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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:

1. **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 fulfillment.

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

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