

EEDOM

SEROTONIN

The Mood Stabiliser

- Sun exposure
- Mindfulness
- Nature walks



OXYTOCIN

The Love Hormone

- Socialise
- Physical touch
- Pet an animal



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 ✨

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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



**You're not
drinking
alone if your
dog is home.**

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...

Denial or forgetfulness

Amplified anxiety

No motivation or excessive motivation

Frequent illness

Easily triggered

Insomnia or exhaustion

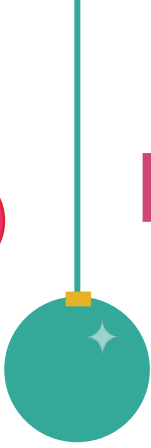
Neglecting personal care

Emotionally overwhelmed

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.

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**HERE'S TO
2022!**



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



**No promises but
WE'RE FORECASTING
SUCCESS.**

