



Attitude is Everything

Hi and welcome to the start of another year
Attitude is everything, especially this time of year!

Perhaps we need a different attitude to this period of the season . . . instead of focussing on the 3 S's of spending, splurging and stressing, we like to think of this time of year as an excellent opportunity to focus on **the 3 R's** of reviewing, refreshing and refocussing.

Reviewing

What sort of year have you had? What were the highs and lows, the new happenings and the comfortable old habits, the challenges and the pleasant surprises that have made up the previous 12 months for you, your business and your family.

There is nothing like creating a list of "the year that was" to inspire you for the year ahead. Why not do your own personal version. And while you are at it, make it

your intent to work on this list and follow it through.

Refreshing

Take some time out to just refresh and recharge your batteries. I am talking about sitting down and doing NOTHING for a while.

We all refresh in different ways so start thinking about what works for you. You may need to do a bit of planning to make it all happen smoothly. The goal is to have a time with no responsibilities, no decision-making and less stress. Not as easy as you would think.

Refocussing

As you emerge from your period of refreshment, now is the time to refocus your attention on the year ahead. What plans do you have for 2008? Where do you want to focus your attention next year so that when it comes time to review the year that was you are happy with the outcome?

Consider all the important areas of your life such as career, finances, relationships, health, mind and leisure. Finally, make sure they are written positive terms. Remember, your brain has difficulty processing the word "don't" so if your goal is written as "don't spend more than \$500 per month on my credit card" you can see the potential result!

Jim and myself commenced 2007 with many changes and these continued throughout the year.

January was a month of good rain and a change of address; the start of February also brought very useful rain.

We managed to fit in LSS schools near Mt. Garnett, one at Moura, and one for AA Co in Rockhampton. Jim was committed to the WA and NT schools, being conducted at Helen Springs, Auvergne, Liveringa, Newcastle Waters and Kimberley Downs; however he had to endeavour to do half of these trips alone. Rod Knight did get to join Jim on his first trip to the northern part of WA.

With changes in our staffing situation we saw the need to stay and focus on our business here at Landsborough and Kentle and take the opportunities that became available with grass and livestock trading. By June we had received a record winter rainfall, the skies open up and the feed came away.

So we made a decision to stay and manage the opportunities of trading livestock and let requests of further LSS schools be placed on hold. We are now in the process of planning schools for 2008

As we have had changes in the political arena, this has brought changes that effects FarmBi\$ funding. So any schools that would be eligible for funding have to be submitted to Farmbi\$ by mid March 2008; so if you are interested in hosting a LSS school either in NT or WA, or any other school requests please contact us ASAP:-

Jim Lindsay Ph 07 47417 259
kentle@bigpond.com.au

Grahame Rees 0432370170
peneena@bigpond.com.au
Rod Knight 0267691690
seolta@bigpond.com.au
Nic Kentish 0887398211
nic@kentish.biz
Chook Kealey 0746265399
kealey@bigpond.com.au
Tim McGrath 0429411592
timmc@tpg.com.au

All the LSS schools are in planning mode, so for further listings/dates and hosts check in on the [LSS web site](#) :-
www.lss.net.au

The other LSS trainers Rod, Grahame, Chook, Nic and Tim have been busy this year conducting schools in other parts of the country and we are grateful for their contribution towards the LSS vision. It is always good to hear their feed back and receive the comment sheets.

Thank you to the many new hosts that have also assisted in creating a new perspective towards stock handling.

Thank You to those hosts and companies who can see the added value in continuing LSS schools and introducing new employees to the principals and understanding and awareness of Low Stress Stockhandling.

We are hoping to visit Bud and Eunice Williams in Texas this year and also attend one of Bud's Marketing Schools again.

If you get a chance check out *Bud's Musings* on www.stockmanship.com, for some insightful reading.

I'll leave you to complainant the season and the year ahead with an interesting observation from Jim Rohn:-
"What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

"We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labour, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today."

I want to wish all of you a new year full of RICH possibilities and abundance. May this be a year of true exchange of ideas, solutions and good cheer for all.

Regards,
Terry Lindsay.



It Takes Courage Author Unknown

It takes strength to be firm,
It takes courage to be gentle.

It takes strength to conquer,
It takes courage to surrender.

It takes strength to be certain,
It takes courage to have doubt.

It takes strength to fit in,
It takes courage to stand out.

It takes strength to feel a friend's pain,
It takes courage to feel your own pain.

It takes strength to endure abuse,
It takes courage to stop it.

It takes strength to stand alone,
It takes courage to lean on another.

It takes strength to love,
It takes courage to be loved.

It takes strength to survive,
It takes courage to live.