

## Something a little different this year

Christmas is coming... hurray – it's been a busy year and I'm looking forward to a break.

I thought you might be too – we're all gearing up for what could be a difficult year next year so instead of talking business this month, I'm going to talk about rest and relaxation. Because it's just as important as getting the bizzo right. Never truer words were spoken than "all work and no play makes **your name** a dull **boy/girl**".

It's easy to be aware of striking the right work/life balance, but a lot harder to do, particularly once we've let habits build up over months or years. We know we should turn the phone off, not take work home, answer emails at set times etc. but I'm probably not the only person who fails dismally at achieving those goals.

Here are some of the things I'm going to work at to make my break more of a holiday and less of a working week in a different environment.

1. I'm going to list the places I want to visit and just like a work appointment I'm going to set aside a specific time when that happens. I'm going to sort my diary out tonight.
2. I'm going to write a list of the friends I want to see for coffee or a meal and just like I do when I set time aside to network, I'm going to commit myself to the coffee by phoning and setting a time.
3. I'm going to write down all the work tasks I believe I have to achieve by the time I get back to work, and I'm going to write the desired outcome beside them. If I can delegate them, I will. If I can leave them til later I will. If they really are necessary, I'm going to diarise a date when I will work on them and I'm not going to think about them until then.
4. I'm going to rethink my household "musts". Will life on earth really decline if I don't make the bed? If I leave the washing until tomorrow?

Not earth shattering decisions, but to me the key is to commit myself to relaxation. I'm a great one for thinking that's what I'll do, then just ticking off one more chore first! Hopefully you'll be taking some days/weeks off, and be able to spend time with friends or family. Our family is off to the South Island, and the highlight of the trip for me will be a few days on **Stewart Island**. I aim to walk a lot, read a lot and take time to smell the daisies.

As a loyal Mainlander, living in Taranaki, some of my favourite places are in the south. Who doesn't love visiting **Nelson** with fabulous beaches, vineyards, arts and crafts and the wonderfully eclectic Saturday Flea Market in the centre of town. If you're heading that way and want a list of things to do or places to visit, **email me**.

I highly recommend crossing the **Cook Strait on the Interislander** (on a fine day) and instead of taking the usual route to Nelson on State Highway 1 then 6, take the beautiful Grove Road which joins up again with State Highway at Havelock. The sealed road will take you through native bush with magnificent scenery of the Sounds and roads to beaches, camping grounds and picnic spots along the way.

Have a wonderful Christmas and New Year period. Keep safe, drive safely, love your family, laugh a lot and rest up. Thank you for your business and your friendships this past year.

Warm regards  
Ella and the team

December 2008



The beautiful Pelorus River from the bridge on State Highway One between Havelock and Nelson. Bush tracks, swimming, picnicking.

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