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Make the Best Choice for Yourself: Live by Your Values

There are so many choices to be made. Most of these choices involve doing: this versus that, now versus later, here versus there. We tend to spend a lot of our time making choices but when do we carve out the time to look at how these choices are made or how these choices enhance our being? When we do look at how **our choices add value and meaning to our life, we experience a deeper sense of fulfillment**, satisfaction and happiness in our lives.

When we stop and actually identify what is truly important to us, in the values, principles and strengths that shape us, we gain a whole new perspective on life, one that gives us clarity and direction.

I first identified and prioritized my values in the early 1990s. It was a profound exercise to do for two main reasons. The first was seeing clearly and without doubt **what was truly important to me, to my core, without waiver**. The second was even more meaningful as I understood how these values guided my choices in life, consciously and subconsciously. They drew me into my authentic and true self. I had articulated and claimed them. I had brought them out into the light. Now, I could intentionally live with my values as trusted companions.

Back then, **integrity was my highest value**. Knowing this I no longer excused it as a reason I made some choices over others, instead I now claimed it as part of me, my “why”, if you will. Because I was so clear as to the definition of integrity, I was able to articulate my position and stand with it, rather than step back apologetically.

My values have allowed people to know me for what I stand for rather than merely for what I do because my values are my “why.”

If you haven't reviewed what is truly important to you, your values, carve the time to do so. **Knowing them, living by them** will make choices so much easier to make. They will be your compass and measure guiding you to live a more authentic life. You will resonate with your “why.”

Life is so much brighter when we focus on what truly matters...



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
and get your **Values and Strengths Tune-up** scheduled!
This offer is available until 11/27/17*

Contact grace@focusandsustain.com to take advantage of this exclusive offer.

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"*.



Thoughts that Matter

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Michael Jordan

"I've been absolutely terrified every moment of my life-and I've never let it keep me from doing a single thing I wanted to do."

Georgia O'Keefe

"You are the master of your destiny. You can influence, direct, and control your own environment. You can make your life what you want it to be."

Napoleon Hill

Money never made a man happy yet, nor will it. The more a man has, the more he wants. Instead of filling a vacuum, it makes one.

Benjamin Franklin

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

Life Matters

Quick Tips

Life Focus



Money Focus

Have you already set aside money for holiday expenditures for parties, gifts, entertaining and extra food? If you have AND you follow your allocated amounts, you will fly through the holidays proud of how you made it through financially. If not, determine your limits now.

Allocate the money you have to spend for holiday expenses before you are in the midst of a spending frenzy. You will be glad you did.

When you face danger, your body's alarm system stimulates the production of adrenaline and cortisol. This is stress. **The adrenaline gets your heart beating faster, the cortisol produces glucose, all meant to improve your physical and mental reactions.** Once the danger is over, the adrenaline and cortisol rushes stop.

Stress itself is a constant in life and it is **necessary**: it helps you overcome dangerous/challenging situations. But, **prolonged stress is toxic to your body** and this is what you should avoid/manage.

When you feel stressed out take out **your conference table of strengths**, your allies, and ask them to help you. They will **help you find a way to reduce stress**. Just the other day, my top three strengths: calm, decisive and analysis **gave me the clarity** I sought. POOF, stress and anxiety were gone! Tell me how your strengths are aiding you.



Legacy Focus

It is so important in today's regulatory environment with health care that you have the proper documents in place regarding health directives with your...adult children.

If a family member was in an accident and unable to contact you, you might not be contacted by the hospital. HIPAA regulations prevent facilities from giving out information unless you are authorized to receive it.

Talk to your adult children and your attorney about setting up the right documents for you and your adult children to have in the event of a medical emergency.



N.Cog Nito Reveals a Holiday Secret

Here it comes, **THE Holi-daze**, where, with great intensity, business and personal lives collide as the holiday and end of year responsibilities mount.

I have been thinking about how to prevent another stressful holiday season. But even thinking about it is stressing me out! Then, out of nowhere, the solution hit me. I was at FedEx, for a printing project when I saw a sign that read: "3D Printing". Of course, **3-D Printing.**, the new answer to everything.

It's Monday morning, the week of Thanksgiving, and you're stuck. It's your turn to construct a Thanksgiving scene for your office Holiday Party "Show and Tell" Event. **Your frozen turkey looks, well... frozen.** Your red, green and brown paper leaves won't stay upright on the Popsicle stick trees you've attached them to. This isn't going well. As you try again to arrange your stackable pieces, you realize **your artistic talent will go unappreciated.** And even worse, you are stressing out!

Well, I have **the stress free answer:** Bring in the 3-D Printer. It can transform your holiday into an easy effort. Your 3-D Printer will print a 3-D turkey and a 3-D tree with leaves still clinging to its branches—Poof, as easy as a microwaveable dinner. I'm now working on them to print out holiday gifts. The stress has gone. Did you know that 3-D printers have created things like hearing aids and a prosthetic beak for an eagle. Hmm, this gives me ideas.

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"It is good to have an end to journey toward; but it is the journey that matters, in the end"

Ursula KLe Quin