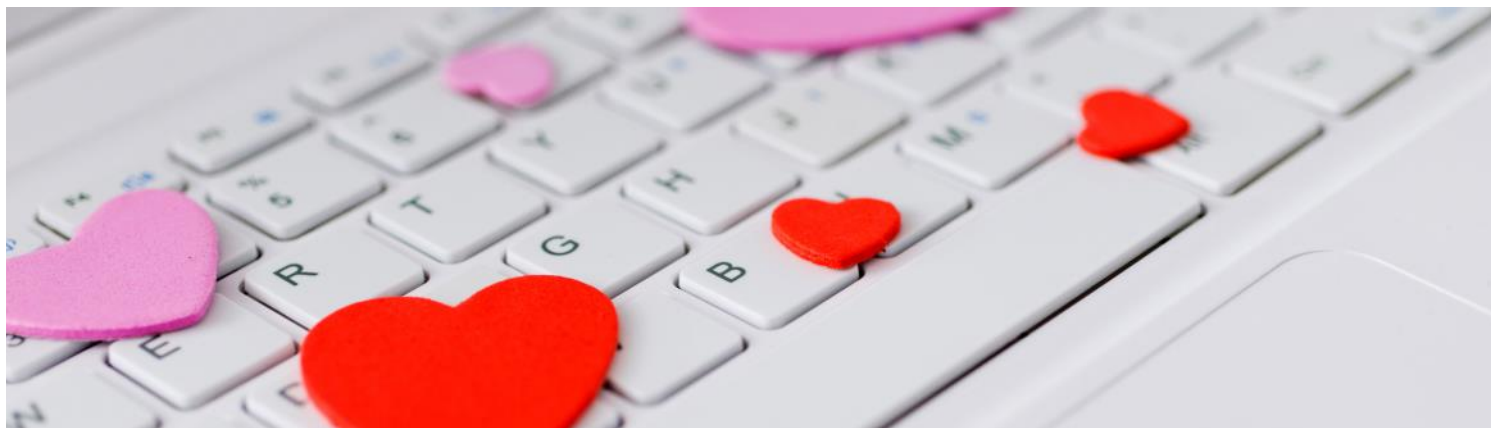


THE FINANCIAL EDGE

February 2018



♡ Finding the Happy Button at Work ♡

Personal comments by Mary

Valentine's Day brings thoughts of romance and happiness to mind. Romance at work is usually discouraged but happiness can be a real thing in the workplace.

While reading the "The Art of Happiness at Work" it revealed a few secrets. The most obvious one was attitude. The attitude we choose – yes, we choose - can bring us happiness or sorrow. Our attitude affects how we see and relate to the world around us.

This reminded me of an incident in high school. I always preferred books to sports, which showed clearly in my grades. Gym class was something I endured. However, I needed to bring my grades up to get into college so I made the choice to change my attitude about gym. Now my talents did not change but my grades did improve. They improved so much that I finished top of my class.

Every day I have a choice. I can smile and enjoy the life I have or be disappointed that I haven't won the lottery yet or be angry and frustrated that nothing is going my way.

You have the same choice. I believe there is such a thing as a happy button, the key to finding it is your attitude. You can choose to be kind, be grateful, to be forgiving to yourself and others. Your attitude is your choice. Have a warm and happy February.

Happy Valentine's Day from all of us at Focus CPA!

Mary Guldán-Lindström



“Focus CPA is an outstanding CPA firm. They don't just do the taxes and paper work, Mary makes sure that all financial areas are the best they can be. During a yearly review Mary raised a question about a certain expense that we have been overlooking and it ended up saving us \$24,000 a year (we refer to that meeting as the \$24,000 meeting). I would recommend Focus CPA to any business looking to have the best CPA firm in Green Bay.

I didn't switch CPA's for a long time because I thought it would be a hassle but Mary made the switch very easy.”

Mike Vande Walle,
Uncle Mike's Bake Shoppe



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will be treated with utmost care!*



♡ The Book Review ♡

Title: The Art of Happiness at Work

Author: His holiness the Dalai Lama and Howard Cutler MD

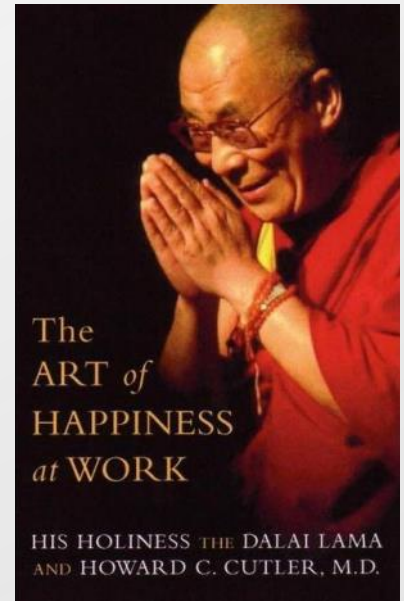
Topic: Attitude

Easy to Read: \$\$\$ (3 out of 5 dollars)

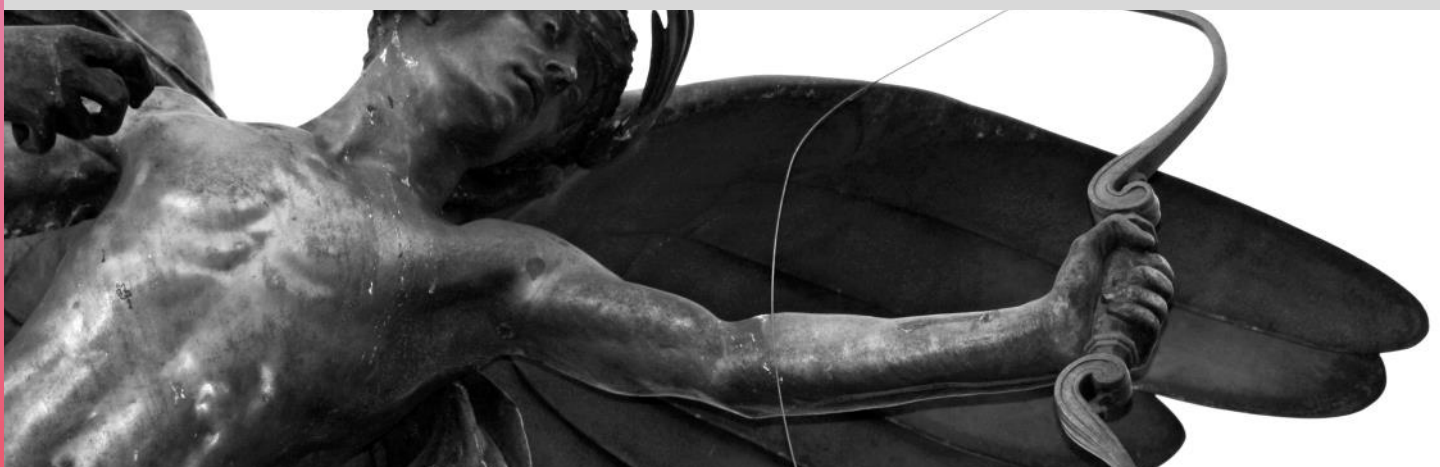
Applicable to Small Business: \$\$\$ (3 out of 5 dollars)

Summary: The book is a compilation of conversations with a researcher and the Dalai Lama exploring what it takes to be happy at work. A great balance of theory and deep thought. Each chapter addresses an element that affects our happiness. They discuss the human factor of happiness. Is your work just a job, a career or a calling? Discusses finding the right livelihood and making the best of it.

My recommendation: This is a very deep and intense look at how work relates to our happiness. For those who are dissatisfied and have an open mind - the book provides a journey to understand happiness. For me it came down to "the way people perceive the world is much more important to happiness than circumstances." Very evident that the book was written by a researcher who wants a thorough understanding.



Pages: 212 | Published: 2003



♡ The Dark Side of Valentine's Day ♡

Valentine's Day is a time to celebrate romance and love and kissy-face nonsense. But the origins of this festival of candy and cupids are actually dark, bloody — and a bit muddled.

Though no one has pinpointed the exact origin of the holiday, one good place to start is ancient Rome, where men hit on women by, well, hitting them.

THOSE WILD AND CRAZY ROMANS

From Feb. 13 to 15, the Romans celebrated the feast of Lupercalia. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain.

The Roman romantics "were drunk. They were naked," says Noel Lenski, a historian at the University of Colorado at Boulder. Young women would actually line up for the men to hit them, Lenski says. They believed this would make them fertile.

The brutal fete included a matchmaking lottery, in which young men drew the names of women from a jar. The couple would then be, um, coupled up for the duration of the festival — or longer, if the match was right.

The ancient Romans may also be responsible for the name of our modern day of love. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the 3rd century A.D. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day.

Later, Pope Gelasius I muddled things in the 5th century by combining St. Valentine's Day with Lupercalia to expel the pagan rituals. But the festival was more of a theatrical interpretation of what it had once been. Lenski adds, "It was a little more of a drunken revel, but the Christians put clothes back on it. That didn't stop it from being a day of fertility and love."



♡ Building a Positive Attitude at Work ♡

By Mary Guldán-Lindstrom, CPA

Through experience I have uncovered a few tools that have helped me unleash happiness. My list of seven actions comes from life experience and the research that I have done to enjoy life.

♡ TAKE YOUR POWER BACK

Happiness is from within. By allowing external sources to determine whether you are happy or sad, creates ups and downs. For example, at one time my job provided my sense of identity and provided a sense of pride. When I lost my job, I took a hit emotionally and financially. However, am I not the same person with or without that job?

♡ WATCH YOUR LANGUAGE

Change the words "I have" to "I get". By changing from "I have to make" the presentation to "I get to make" this presentation, the mind set changes. One is a requirement the second is a privilege. Consider changing the words from "I should" to "I could". I should have completed that project last night; instead, I could have completed that project last night. Reminds us that we had a choice. Consider using challenges instead of problems. Challenges encourage action. Problems encourage excuses.

♡ SURROUND YOURSELF WITH POSITIVE PEOPLE

It is much easier to be positive when other positive people surround you.

My life struggles that included a divorce, losing a job, working in the wrong work culture and being mom to twin boys have provided plenty of opportunities to practice these seven actions. For most of the time, I feel contentment, but sometimes I hit the happy button.

We spend a lot of time at work. Why not make it as pleasant and as happy as possible for you and those you work with?

♡ BE PEACEFUL WITHIN

Get plenty of sleep, eat nutritious food and take breaks. Be patient with yourself. By being at your best physically, your confidence is at the highest. With your confidence level at its highest, it is easier to attain happiness.

♡ BE POLITE

Being polite is a sign of respect. Saying please and thank you while working with others is an expression of respect. In many cases, we treat those that love us worse than we treat strangers. We expect those who know us to accept us, as we are - the good and the bad. Consider expressing our best side to those we care about and work with.

♡ SELF-AWARENESS

Learn and accept your strengths and weaknesses. Put yourself in a situation in which you can succeed. Each person has a unique set of skills and talents. Adjust your situation so you use your strengths and promotes your values. By working in a way that encourages success, happiness is easier to reach.

♡ SMILE

Look friendly. Smiling is contagious and can be rare to find.

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best compliment that
we can receive.*

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♥ A Little Humor—Nuts About Love ♥

Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. "Why the new sign?" I asked. "My boyfriend didn't approve of the old one," she said. When I glanced at what hung above the counter, I understood. It declared: "Local Honey Dates Nuts"

— Contributed by Theodore Bologna

Q. Why shouldn't you fall in love with a pastry chef?

A. He'll dessert you.

Q. How did the phone propose to his girlfriend on Valentine's Day?

A. He gave her a ring.

Q. What did one muffin say to the other on Valentine's Day?

A. You're my stud-muffin!

- From www.readersdigest.com

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