

Your Guide to Making the Most of the Holiday

Newsletter Archive



Dear ,

We hope your holiday is off to a great start! Here's wishing you and your loved ones a blissful and memorable time this long weekend. Click [here](#) to see how we're spending our holiday!

If you're still wondering how to make the most of the holiday, we've got you covered. Here are some ideas you can explore!

- **Try Something New-** It's a good time to take a break from your daily routine and do something different. Why not try that recipe you've been holding off on or take a shot at a new creative activity? You can do it! 🎨
- **Declutter and Organise-** Between busy work schedules and commitments, meetings and deadlines, finding the time to declutter and organise your space can be tough. Luckily, the holiday provides the perfect opportunity to do just that! 🏠
- **Volunteer-** Look out for community projects, food banks and other volunteer programs to which you can commit your time and resources. Giving back to your community is a rewarding endeavour. ❤️
- **Prioritise Personal Development-** It's also a good time to revisit your personal development goals. You can take a short course, attend a workshop or read a book. 📖
- **Stay Fit-** Taking walks, hitting the gym and attending fitness classes are some fun and rewarding activities you can engage in for your health and well-being! 💪
- **Have Some Me-Time-** It's important to spend time relaxing and indulging in some self-care! Whether it's binge-watching your favourite show or having a spa date, do what makes you feel happy, refreshed and at peace. 🧘

Our Q1 2023 Macroeconomic Highlights Report is Here!

We recently published our Q1 2023 Macroeconomic Highlights Report, which provides an overview of the economic insights, sectoral updates and key macroeconomic trends that shaped the first quarter of the year.

Here are some insights from the report:

- Banks' loans to consumers increased by 3.4% to ₦ 2.5 trillion
- Inter-trade in Africa has increased by 7% since AfCFTA
- Cash shortage hit Nigerian poultry farmers with a ₦ 30 billion loss
- Foreign portfolio investments declined by 49% in the first two months of 2023

Read and download the report [here](#). We hope you find it incisive.

Have a rejuvenating holiday. See you next week!

Your Partner in Progress,

LSETF

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