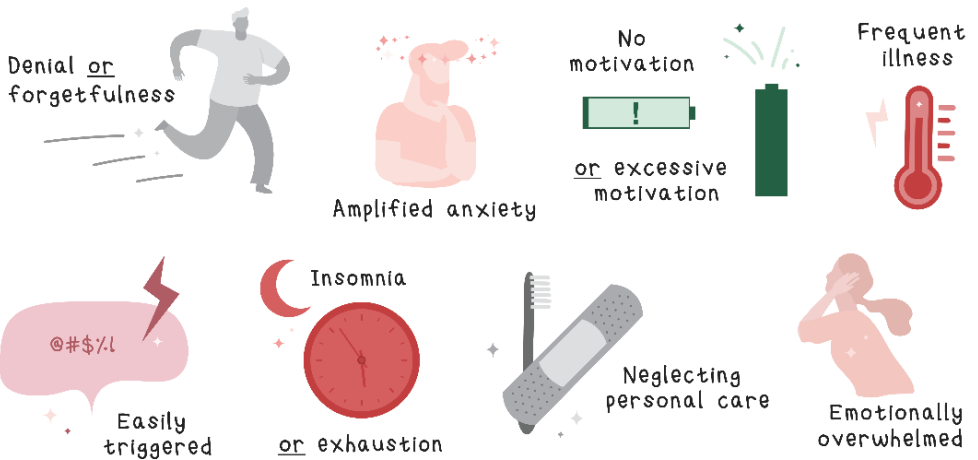
**Revel in the joy achieved by spending money on things that make you happy.**

**Just know the point at which more of the thing doesn't make you any happier...**

Do 5 pairs of new shoes make you happier than 2?

For some, spreading positivity and kindness in '21, has come at the expense of personal wellbeing.

## Burn out can look like...



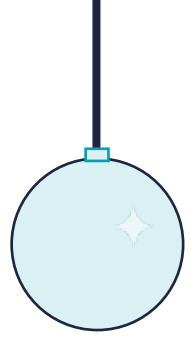
Reading (and addressing) the signs before you hit rock bottom can help you maintain financial freedom.

**BURNOUT HAPPENS WHEN YOU AVOID  
BEING HUMAN FOR TOO LONG.**





**HERE'S TO  
2022!**



**From us to you, stay safe, prioritise  
yourself, and have a deserved break!**



**No promises but...**

**We're forecasting**

**SUCCESS.**



**Ake**

Chartered Accountants  
& Business Consultants

