

## Refresh

1955 was a very interesting year and happens to be the year both my wife and I were born. It was a while ago, as I am reminded each time I'm asked online for my birth year and scrolling down to the year takes a little while (; - ). It is in human nature to collect things over time both things we need and things we simply want. Given a few decades this can develop in to an impressive mound (for some a mountain) of "stuff".

Year end is often a time when people look at the organization of their lives, the importance of getting matters settled, and the goals they wish to set for the New Year. It can also be a very good time to let go of things taking up space physically, mentally or emotionally. Sometimes I think of this as being similar to getting stuck on a website and using the "Refresh" button to clear away the blockage. So what things are cluttering your life where packing them up for storage or recycling would help you to be more effective and enjoy your life more?

### Important?

Some of the happiest and most effective people I know have mastered the art of measuring and comparing the importance of something. The really artful people at this raise it to another level by understanding the transient versus permanent importance of something. You see the ability to sort through things, keeping only those things that are important, with special effort devoted to the few things of lasting importance, to create a rare kind of clarity and purpose in life. Then making sure that 80% of your time and effort is focused on the things of importance is where action makes for seemingly magical results.

### Tyranny

If there is an enemy of importance, it just might be the things that present themselves in our life which are urgent, sometimes described as "the tyranny of the urgent". Texts, emails, phone calls, advertisements and every other modern day distraction that clambers for your attention carries with it an urgent plea for your focus. This can be a bit insidious, especially when it causes you to loose time available for the things that matter most. There are exceptions like emergency medical care, but the exceptions tend to be things that are also important.

### Disguise

Have you ever found yourself looking at something important, but because it is not urgent you set it aside for another day. Of course you are going to get around to it! Something strange happens to me in these situations. The

number of important things pile up and urgent things begin getting the upper hand over the important things. Urgent starts disguising itself as important.

### **The Perfect Gift**

A book and movie with this title make an ideal gift for anyone, in this season of gift giving. The movie provides some poignant reminders of why life, financial and estate planning make such a difference for the good in life. For me, Christmas is a reminder to reconsider what is most valuable and lasting in life. As we approach this busy season I'd like to encourage you to take special note and raise your awareness of the things that truly matter.....and then see what you might do to turn your focus to those items.

### **Bottom Line**

My wife's birthday earlier this month and her happiness are VERY high on my list of important things, so years ago I bought a 16 page booklet all about what occurred and was BIG in 1955 and gave it to her on her birthday. It is a real hoot to look back at that day and age when there were fewer urgent distractions. I honestly think it was easier to sift through things to determine what was important in that day and age. Easy or not, consider using December to refocus on important tasks that offer lasting value to you and those you love. Please let us know how we might best help you with this.

### **Your Feedback**

I would love feedback on this newsletter. Future issues may include a host of good ideas, insights, specific steps to take financially, life insights and of course "Wit and Wisdom". Most importantly, I'd like it to be of value to you and to encourage an exchange of great ideas and insights. Please send your feedback to:

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