



# 2023

*It's been a challenging yet exciting year...*

**Enjoy our tips to 'make Christmas easy'**



# Let's Reflect on 2023

## *Island Sunrise*

200ml + 1 Tbsp cloudy  
apple juice

1/3 tsp ground cinnamon

1 Tbsp demerara sugar

400ml ginger beer

125ml vodka (optional)

Mix cinnamon and sugar on a saucer. Dip the rims of 4 highball glasses into the apple juice then cinnamon sugar. Set aside.

Mix apple juice, ginger beer, and vodka (if using) in a large jug. Fill the glasses with ice and top with the cocktail. Garnish with apple slices and cinnamon sticks.

**Relax, and enjoy a festive drink**

Reflect on the  
lows of the year

Document the  
highlights

Identify easy  
improvements  
and quick wins  
for 2024

Reflect on your highs, your lows,  
and where you 'want-to-goes'.



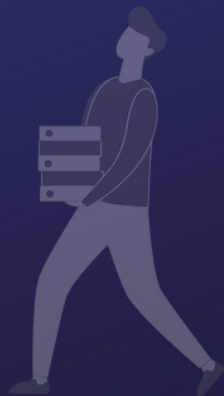
*In the middle of every difficulty  
lies opportunity - Albert Einstein*

# Escape reality by delving into the lives of others...



## 9 Books to add to your list

- ◆ How to be Champion - Sarah Millican
- ◆ This is Going to Hurt - Adam Kay
- ◆ Bonkers: My Life in Laughs - Jennifer Saunders
- ◆ Open - Andre Agassi
- ◆ Dear Fatty - Dawn French
- ◆ Gotta Get Theroux This: My Life and Strange Times  
in Television - Louis Theroux
- ◆ How to be a woman - Caitlin Moran
- ◆ Everything I Know About Love - Dolly Alderton
- ◆ In the Studio - Rick Rubin



# Seek Financial Freedom

Everyone's feeling the pinch right now.

*It's time to get creative!*

- ◆ Do a stocktake and declutter like Marie Kondo! You'll free up space and make some money
- ◆ Organise a monthly, rotational DIY Day with friends. Bring a plate, bottle, and a suitable tool to get those lingering DIY jobs nailed
- ◆ Get thrifty – hit the second-hand shops when you need to replenish items
- ◆ Review your subscriptions. Do you need that many streaming services?
- ◆ Revisit your budget (yes, it's an annual activity)
- ◆ Make sure your business is structured for tax efficiency. We can help with this
- ◆ Focus on your gross margin (we can help with this too)
- ◆ Learn ways to grow your sales and increase cashflow (hi, it's us again, here to help!)

“  
Money talks...  
but all mine ever  
says is goodbye!”



# Time Freedom



## The 2-minute rule

If a task takes 2 minutes or less, do it immediately.

## Delegate or outsource

If it's time consuming or outside your expertise, engage a pro.



## Time blocking

Use time blocking to schedule uninterrupted focus work periods - consider the Pomodoro technique

## Utilise technology

From scheduling apps to robot vacuum cleaners and mowers, embrace technology that frees up your time



Top ways to

# Sleigh

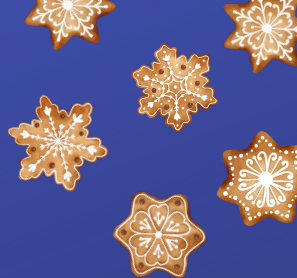
Christmas



- ◆ Get creative. Craft, bake, or brew gifts that scream "I made this with love!".
- ◆ Give everyone a slice of the Christmas action list.
- ◆ Loosely schedule Christmas Day shenanigans. Include time to snooze on the couch.
- ◆ Aim for fun, not perfection. Not everything will go to plan — laugh it off and focus on fun!
- ◆ Get ahead of the game. Create your wish list, check it twice, set a budget, and go.
- ◆ Get your app together. Track who's getting what, and your progress.
- ◆ Point, click, shop. Let your fingers get your groceries, gifts, and decorations.
- ◆ Host a potluck extravaganza. Delegate the cooking to your guests! Your menu might end up dessert heavy, but who's complaining?!
- ◆ Don't overdo the social scene. Pick the most important events and say 'thanks, but no thanks' to the rest.



# A Twist on a Classic...



## *Raspberry Filling*

3 cups frozen raspberries, thawed  
¼ cup limoncello  
¼ cup caster sugar  
Fine zest of 1 lemon

## *Lemon Syrup*

1 cup water  
¾ cup sugar  
Juice of 1 lemon  
¼ cup limoncello

## *Lemon Cream*

1 200ml cream  
250g mascarpone  
¼ cup limoncello  
½ cup lemon curd  
250g biscotti

## *Syrup*

Bring water and sugar to boil. Boil for 1 minute then add lemon juice and limoncello. Cool.

## *Raspberry Filling*

Combine and stir limoncello, sugar, and lemon zest in a bowl. Add raspberries (and any juice) and slightly crush with a fork. Set aside.

## *Cream*

Whip cream to soft peaks. In a separate bowl, whisk mascarpone and limoncello until smooth. Fold through cream then fold in lemon curd.

Break biscotti into pieces and drizzle generously with lemon syrup, mixing to combine. You should have leftover syrup.

Layer the cream, biscotti, and raspberries into a glass, repeating until all ingredients are used. Finish with the cream. Refrigerate until ready to serve. Garnish with shaved chocolate or pistachios.





# Happy Holidays

*From our team to yours, have a fun, safe, and  
restorative break.*

**Here's to a  
prosperous 2024!**

