

# Holistic Business & Life Coaching

Grow Your Business, Grow Your Life

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## A Recipe for Life

***“One kind word can warm three winter months”***  
**Japanese Proverb.**

We are all right in the middle of winter, so that quote really appealed to me. Are you warming people's winter months?

I thought of this the other day when I was looking through my recipes. I found some handwritten recipes from friends. Holding their recipes took me back to another time and place, just as a piece of music does. This particular time and place was a time when I was a young mother living in Invercargill in the early 70's. I had moved there from Melbourne, so you can imagine the culture shock. I was very lonely, isolated and unhappy. I had no family and no support. Looking back at my recipes though, I remembered how kind those 3 friends were to me. Believe me if you can warm an Invercargill winter for 3 months, you are doing very well. They all did very well. I survived that experience thanks to the kindness and warmth of those very special friends.

Those 3 friends were probably totally unaware of the part they played in my life at the time. One of them in particular became like a mother substitute to me. She was a neighbor and she was always welcoming. She was a very busy person who had 4 children of her own and helped with her husband's business. When I went to her feeling in need of some company though, she was always available. She gave me the recipe for Instant Pudding cookies (see below), but she gave me so much more. She listened, she talked, she was just there. That's all it takes really. People quite often say they want to make a difference in the world, but it seems too big, how can someone small like us make a difference in the world? We just do it by making a start, or by just doing small things, like taking the time for someone and giving them a recipe. Those friends didn't just give me recipes, they gave me friendship, warmth and kindness, a recipe for life really!

This recipe applies to all those of you who employ people too. So often employees are treated as being just a means to an end. Staff are people with the same wants, needs and feelings as ourselves, who deserve recognition, time and attention. In the majority of staff surveys the major motivator is that people just want to feel valued and be recognized when they do good things. Money is way down the line in staff motivation. Just remember the recipe for life, follow the recipe, add the ingredients of care, attention, time and kindness and it will be a success and win/win for everyone! Have a winter warming month with kindness!

Regards  
Jann

### Kit's Instant Pudding Cookies ( circa 1974)

6oz butter ( 6oz! – well it is the 70's)	3 Tbsp Cornflour
1 Cup sugar	1 Cup sultanas
1 Egg	pckt instant pudding(butterscotch is good)
1.5 cup flour	Cream butter & sugar, add egg & instant pudding, add sultanas
1tsp baking powder	then dry ingredients, place on tray, bake at 350C deg.

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