

## It's the Simple Things in Life

By David Andrew

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It's true that everyone seems a little happier about the world now that the worst of the financial crisis seems to have passed, and every now and then we receive a reminder of the things that really matter to us.

I had one of those reminder moments just last week.

On a recent family trip to Eagle Bay my two younger sons and their cousin, all mad keen surfers were enjoying a morning surf at Rocky Point, a short walk from where we were staying. It was one of those classic south west days, blue sky, light breeze and crystal clear water.

An hour or so in, a seal surfaced just behind the break frolicking in the waves and enjoying the morning with the boys. Not long after, a whale appeared no more than fifty metres from where the boys were taking off. What a thrill they got as the whale lifted itself almost entirely out of the water, splashing back creating a wall of water.

At this point Mum arrived on the scene, and of course her first concern was that if there is a seal and a whale in the water, what *other* sea life was around! Well, she was not disappointed but it was not the triangular finned creature she had feared.

At that point, just behind the boys, the first whale's *mother* appeared. Robyn likened it to a surfacing submarine. It was HUGE. The boys were so close they could see the barnacles on its back from where they sat.

What an experience, and how lucky we are to have nature's gifts on our door step.

So what's the point of telling you this story. Well it is really about the *Immutable Law of 168* which follows some basic facts of life:

1. There is only 168 hours in any week; no matter your age, how much money you have or make, how wise you are, how much information you can access; there are no exemptions from this rule;
2. Your quality of life is a function of how you *choose* to spend your 168 hours; and
3. Some things cannot be delegated and some things can. Delegating is not a privilege reserved for the wealthy, we can all do it to some degree.

By clearly understanding the things that can be delegated we free up more of our 168 hours for ourselves to focus on the things that really matter to us.

Of course by now you have probably worked out that it is not really 168 hours at all.

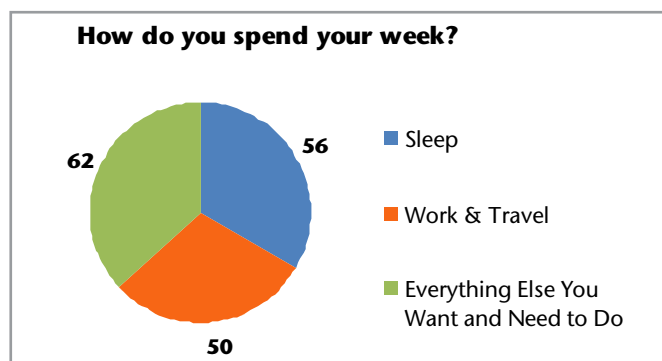


Figure 1: Immutable Law of 168

As the chart above shows, the time we really have available is probably closer to 62 hours each week after work and sleep time. The work hours are intentionally coloured orange as a gentle warning signal and in the circles I mix in, a 50 hour week is probably considered pretty balanced.

The message is, how we use our remaining 62 hours fundamentally affects our quality of life.

There are some key areas we cannot delegate and most people would agree that these might include: your *health, nurturing family relationships, having fun, travelling, your career, and contributing to the community.* You might have others.

None of us wastes time on purpose yet if there were important areas in your life you wanted to spend more time on, how would you create that time.<sup>1</sup>

Well firstly through focus. As they say, *where the focus goes, energy flows.* Second, we create time through delegation.

Dealing with the detail of your own financial situation is something that *can* be delegated to a trusted professional, and while you will absolutely want to be involved in the process, dealing with all the detail doesn't make a lot of sense.

After all, it's the simple things in life we all remember.

<sup>1</sup> The Quality of Life Enhancer Worksheet™ helps you find more time for the things that are important. A worksheet can be downloaded here or speak with your Capital Partners Adviser.



*About the Author: David Andrew is the CEO of Capital Partners Private Wealth Advisers, a private wealth consulting firm based in Perth, Western Australia. Capital Partners see their role as helping successful people make smart decisions with their money. As the "family or private CFO" they gain a deep understanding of their clients' affairs they help develop smart solutions for the complex and important financial issues faced by clients during their lifetimes.*

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