



FOCUS &  
SUSTAIN

# Connections

VOLUME 16 ISSUE 12

DECEMBER 2016



## INSIDE THIS ISSUE:

**You Bring Me I  
Great Joy**

**Special Offer 2  
and Fun Facts**

**Tips and 3  
Quotes**

**N.Cog's 4  
Report**

## You Bring Me Great Joy

As we celebrate the end of the year

**I thank you** for representing **people of grace**  
**and profound commitment to your life and the world around you.**

You who have deliberately chosen to direct your lives

Purposefully and with great meaning

Are like **shimmering stars** lighting my path

I see the **beauty of your persistence** and determination.

I feel the essence of the freedom you have

As you build strength and replace your fears with love.

I am touched by your **commitment** to being stewards

With your life, or your legacy, and your money





## This Month's Offer:

We are offering a tune up of your values and strengths for current clients at **20% off** the normal price.

Email [grace@focusandsustain.com](mailto:grace@focusandsustain.com) and get your Values and Strengths Tune-up scheduled!

This offer is good to **December 22nd, 2016**

We have heard the phrase "live each day like it's your last". We updated it to "live each day like it's your best".



*Merry Christmas*

**Happy Hanukkah**

**Happy New Year**

*Joyous Kwanzaa*

*Joyous Omisoka*

*Joyous Bodhi Day*

*"You never know how strong you are until being strong is the only choice you have"*

*Bob Marley*



## Quick Tips

### Life Focus

If you have not already done so, **schedule your annual meeting.** As you prepare for it, be sure to put together your agenda to both review this year and preview your destinations for next year. Your agenda should include:

- \* **Celebrating the destinations you attained**
- \* **supporting your partner's achievements and**
- \* **identifying the destinations you want to accomplish next year individually and as a couple.**

Also, remember to review your five and ten year destinations to see which, if any, need to be given attention.



### Legacy Focus

**A holiday family gathering is a great time to add a special tradition to the customary gifts and feasts of the season.**

**Pick a time such as before dinner begins, or before opening the gifts, to add a moment for each to honor the family in their special way.**

**It will add to the closeness you feel with each other.**



### Money Focus

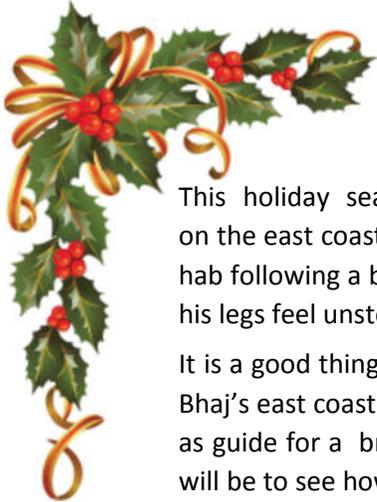
As you review the money habits and behaviors you have exhibited this year, take the time to **celebrate a significant break-through** you have had with your money behaviors.

It may be:

- \* in your communication about money.
- \* about staying on track with your financial reports.
- \* your gaining control of a financial category that was challenging for you which you resolved.

**Celebrating your good habits will enforce their power.**

Contact [grace@focusandsustain.com](mailto:grace@focusandsustain.com) to move your money, life or legacy into greater focus.



## N. Cog Nito Reports

This holiday season is especially poignant for me in that I **have two special roles to take on**. The first is on the east coast where I have been called upon to assist one of Bhaj's brothers in his final stages of rehab following a brain stroke he suffered last January. I am **ready to be a pillar of support** for him should his legs feel unsteady on the city sidewalks in the winter conditions.

It is a good thing that the east and west coast are on different time zones. While Bhaj's east coast brother is asleep, I will transport back to the west coast to serve as guide for a brother who is recuperating from eye surgery. One of my duties will be to see how his **color blindness has been affected**. Can he see colors differently now? With better eyesight, is his sense of balance affected?

I will eventually return home in time to **help Bhaj stir the soup** pot with my amazing stirring abilities. Being a wooden figure does have its advantages. I can't wait to show them off!



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