

It's been a tough
year for many...

2023

sit back, relax,
...and enjoy our tips to
'MAKE Christmas EASY'



Let's start by decompressing

- Set devices to DND and enjoy life without constant notifications.
- Get in nature or channel some zen with meditation and mindfulness - nap anyone?
- Unite your family for a movie marathon or game night - charades or Pie Face?
- Check in with your community – your elderly neighbour or local cause would love to see you.
- Practise gratitude daily – celebrate the small wins like nailing your parallel parking on the first attempt.



23

Reflect on the year that was.

Document the highlights.

24

Identify easy improvements and quick wins for 2024.

“



In the middle of every difficulty lies opportunity.

- Albert Einstein



Spiced Apple Ginger

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.



Mind Freedom, Made Easy

Relax, and enjoy a festive drink

TIP: Try heating the cocktail mixture and serve in mugs (hold the ice).

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

→ **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

→ **Semi-gloss** – Justine Cullen



Seek Financial Freedom

“

**Money talks...
but all mine ever
says is goodbye!**

- Don't let this be you!

**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!*)**

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.

“
Say ‘NO’
more!
It's a full
sentence.”



Reclaim your time.

Time blocking

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

Utilise tech

From scheduling apps to robot vacuum cleaners and mowers, embrace technology



Top ways to Sleigh Christmas



1. **Get creative.** Craft, bake, or brew gifts that scream “I made this with love!”.
2. **Give everyone a slice of the Christmas action list.** Assign your least enjoyable tasks to others.
3. **Loosely schedule Christmas Day shenanigans.** Include time to snooze on the couch.
4. **Aim for fun, not perfection.** Not everything will go to plan – laugh it off and focus on fun!
5. **Get ahead of the game.** Create your wish list, check it twice, set a budget, and go.
6. **Get your app together.** Track who’s getting what, and your progress.
7. **Point, click, shop.** Let your fingers get your groceries, gifts, and decorations.
8. **Host a potluck extravaganza.** Delegate the cooking to your guests! Your menu might end up dessert heavy, but who’s complaining?!
9. **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...



Forget the soggy sponge and tinned fruit. Try a modern take on the classic trifle with a lemon and raspberry masterpiece from dish.co.nz.

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

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.





**In '24, let's
focus on the
small things
that will have
the
biggest impact.**

Have a relaxing and safe holiday break!

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