Let s Hear from the Crows

I don t know where you are right now, but here, in Seattle, the **crows are out there.** And I do mean out there.   Let me tell you how.

They have been yakking away. I learned that crows use this behavior to pass information and to **adapt to their environment** so I am not annoyed by it.

Remember that study where researchers wore a dangerous mask or a neutral mask to see how the crows responded? To remind you, the crows scolded those wearing the dangerous masks while the neutral masked researchers were given little attention. Well, get this. The information **is passed on to future generations** of crows. Their offspring have the same reactions to the masked subjects without having experienced or seen an event that could provoke them. WOW!

Here s a little bit more, you might not have known, to crow about: their brain is proportionally bigger than ours. They have regional dialects that they can change, deliberately. Some crows **know how to read traffic lights and use that advantage** to smash walnuts. They, like squirrels, cache their food for those rainy days. the New Caldonian crows, make and use tools. The Corvid crows know how and do resist the urge for instant gratification.

I think it s time to befriend them. Who knows what kind of a partnership would develop. Because they know how to conspire, **I want to be regarded as friendly**.

That s it for this month. You know I will have **something else for you next month**.

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

This Month s Offer:

**For those of you in the Life Focus programs, we will provide
an extra 20 minute call with Bhaj for a question or concern you might
have about building your own significance.
This is in addition to your regular August call with Bhaj**

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

This offer ends on August 23, 2018

*"Live each day
like it's your
best day".*

Look at This!

Seeing this photo, of course, I thought it would merely be a dragon y up close. I had no idea what I would see when I saw its face.

This, to me , is extraordinary. I **never knew their faces were so "familiar."**

I hope you enjoy it as much as I do,   years a er the photo was first taken!

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

i k M L L Ti s

Money Focus

You should have a pretty good idea of **how you are performing against your budget**.

Maybe some categories are ge ng away from you. Maybe there are categories that you have brought into better alignment with their individual budget. **Maybe you have added new categories** as you observe your spending habits. Maybe you have combined categories because it made more sense to do so.

This month, **focus one more time on a category that has been a problem.** Identify one action you can take to give that category the attention it needs to get a handle on it. You know how **one action can help.**

Life Focus

A purposeful life embodies **a life of freedom and responsibility**. Lets look at what that means.

reedom, in this context, means you have the confidence and presence to live your best life. You express what matters most to you. You are not beholden to the pull of others to be like them. You understand your values and hold to them with grace and mutability. Like a tree under siege in a windstorm, **you can bend and adapt to challenges** because you are rooted in your values rather than your emotions

Your **purposeful life is also rooted in responsibility;** responsibility to uphold the essence of freedom in a purposeful life.

Root your purposeful life in your values and mission statement. Revisit it. Nourish it. If your statement does not resonate with you, use the email address below and ask to help you refine yours. **It's your life, make it purposeful**. It s worth it.

Legacy Focus

Legacy families **don't just happen.** They have to be built and nurtured.

To start a legacy family, start by defining the values important to your family. This is essential because, when interests change, family members move, and set up their own families, their values will keep them connected better than anything else. When people know the meaning of the values to the family and to themselves, they have a strong connection between them, holding them together. In essence, **in their values, they "have each other's backs."** We o en conduct these events, so ask us how, if it is time for your family to look at their values.

Ask us about the legacy **family checklist** for developing your legacy family

Are your family s values in place? **Do you need a tune up?**

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I m going on the road...again. **I enjoy being out on the road** as I find people are very friendly and curious to know more about me...which , of course, is very pleasing to a piece of wood ,like me. But really, I think they like my hair because I get a lot of questions on how I keep so beautifully coiffed. But I digress.

I have decided that I need to go out on the road... BI . I borrowed Bhaj s credit card, and **ordered myself an RV, not just any RV**. No, I needed a super road warrior, or perhaps, I should say, road king. It s the Marchi Mobile lement ala o. The central window is enough for me but that is only one of its fantastic features. Resplendent with hand cut wooden ooring, an upper deck of course , and a living room, which at night, with its L   lighting, produces the vibe of a top tier night club, I ll be ready. The ala o, if you don t mind me being so informal, is **out and about in Saudi Arabia.** I ll try it out on the highways and byways here in the States. Thanks, Bhaj! I hope she doesn t mind.

FOCUS & SUSTAIN

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

rsula Le uin