

THE FINANCIAL EDGE

February 2019



BEING ONE WITH MY HEART

Personal comments by Mary

I have chosen to stop watching the news on TV. I skip thru the mudslinging on Facebook and when reading the newspaper I only read factual headlines. I can't handle the anger anymore. It doesn't add value to my life. To counter that I am being more conscious of being one with my heart.

Being one with my heart can pose a challenge at work. I was taught not to show emotion. This time of year I spend a lot of time at work. About 80% of our annual compliance work is done in the first 3 months of the year and every project has a deadline with penalties if we do not meet it. With the time crunch, changing technology and new tax laws it is easy to forget that we are working with people and not just numbers. If I don't pay attention I can miss the many wonderful things that happen during the next few months.

Being one with my heart can have a very positive impact on my work relationships. Every day I get a chance to catch up with those we serve. Some I only see once a year. To take full advantage of that opportunity, I need to slow down and be in the moment. I learn about new grandchildren, the struggles starting a new business and their success of having one take off. Behind every tax return is a family or a business family.

I can also be one with my heart by counting my blessings. I start each day writing six things that I am grateful for. It is a blessing how the staff pulls together to get everything done. With laughter,

respect and care for each other the days speed by. Every year I strive to improve our process by learning more about the technology we use, finding new ways to improve our client experience and ideas on how to make it easier on staff. By being one with my heart I can add the warm touches.

My favorite way to be one with my heart is to "love what you do." Even on the toughest days, I can find something in my job that touches my heart. Think of it this way...

Once there were three tax preparers. Each one of them was asked what they were doing.

The first one answered gruffly, "I'm entering data."

The second one replied, "I'm preparing a tax return. And I have 10 more to complete yet."

But the third accountant said enthusiastically and with pride, "I am preparing the return, so the taxpayer can go forward and do what they love to do."

Same job, different perspective.

If we change our focus to be one with our heart - maybe, just maybe there would be more peace and joy in our world.

Mary Guldán-Lindström



"I so appreciate all of your support as I created this new vision. Mary, you are a standout among accountants in that you keep your eye on the big picture AND on the day-to-day functioning of my businesses. Thank you for sharing that rare gift with me!"

Bonnie Nussbaum,
Owner of Empowerment
Coaching and Hillcrest Inn
& Motel

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APPRECIATED AND WILL BE
TREATED WITH UTMOST CARE!**

THE BOOK REVIEW

TITLE: The Book of Joy

AUTHOR: His Holiness the Dalai Lama, Archbishop Desmond Tutu with Douglas Abrams

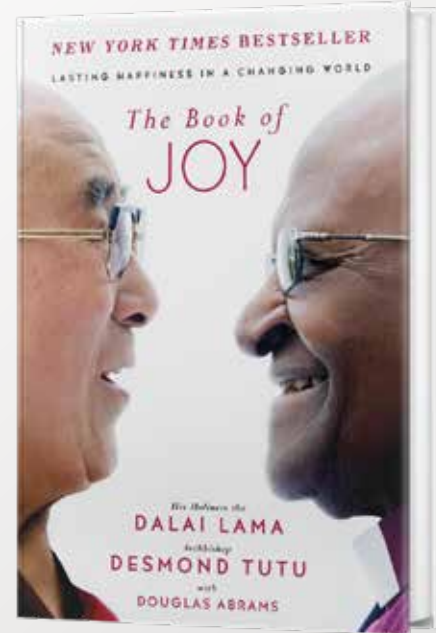
TOPIC: Joy

EASY TO READ: \$\$\$\$ (4 out of 5 dollars)

APPLICABLE TO SMALL BUSINESS: \$\$\$\$ (4 out of 5 dollars)

Summary: Douglas Abrams shares the wisdom of the Dalai Lama and Archbishop Desmond Tutu through their conversations and stories on how to find lasting happiness in our changing world. They discuss how to handle obstacles, and negative emotions like sadness and despair. They wrap it up with eight pillars of joy.

My recommendation: I love the humor expressed in the conversations and stories. I found plenty of nuggets to bring more happiness in my life. Once I got into the book, I discovered myself in a better frame of mind.



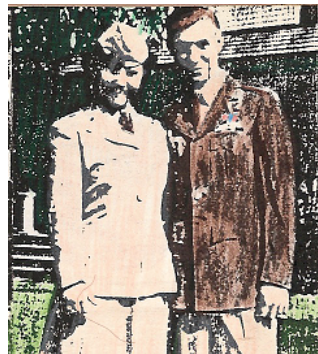
Pages: 384 | Published: 2016



A STORY OF LOVE, JACK & DOROTHY

Jack, my father in law, served as a fighter pilot in World War II. In May of 1944, he was shot down behind enemy lines and was missing in action for 3 months. The US government reported him missing, presumed to be dead. After a very trying time behind enemy lines, he finally found his way out.

When he got to US soil, his first stop was home to reassure his family that he was still alive. However, his second stop was to find a certain someone, Dorothy Tebo. He located her in Washington DC, as part of the women's army core. They had a whirlwind courtship and he married her within 30 days. After their wedding in Kaukauna, he brought her back to Washington DC. Both in uniform they stayed in a hotel their first night. As they walked through the front door, they were spotted. It was prohibited that a military man be in a hotel with a military woman. As Jack and Dorothy walked into their room, Jack opened his suitcase and pulled out their marriage license. Jack, who liked to create a little mischief, was waiting



for his commander to knock on their house door and demand that he leave or show his marriage license. He was so proud to be married to Dorothy.

Jack and Dorothy Lindstrom were married for 58 years. They raised seven children and the many challenges of life. Later in their life, Steve and I would meet them for dinner on Friday nights. Jack would tell the story of their first night in Washington DC at least once, maybe three times, and each time Dorothy would blush. True love was tested when Dorothy was struggling with Alzheimer's. Jack took care of her as long as he could. Dorothy passed away in a nursing home and Jack spent his last days' at home. His

daughter, Jane, took care of him for the last year of his life. That was a true test of family love.

Jack and Dorothy's love represented a steel band that would be nd but would never break.

Happy Valentine's Day!



FIND YOUR PATH

By Mary Guldán-Lindstrom CPA

Are you feeling lost! Or struggling with where you are at? We have many choices as to what path we take and in many areas of our life. We take a path when we choose a job or career, a business, a mate, to have children, our friends and hobbies. We can take a short path or the journey of a lifetime.

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A path without a heart is never enjoyable. You have to work hard even to take it. On the other hand, a path with heart is easy; it does not make you work at liking it.

– Carlos Castaneda, *The Teachings of Don Juan: A Yaqui Way of Knowledge*

HERE IS A FOUR-STEP PROCESS TO UNCOVER YOUR PATH...

STEP 1. List your loves, interest and passions. What has brought you joy? Recall the things you did in the past that you are proud of or brought you satisfaction. Why do you think you liked those things so much? What do you think of them now? What new things seem like fun that you would like to try?

STEP 2. Get to know yourself. What energizes you? What are your strengths? What values do you hold sacred? What specialized knowledge and experiences do you possess? What environment brings out the best you? What does success look like for you? Time and experience helps clarify who you are. Times of hardship and sadness can be particular enlightening as to who we are.

This process can apply to a new business or revitalize an existing business. It can provide guidance for those who feel as if they are missing something in life. It is your life – make the most of it.our life. We take a path when we choose a job or career, a business, a mate, to have children, our friends and hobbies. We can take a short path or the journey of a lifetime.

Ask those who know you well to share their observations. It is difficult to see things that we take for granted. What is easy for us becomes automatic. We don't give it much thought, making it challenging to identify.

STEP 3. Get out there and take action. Put your heart into it and start a path that interests you. Give it your best. If you are not ready for a major change, start with little ones. Our little choices every day create a big life.

STEP 4. Take a step back and evaluate. Is this what you expected? Is there a better or easier way to get more of what you want? If you don't like where you are going? Stop! Hit restart. Review step one again.



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We are accepting new clients this tax season! A referral is the best compliment that we can receive.

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February 2019 INSIDE THIS ISSUE

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DID YOU KNOW... WORDS OF JOY

In the "Book of Joy" I came across a list of descriptive words that can be used to describe the feeling of joy. I found the list refreshing. I hear so much about fear, anger, depression, rage, disappointment and many other negative feelings that just reading the list lightened my mood.

FEELINGS OF JOY

- **Pleasure** - of the 5 senses
- **Amusement** - chuckle to a belly laugh
- **Excitement** - response to novelty or challenge
- **Relief** - from fear, anxiety and even pleasure
- **Wonder** - before something astonishing and admirable
- **Ecstasy or bliss** - transporting us outside of ourselves
- **Exultation** - at having accomplished a difficult or daring task
- **Radiant pride** - when our children earn a special honor
- **Unhealthy jubilation** - relishing in someone else's suffering
- **Elevation** - from having witness an act of kindness, generosity or compassion
- **Gratitude** - appreciation of a selfless act of which one is the beneficiary
- **Rejoicing** - in someone else's happiness
- **Delight or enchantment** - a shining kind of contentment
- **Spiritual radiance** - a serene joy born from deep wellbeing and

May you enjoy the wonders you experience every day.

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