



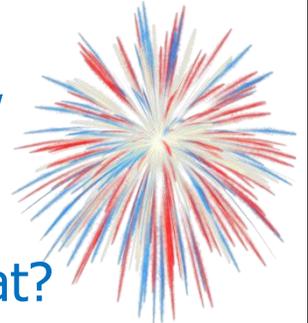
Happy 4th of July!
Did you know?

Of the 56 people who signed the Declaration 2 became Presidents. (Thomas Jefferson & John Adams)

Massachusetts recognized the Fourth of July as an official holiday on July 3, 1781, making it the first state to do so. It wasn't until June 28, 1870 that Congress decided to start designating federal holidays, with the first four being New Year's Day, Independence Day, Thanksgiving, and Christmas.

Fireworks are part of the tradition of celebrating this national holiday. In 2012 the U.S. imported \$227.3 million worth of fireworks! 2

Informed & Insured



Work-Life Balance? What's That?

Summer is here! Fun fact: I'm writing this newsletter from sea! Last month's newsletter was also written while I was out on the boat. Maybe it's a sign that I'm more creative on the water! Or it just means that I can't just relax and need to check something off the list for the day. Who knows?

I have realized that trying to obtain "work life balance" is literally impossible. I'm sure I'm not the only one who feels guilty at times for not spending enough time with friends and family (or taking vacations, that's a big one for me). The funny thing is when we start to slow down to spend time not working it can feel as if your missing opportunity and that creates a different type of stress. I don't know about you but this rollercoaster of emotions and trying to please everyone drives me nuts. So, I decided to do some research. I wanted to know how successful businessmen and women that I look up to do it. What are they doing that we're NOT doing?

What I discovered is that if you are an "achiever" work-life balance is always going to be a struggle and nearly impossible. One of the podcasts I listened to on this topic stood out to me. The host is a successful businessman named Ed Mylett who is in the financial services industry. He is ranked one of the top 50 wealthiest people under 50. He stated that balance = boredom for people who enjoy achieving success. Life isn't meant to be perfectly balanced all the time. Sometimes you may be working long hours and other times you may be spending more time with family. It's like a seesaw. It's ok to *aspire to be balanced* but not to get discouraged when your time isn't always evenly distributed. 3

1: <https://acei-global.blog/2013/07/03/20-fun-facts-about-the-4th-of-julyindependence-day/>
2: <http://mentalfloss.com/article/502369/10-things-you-didnt-know-about-fourth-july>
3: <https://www.edmylett.com/podcasts/>
4: <https://www.forbes.com/sites/deborahlee/2014/10/20/6-tips-for-better-work-life-balance/>
5: <http://www.historyplace.com/specials/calendar/july.htm>

Tips: Work – Life Balance



Now though we may not be able to find complete work-life balance I did find some helpful things that may help the “work” part so that you can be efficient and then *fully unplug* during your “life/family” part.

- 1) Set manageable daily goals. Set a list of 1-3 things you need to accomplish to grow the business and/or feel accomplished. Do them 1st!
- 2) To do list: Create an overall to do list the *day before*. Get everything out of your head so you can focus and not have to think of what to do next. (Do your top 3 things listed above 1st)
- 3) Schedule breaks: Even 10 minutes to take a walk to regain focus.
- 4) Stay active and/or meditate in the morning. We can’t take care of others if we aren’t taking care of ourselves. Even a 20-minute walk to wake up, feel good and energized.
- 5) Identify boundaries: Before you let Sally and Jim into your office to groan about life ask yourself, “Is this time going to be spent wisely or are they going to take energy from me that I need to finish my day strong?”
- 6) Turn off phone notifications. Ex: If you’re making important calls silence everything else (evens texts).
- 7) During family time: Put the phone in a different room. If you can do this, you’re stronger than all of us!!

Compliments of:

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ADDITIONAL JULY HISTORY

July 1, 1862 President Lincoln signed the 1st tax bill, levying a 3% tax on annual incomes of \$600-\$10k and 5% on incomes above 10k.

July 16, 1945 – The experimental Atomic bomb “Fat Boy” was set off in the desert of New Mexico creating a mushroom cloud of 41,000ft. The bomb emitted heat 3 x the temperature of the sun!

July 19-20, 1848 – A women’s rights convention was held at Seneca Falls, NY which marked the beginning of the women’s rights movement.

July 20, 1969 – The world watched on television as Apollo 11 Astronaut Neil Armstrong took his 1st step onto the moon. 5



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