

[View this email in your browser](#)

THE GROWTH EDIT - ISSUE 21



“You will never reach your destination if you stop and throw stones at every dog that barks.”

– Winston Churchill

Ponder This:

We live in a world full of distractions—notifications, endless to-do lists, commitments that don’t light us up, and even relationships that drain our energy.

Each of these distractions pulls you away from your priorities and the life you truly want to create. They dilute your focus and leave you feeling overwhelmed, scattered, and unfulfilled.

What if this year, instead of adding more to your plate, you focused on subtracting what no longer serves you? By clearing the unnecessary, you make space for what truly matters.

Ask yourself:

- What distractions are taking up space in my life right now?
- Are there relationships, activities, or commitments that no longer align with who I am or want to become?
- How would my life feel if I freed myself from these distractions?

Suggestion:

Start small. Over the next week, choose one area to declutter—be it your physical space, digital life, or calendar. For example:

- Delete apps that drain your time and energy.
 - Unfollow accounts or unfriend people who no longer add value to your life.
 - Say no to commitments that don't align with your values or goals.
-

Experiment with:

For the next 30 days, set an intention to cut out one distraction each week. Keep it simple and achievable:

- Week 1: **Audit your phone**—delete apps or turn off notifications for ones that don't serve you.
- Week 2: **Declutter your commitments**—politely bow out of activities that don't bring you joy or growth.
- Week 3: **Evaluate your relationships**—gently distance yourself from people who leave you feeling drained.
- Week 4: **Assess your habits**—replace unproductive patterns with those that energize and inspire you.

As you remove the noise, you'll find a sense of clarity and calm that allows you to focus on what truly matters.

Remember: *Distractions may feel small, but their cumulative effect is immense. By consciously clearing them, you reclaim your energy, attention, and the precious time to invest in what matters most.*

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 have **2 exclusive coaching spots** left this January, at 25% off, 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. **There are just 2 spaces left at this exclusive 25% discount, so if this resonates with you, reply to this email and secure your spot today.**

Make space for what aligns with your vision, and watch how effortlessly your life begins to flow.

Till next time.

Lots of love,

Rachel

THE HOUSE OF LIGHT



Copyright (C) 2025 The House of Light. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)