



20
24

has been a wild
ride for many...

... let's celebrate
the highs & lows
as we move into
holiday mode.



TYLER
WADDINGTON

Your Accountants

Holidays are a perfect opportunity to decompress



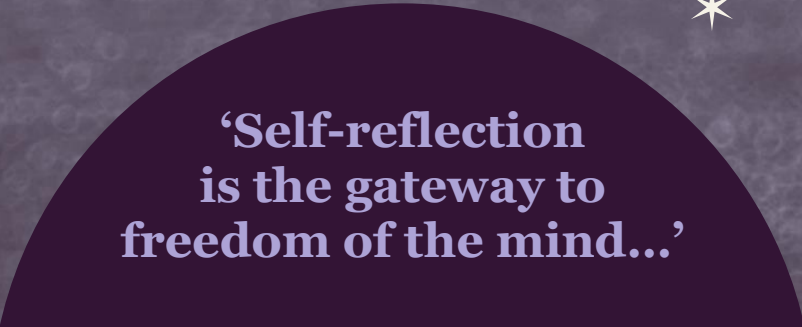
REFLECT

on the year and document the highlights.



RESET

- Let your clients and colleagues know you're unavailable during the holidays
- Dedicate time to activities you enjoy – reading, kayaking, skiing, etc.
- Get creative and try something new – paint, write, flower arrange to help channel your thoughts
- Say no to things and protect your time
- Enjoy your downtime without the thought of work looming

Fully embrace the holiday spirit and nurture yourself and your relationships.



‘Self-reflection is the gateway to freedom of the mind...’



Mulled Red Wine

Enjoy a Mulled Wine which is perfect for holiday parties or relaxing evenings.



**This drink
is perfect for
spreading
holiday cheer!**

**ENJOY
WARM**

Serves 6

Ingredients:

- 1 bottle of red wine
- 2 cinnamon stick
- 2 whole cloves
- 1 orange
- 1 lemon
- 4 tbsp caster sugar

Garnish with orange slices and cinnamon stick.

Instructions:

Simmer ingredients in a saucepan with the lid on over medium heat for 20 minutes.

Strain and serve warm, garnished with orange slices, cranberries, and a rosemary sprig.

Enjoy some inspiring holiday reads

Energy – Lisa O’Neill

Get it. Guard it. Give it.

Hidden potential – Adam Grant

Find a more joyful path to progress.

Ikigai - Hector Garcia

The Japanese secret to a long and happy life.

Wise words from David Attenborough - by Harper by design

Smart and inspiring life advice and quotes
from an environmental icon.



coffee is
ALWAYS
good idea

✦ Inspiring podcasts to binge



Diary of a CEO

Remarkable stories of the world's most influential people, experts and thinkers.

✦ The imperfects

Wisdom and vulnerability on imperfection.

Huberman Lab

How our brain and its connections control our perceptions, behaviours and health.

✦ Mix up the family gathering this year!

1. **DIY gifts only.**

Pour love (not cash) into secret Santa this year.

2. **Invite someone who's never joined you before.**

Elderly relative or a family friend.

3. **Delegate a dish to relatives.**

Maybe not the Turkey... but something to get them involved and take the pressure off.

4. **Create a new tradition.**

Minimise overindulgence with family karaoke, Christmas trivia or think words.



You can replace things, but you can't buy TIME



Get back to basics or exit your comfort zone with these simple pastimes that can increase longevity.

Cold water immersion

This can stimulate blood circulation, improve mood, and boost metabolism, which may support overall health and resilience.

Sauna sessions

Regular sauna use is associated with improved circulation and cardiovascular health, and a lower risk of heart disease.

Ground yourself

Walking barefoot on the earth is said to reduce inflammation and improve sleep, due to connecting with the Earth's electrons.

Get outdoors

Enjoy nature or channel some zen in meditation and mindfulness.

Build a new habit these holidays!





Fun and engaging ways to spend time together

ADVENTURE

Take a path untravelled, on foot, on a bike or with a motor vehicle.

Make it a scavenger hunt or create a photographic journal... Record the highlights along the way to create lasting memories.



RANDOM ACT OF KINDNESS

Is someone in your neighbourhood spending the festive season alone or missing out on fun activities?

Invite them to join you for a meal or participate in your holiday activities.

NEW YEAR'S RESOLUTION BOARD

Create a family resolution board where everyone sets intentions for the new year.

Keep it visual and hold each other accountable as the year progresses.



Blend the spirit of the holidays with family fun and activities for everyone.

Get smart for the New Year

Reflect on achievements and improvement opportunities for the year ahead – so you can set some SMART goals.



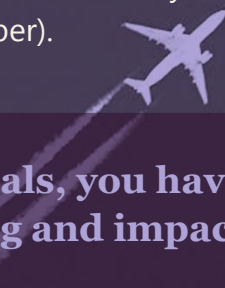
A goal that's not SMART

"I want to save money for a family holiday."

A SMART Goal

"I will save <set amount> each month, for the next 12 months by cutting back on coffee, dining out and unnecessary subscriptions so we can holiday in <location> as a family next October."

This goal is **Specific** (saving a set amount per month), **Measurable** (the amount and timeframe), **Achievable** (attainable through cutting specific expenses), **Relevant** (everyone wants a holiday!), and **Time-bound** (by next October).



With SMART goals, you have the power to create a fulfilling and impactful year ahead!

Rice Krispie Christmas Puddings

Ingredients

- 140g Rice Krispies
- 200g Milk Chocolate
- 100g Butter
- 180g White Chocolate
- Christmas Sprinkles




A delicious festive treat, perfect for enjoying with family and friends this Christmas!

Instructions:

1. Line a cupcake tray with paper cupcake cases.
2. Melt the milk chocolate and butter in a small saucepan. Place on a medium to low heat and stir until the chocolate and butter have melted.
3. Place the rice krispies into a large mixing bowl, then pour the melted chocolate over. Mix well until the rice krispies are completely coated.
4. Spoon the mixture into the cupcake cases and press down firmly.
5. Chill in the fridge until set.
6. Once set, turn them out so you have Christmas pudding shapes.
7. Melt the white chocolate in the microwave or in a bowl over a saucepan of barely simmering water.
8. Spoon a little white chocolate over the top of each pudding. Top with Christmas sprinkles.
9. Place them in the fridge for an hour or so until the chocolate has set.

Enjoy!



**Let's sow
the seeds for
growth in the
New Year &
thrive in...**

**From
our team
to yours,
enjoy a
happy,
safe and
relaxing
holiday
break.**

**20
25**