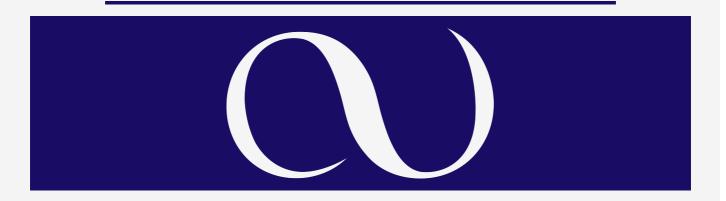
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THE GROWTH EDIT - ISSUE 20



"And suddenly you know:

It's time to start something new and trust the magic of beginnings."

– Meister Eckhart

Ponder This:

The new year is a powerful symbol of renewal—a blank page waiting for the story you want to create. It's a chance to reflect on what has been, release what no longer serves you, and step into the future with clarity and purpose.

But here's a gentle reminder: You don't have to have it all figured out today. The magic of a new year isn't in grand resolutions or rigid plans—it's in your willingness to move forward with curiosity, courage, and self-compassion.

Ask yourself:

- What am I proud of from the past year?
- What do I want to leave behind as I step into this new chapter?
- What feelings, experiences, or qualities do I want to embrace in the year ahead?

Suggestion: Spend a few minutes journaling on these questions today. Let your reflections guide your intentions for the year—not as a rigid checklist but as a gentle compass pointing toward your true north.

Experiment with:

For the next month, experiment with small, intentional steps:

- Choose one word that captures the essence of what you want this year to feel like—peace, abundance, joy, courage. Use this word as a touchstone for your choices and actions.
- 2. **Practice gratitude daily:** Reflect on one thing each day that reminds you of the beauty and progress in your life.
- 3. **Celebrate micro-wins:** Acknowledge every small step forward—it's these steps that create lasting transformation.

By focusing on meaningful, aligned actions, you'll find yourself naturally moving toward a life of greater ease and fulfilment.

Remember: Every day is a chance to begin anew. The smallest shifts, repeated over time, create the biggest changes. So step into this new year with an open heart and a willingness to be amazed by what unfolds.

Are you ready to turn your dreams and goals into reality in 2025?

If you're willing to invest in yourself and do the work to create the life you desire, I have an exciting opportunity for you.

I'm opening **4 exclusive coaching spots** this January for those ready to take the next step in their journey.

To help you decide if coaching is the right fit for you, I'm offering a **complimentary 90-minute Clarity Session**. Together, we'll:

- Gain crystal clarity on your goals.
- Identify the challenges or blocks holding you back.
- Begin the process of clearing what's in the way of your success.

This is a powerful first step toward creating the transformation you've been seeking. Spaces are limited, so if this resonates with you, reply to this email and secure your spot today.

Let's make 2025 your most impactful year yet!
Till next time.
Lots of love,
Rachel

THE HOUSE OF LIGHT







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