



firstnational
REAL ESTATE

Gary Walsh



26th
August
2018

Spring into Spring and discover the JOYS of living – Annie shares how coming to work each day brings joy to her life and the lives of others.

Let's bring to the table the word "JOY" and talk about what it means to feel JOY and how it relates to everything and anything in our lives. Is it possible to experience this feeling we call "JOY" in our body and then in the things we do?"

Annie says: For me Joy means waking up each day with the feeling of wanting to get out of bed to start the day.

Firstly, my body has the energy to physically rise out of bed, then it feels like stretching and warming up before heading downstairs to a glass of water then a warm yet refreshing shower to prepare for the day.

Secondly, this feeling extends from knowing my purpose – what I am here to do. What I am here to do is simply to bring the best of me to everything I do, express and even to how I move through the day.

Now I know my purpose is to "bring the best of me" to life – it makes simple sense and takes off the pressure to have to be perfect. All I have to do is bring the best of me knowing that sometimes I will make mistakes and sometimes I will be unable to bring the best of me and that's ok. I do like to turn these not so great

days into great days by asking myself "what can I learn from that mistake" or "what can I learn from how I feel about such and such....."

Coming to work feels like it brings opportunity to be purposeful. I can either "bring all of me" to my work or come with half of me which is me not in all my glory!

I know that when I am bringing all of me to what I do – such as when I am at work, I see how I affect others that I interact with. There is a flow to my interactions that feels natural and easy. I feel how "bringing all of me" can support another person to "be all of them". However, when I do not "bring all of me" to my work or interactions with others I also have the potential to affect others which can be imposing. Bringing less than me can mean making more mistakes, feeling tired, feeling emotional and possibly even feeling unwell.

Feeling JOY at work – a feeling from "bringing all of me" – is my way of making a difference to the people I interact with. **By making JOY a responsibility to live – offers others by way of reflection, to also feel the JOY they too have when they "bring all of them" to their day.**

If you would like to share how you feel about this topic or have anything else you would like to share – email: annie@firstnationalgarywalsh.com.au

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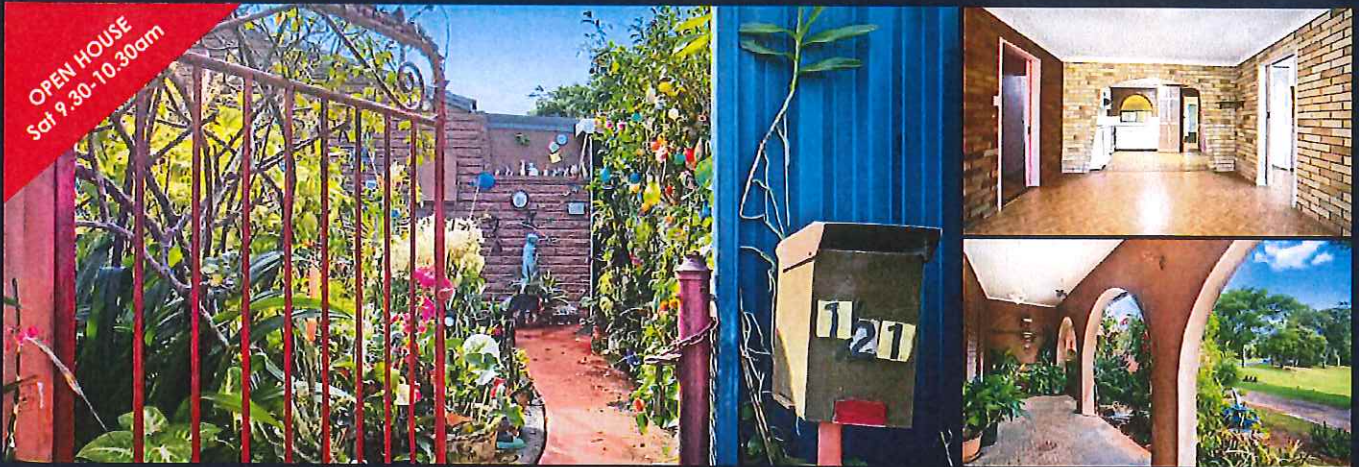
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DUPLEX LIVING

1/21 Ashland Drive, Alstonville

- Don't miss this fantastic opportunity! First time marketed by Auction on 8th September. Price guide: \$345,000-\$360,000.
- Vacant and rare to the Market, available now for your immediate inspection
- Boasting a huge sunroom/living area, a/c, double brick, perfect location overlooking a quiet park/sportsground
- A short distance from the Alstonville Shopping Centre and very private
- A blank canvas, this home will allow the investor to value add on this property. An amazing rental opportunity here
- Owner's clear instructions is to submit all genuine offers. This a must to inspect

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AUCTION Saturday 8 September, 1.00pm onsite

VIEW Saturday 25 August 9.30-10.30am

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TRIPLEX NEW TO MARKET – AN ABSOLUTE GEM

1/9 Cornwall Place, Wollongbar

- Free standing Triplex – no body corporate
- Spacious versatile floor plan. Fantastic easy care landscaped gardens
- Short distance to shops, tavern and schools
- Suitable for the family, retiree, professional or the astute investor. Estimated rental is \$440 - \$480 per week
- This home is truly a delight to inspect and will not disappoint
- All offers considered prior to Auction

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AUCTION Saturday 15 September, 1.00pm onsite

VIEW Saturday 25 August 11.00-12noon

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FEED THEIR ANIMALS**

- ▶ Ask us for an appraisal, we'll donate a bale of hay
- ▶ List exclusively with us, we'll donate \$100
- ▶ Sell and we'll up the donation to a total of \$500

It's time to put our farmers first!



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