

THRIVE IN 2025

There's something magical about a new year. With 365 fresh days stretching out in front of you, free from the weight of past challenges and daily distractions, your mind is probably already buzzing with the possibilities of what 2025 could bring. By now the hustle and bustle (and stress) of the holiday season is behind you. With every New Year, we begin to think of those pesky resolutions and begin to reflect on how we can better ourselves and what changes we need to make.

There's something magical about a new year -- or is there



Too often, we set goals for ourselves, and when we don't meet them, we can have feelings of failure that can ultimately lower our self-esteem, which can trigger stress and anxiety, taking a toll on our mental health. Wouldn't it be better to focus on your strengths and accomplishments, laugh, practice self-compassion and, of course, be your authentic self? Maybe the world doesn't need a whole new you. There are plenty of people who admire and love you for your numerous attributes, whether at work, or at home, or in your community. If you "resolve" to do anything in the new year – give yourself a break!

Imagine if you could connect with yourself each and every day, all year round! Express your emotions without any judgement, practice mindfulness and reflection, and boost your happiness? You can... write a letter to yourself! It would help to remind you to embrace the essence of who you are, just as you are, and perhaps offers a glimpse of the kind of self-care you aspire to practice. Put pen to paper, fingers to keyboard, and see how you plan to look after the best version of YOU!



Dear Me:

Congratulations! You made it through another year! No matter what happened over the last year, you took it all and grew from it. You should be incredibly proud of yourself!

You suffered losses and disappointments, but you also accomplished so much and made people laugh and smile. You are braver than you believe, stronger than you seem, and smarter than you think. Take time to notice the little things, practice gratitude every day, and yes...."don't sweat the small stuff!"

Take care of yourself and put yourself first most of the time. Always have the courage to do that and the wisdom to know when you need to do it the most. If you think you can't --change your mind. Believe in you first!

You are exactly where you are meant to be; be proud of who you are---just the way you are!

*The next 365 days are yours to discover~~
Have an amazing year!*

Me

