2026

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has been a year of growth and grit...





...so slow down, soak up the holidays and give yourself credit for all you've done throughout the year.

Reset

- **Hand over the keys** Brief your team before you go, then trust them to handle it. Giving them room to step up is good for everyone.
- **Clear one niggle** Fix the small thing that bugged you all year, like a messy folder or a clunky process. Future you will be grateful.
- **Get outside** Swap the screen for fresh air, whatever the weather. A walk, a swim or time in the garden clears a busy head.
- **Do something just for fun** Pick up an old hobby or try a new one. No goals, no targets, just enjoyment.
- **Thank your people** Send a quick note to a client, colleague or friend who made your year easier. It takes two minutes and means a lot.

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Ease in

Map out your first week back before you go, so 2027 starts with a plan, not a pile-up.



Rest well now, so 2027 starts on your terms.

Festive Drink: Cranberry & Aperol Spritz

The classic spritz with a tart cranberry twist and a rosemary "Christmas tree" garnish.

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Ingredients:

- 60 ml Aperol
- 90 ml Prosecco, chilled
- 30 ml cranberry juice, chilled
- 30 ml soda water
- 6 fresh or frozen cranberries
- 1 rosemary sprig
- 1 orange slice
- 1 cup ice cubes

Instructions:

1. Fill a large glass with 1 cup of ice cubes and drop in 6 fresh or frozen cranberries.
2. Pour in 60 ml Aperol and 30 ml cranberry juice, chilled.
3. Top with 90 ml Prosecco, chilled, then add a splash of 30 ml soda water. Stir gently once so you don't lose the fizz.
4. Tuck in 1 orange slice. Lightly slap 1 rosemary sprig between your palms to release its aroma, then add it as a garnish.

Tip:
For an alcohol-free version, swap the Aperol for a non-alcoholic bitter aperitif and use alcohol-free sparkling wine.

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Books to read with your feet up

To Be Honest – Dom Thurbon

Why truth-telling is the most undervalued skill in leadership, and how to build a culture where honesty thrives.

Speakership: The Art of Oration & the Science of Influence – Matt Church, Col Fink & Sacha Coburn

Learn to speak with purpose, so you don't just inform people but inspire them to act.

Mindset – Carol Dweck

How believing you can grow, rather than being fixed, shapes the way you learn, lead and bounce back.



New traditions to try this Christmas...

1. **Highlights and hopes**

   Go around the table and share one highlight from 2026 and one hope for 2027. Celebrate the moments that brought joy or success and consider how you could support others' hopes for 2027.

2. **Gift of time**

   Instead of another present, give someone an hour of your time: cooking a meal for them, teaching them something, helping them finish a job they've been putting off, or simply taking a walk with them.

3. **Give-back gathering**

   Choose a local cause as a group and pitch in together, whether that's a food bank drop-off, a beach or park clean-up, or a donation everyone chips in for.

Podcasts for long walks and slow mornings

Unbreakable Entrepreneurs Episode: Olly Bridge – Sport and Exercise Scientist
Sport scientist Olly Bridge on staying well in a demanding career.

The Imperfects
Honest, funny chats about vulnerability and mental health.

Working Hard, Hardly Working with Grace Beverley
Real talk on ambition, productivity and avoiding burnout.



Your time is precious. Spend it on purpose.

Feel better with a few easy habits. Introduce them over the break and carry them on into the new year.



Walk after meals

A gentle 10-minute stroll after eating can help steady blood sugar and support digestion.

A steady sleep rhythm

Going to bed and waking at similar times, even on weekends, helps your body clock and your mood.

One good thing

Writing down one thing that went well each day takes two minutes and is linked to a better mood.

Phone-free mornings

Leaving your phone alone for the first 30 minutes of the day can mean a calmer start and a clearer head.

Be intentional with the habits you keep and cull the ones that hold you back.

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Make memories that last

Easy ideas that get the creative juices flowing and bring everyone together in one room.



Create your own ornament

Have everyone make one decoration that sums up their year. Write the year and their name on the back, then share the story behind it as it goes on the tree. As the tradition grows, so does a tree full of memories to look back on.



Gingerbread build-off

Buy or bake gingerbread, then set up stations with icing, lollies and sprinkles. Award categories for most festive, most wonky and most likely to collapse. Bake, create, eat and have fun!





Family recipe swap

Have each household or person bring a dish with a story behind it. Collect the recipes and merge them into a family cookbook, adding to it every year.

The best recipes come with a story.

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Cranberry almond chocolate bark

Simple to make, easy to gift and a well-earned treat after a long year.



Ingredients

- 400g dark chocolate (good quality)
- 100g white chocolate (for drizzling)
- 100g almonds (roughly chopped)
- 80g dried cranberries
- Zest of 1 orange
- 1 teaspoon flaky sea salt
- Optional: freeze-dried raspberries for garnish

Box it, bow it, give it, or enjoy it yourself! Homemade never looked so good.

Instructions

1. Line a baking tray with baking paper.
2. Break the dark chocolate into a heatproof bowl and set it over a saucepan of barely simmering water. Stir until smooth, then remove from the heat.
3. Stir in the orange zest, half the almonds and half the cranberries.
4. Pour onto the tray and spread to about 5mm thick.
5. Melt the white chocolate and drizzle over the top. Scatter on the remaining almonds and cranberries, then finish with sea salt and raspberries if using.
6. Refrigerate for at least 1 hour or until completely set.
7. Break into shards and store in an airtight container in the fridge for up to 2 weeks.

Finding your Three Freedoms

Take stock of the freedom your business gave you this year, and where you'd like more of it in the months ahead.

Objectives (what you want)	How you can get it (the service)	Outcomes
• Grow sales • Lift margin & profit • Improve cashflow	• Annual business planning • Annual forecast • Cashflow management coaching	**Financial Freedom**
• Best business model: sustainable & scalable • Clarify who does what • Improve business efficiency	• Organisational review • Monthly coaching • App advisory & training	**Time Freedom**
• Compliance work done on time • Taxes minimised • Regular ongoing support	• Outsourced compliance • Annual tax review • Ongoing reporting with accountability	**Mind Freedom**

"This year I want the business to work for me, not the other way around. More time with the kids, fewer 3am worries and more cashflow to say yes."

The Three Freedoms are what most business owners are really working towards: financial freedom to fund the life you want, time freedom to enjoy it, and mind freedom, the peace of knowing your business can weather any storm. Most people have plenty of one and not enough of another. Your health sits underneath all three. Money means little without it, and energy decides how well you use your time.

As the new year approaches, ask yourself: which freedom do you want more of in 2027, and what's your first step?

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