



# 2025

has been a year  
of transformation...

...let's pause,  
breathe deeply,  
and celebrate how  
far we've come as  
we ease into the  
festive season.

**DVA+MORE**

# The festive season is your permission slip to truly switch off

## REFLECT

- **Create a "Year in Review" ritual** Pour a cuppa, grab your diary, and spend an hour reviewing your year. What surprised you? What would you do differently? What made you proud?
- **Establish firm boundaries** Set your out-of-office with confidence. Include when you'll return and who to contact for emergencies only.
- **Schedule "nothing time"** Block out days in your calendar with absolutely no plans. Let boredom spark creativity.
- **Digital detox hours** Choose specific times each day when all devices go in a drawer. Read, walk, cook, connect.
- **Protect your energy** It's perfectly acceptable to decline invitations that drain rather than energise you.

## RECHARGE

to finish the year strong and step into 2026 with clarity and intention.

**'Almost everything will work again if you unplug it for a few minutes... including you.'**

ENJOY  
WARM OR  
COLD

# Festive Cocktail: Maple Whisky

A sophisticated sipper that captures the essence of a cosy evening.

## Ingredients:

- 2 cups strong English breakfast tea (cooled)
  - 1 cup good quality whisky
  - ½ cup pure maple syrup
  - ¼ cup fresh lemon juice
  - 2 star anise
  - 1 vanilla pod (split)
  - Fresh ginger slices
- Garnish with cinnamon stick, lemon wheel, and star anise

## Instructions (Warm):

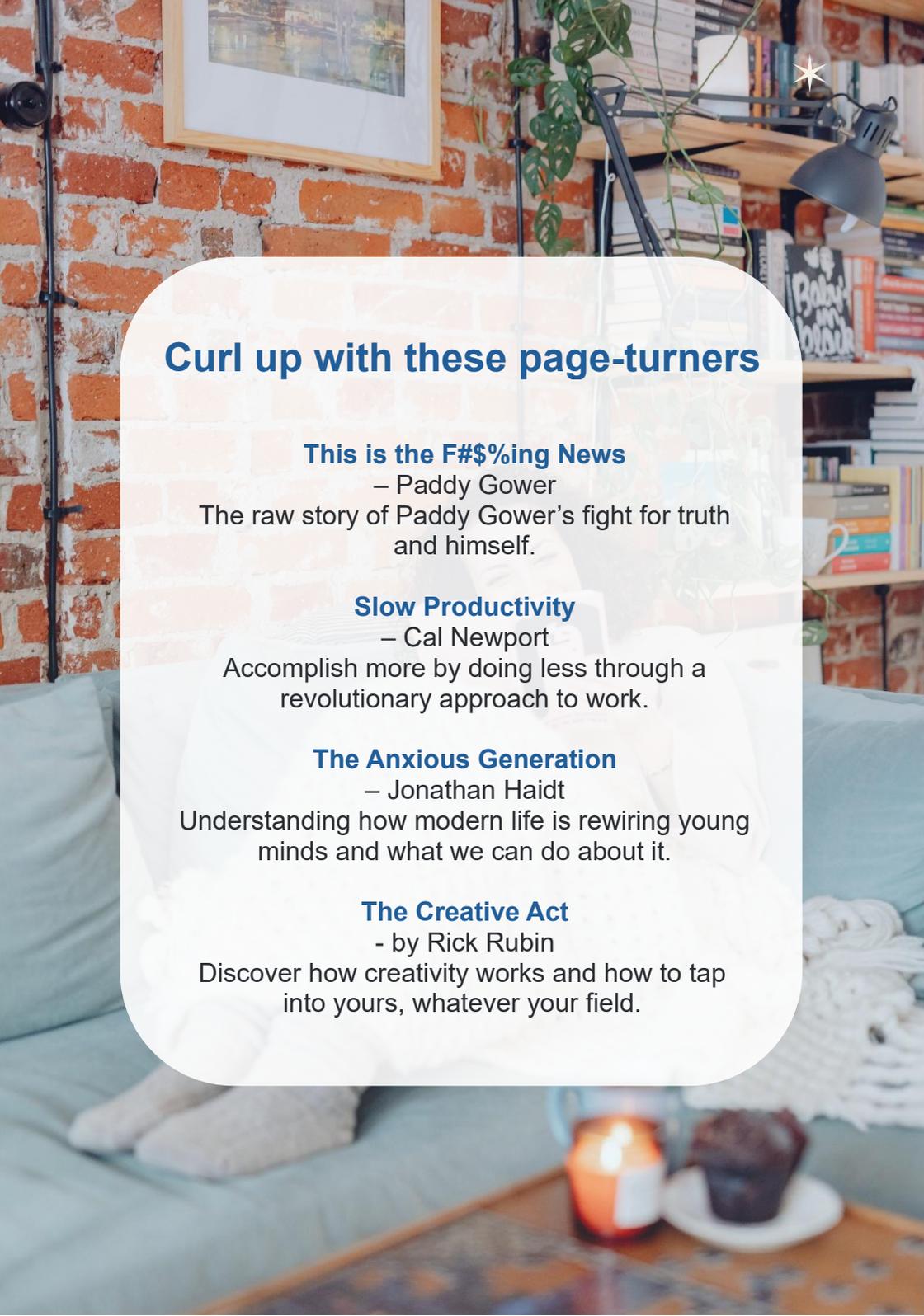
Combine all ingredients in a saucepan. Warm gently over low heat for 15 minutes, stirring occasionally. Do not boil. Strain into heatproof glasses or mugs. Garnish with a cinnamon stick, lemon wheel, and star anise.

## Instructions (Cold):

Combine all ingredients in a large jug without heating. Stir well and refrigerate for at least 3 hours (or overnight for deeper flavour). Strain and serve over ice with garnishes.



The perfect drink to  
toast achievements,  
spark conversations,  
and create memories.

A cozy living room with a brick wall, a bookshelf, a plant, and a lamp. The scene is warm and inviting, with a mix of textures and colors. A white sofa is in the foreground, and a wooden coffee table holds a lit candle and a chocolate cupcake. The background features a brick wall, a framed picture, a plant, and a bookshelf filled with books and a lamp.

## Curl up with these page-turners

### **This is the F#\$%ing News**

– Paddy Gower

The raw story of Paddy Gower's fight for truth and himself.

### **Slow Productivity**

– Cal Newport

Accomplish more by doing less through a revolutionary approach to work.

### **The Anxious Generation**

– Jonathan Haidt

Understanding how modern life is rewiring young minds and what we can do about it.

### **The Creative Act**

- by Rick Rubin

Discover how creativity works and how to tap into yours, whatever your field.



## Audio inspo for long walks & lazy mornings

### Hunger & Heart with Kaila Colbin

Explore how top performers balance fierce ambition with deep compassion.

### We Can Do Hard Things

Glennon Doyle's honest conversations about being human in challenging times.

### The Rest is Politics

Alastair Campbell and Rory Stewart dissect the week's political events with wit and insight.

## Fresh twists for your Christmas celebrations ✨

1. **The gratitude jar.** Everyone writes what they're grateful for from 2025 on slips of paper throughout the evening. Read them aloud before dessert.
2. **Skill swap.** Each guest teaches something they know - a card trick, origami, a dance move, a joke. Laughter guaranteed.
3. **The recipe exchange.** Everyone brings a dish and its recipe card. Go home with new family favourites to try in 2026.
4. **Screen-free zone challenge.** Create a phone basket at the door. Last person to check their phone wins a prize.
5. **Story time.** Ask older relatives to share a favourite memory from past Christmases. Record them if they're comfortable.

# Time is your most precious asset - invest it wisely

Simple practices to boost wellbeing, backed by research and easier than you think.

## **Morning sunlight exposure**

Getting 10-15 minutes of natural daylight within 2 hours of waking helps regulate your circadian rhythm, improving sleep quality and mood.

## **Breathwork practice**

Try the 4-7-8 technique: breathe in for 4 counts, hold for 7, exhale for 8. Just 5 minutes daily can reduce stress and lower blood pressure.

## **Weekly strength training**

Two resistance sessions per week maintain muscle mass, bone density, and metabolic health as we age. Bodyweight exercises count.

## **Social connection**

Regular meaningful interactions with friends and community have been shown to reduce mortality risk by up to 50% – more than quitting smoking.

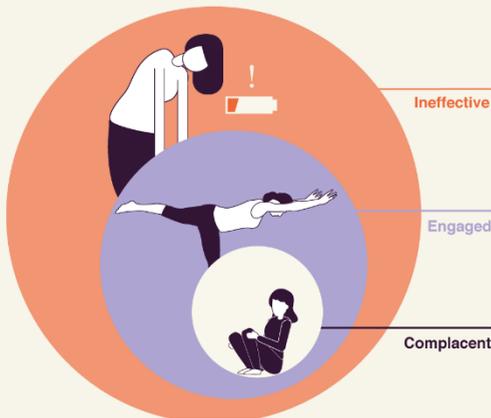
## **Mindful eating**

Eating slowly, without screens, and stopping at 80% full are practices linked to better digestion, weight management, and longevity in Blue Zones.

**Small, consistent habits compound into extraordinary health gains over time.**

# Where will you spend your time in the New Year?

As the year draws to a close, it's worth reflecting on where you've been operating – and where you'd like to be in the months ahead.



'The definition of insanity is doing the same thing over and over again and expecting a different result.' – Einstein

## DANGER ZONE

Stretching too far causes volatility, with a higher risk of errors, re-work, stress, conflict and burnout. Striking the right balance isn't easy, but if you stretch too far be sure you only retreat to your performance zone, not your comfort zone.

## PERFORMANCE ZONE

Stretching beyond your comfort zone enables you to break habits, enjoy ongoing personal development, achieve your goals and improve the value of your business.

## COMFORT ZONE

Do what you've always done and over time your return will diminish. Sitting still in a competitive business world runs the risk of being outperformed. Adopting new learnings, processes and technology is vital.

## Operating in the Performance Zone

"I'm going to be more intentional about how I run my business. Rather than just reacting to what comes up, I'll create space to actually think about what's working and what isn't. It might feel uncomfortable at first, but I know that's where the real growth happens – and that's how I'll move things forward."

The **Performance Zone** isn't about dramatic overhauls or adding endless tasks to your plate. It's about noticing where you're playing it safe, where you're stretching yourself productively, and where you might be pushing too hard. It's the space between "I've got this sorted" and "This is completely overwhelming."

As you head into the new year, simply ask yourself: where am I spending most of my time, and is that where I need to be?

## Ingredients

400g white chocolate (good quality)  
1 can (397g) condensed milk  
50g butter  
1 teaspoon vanilla extract  
100g shelled pistachios (roughly chopped)  
Pinch of sea salt  
Optional: dried rose petals for garnish

# White Chocolate & Pistachio Fudge

Luxuriously simple and perfect for gifting or treating yourself after a long year.

## Instructions:

1. Line a 20cm square tin with baking paper.
2. Roughly chop the white chocolate and place in a heavy-based saucepan with condensed milk and butter.
3. Melt gently over low heat, stirring constantly until smooth and combined. Remove from heat.
4. Stir in vanilla extract and half the pistachios.
5. Pour into the prepared tin and spread evenly. Sprinkle remaining pistachios on top and press in lightly. Add a pinch of sea salt and rose petals if using.
6. Refrigerate for at least 3 hours or until completely set.
7. Cut into small squares and store in an airtight container in the fridge for up to 2 weeks.

**Package in boxes with ribbon for thoughtful, homemade gifts.**

Here's to closing  
2025 with gratitude  
and opening 2026  
with purpose,  
clarity &  
momentum...

20  
26

From our  
team to  
yours, have a  
relaxing and  
safe holiday  
break!

DVA+MORE