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THE GROWTH EDIT - ISSUE 18



“You can’t pour from an empty cup. Take care of yourself first.”

Ponder This:

The holiday season often arrives with a mix of joy and pressure. Between gatherings, gift-giving, and endless to-do lists, it’s easy to feel overwhelmed. In trying to meet everyone’s expectations, we can lose sight of what truly matters: connection, peace, and presence.

But here’s the truth—you don’t need to do it all. The holidays aren’t about perfection; they’re about meaningful moments. Giving yourself permission to let go of the unnecessary can transform your experience from overwhelming to fulfilling.

Ask yourself:

- What does a truly joyful holiday season look and feel like for me?
- Where am I overcommitting or saying “yes” out of obligation?
- What can I let go of to create more space for ease and enjoyment?

Suggestion: Take 10 minutes to journal your ideal holiday experience. Reflect on how you want to feel and what truly matters most to you. This clarity can guide your choices throughout the season.

Experiment with:

For the next week, try this self-care practice to reduce holiday overwhelm:

1. **Set boundaries:** Politely decline commitments that don't align with your vision for the season.
2. **Simplify your to-do list:** Focus on what brings the most joy or meaning.
3. **Schedule time for yourself:** Whether it's a walk, meditation, or simply sitting with a cup of tea, these moments of calm will help you recharge.

When you approach the holidays from a place of intention and self-compassion, you'll find it easier to stay grounded and enjoy the magic of the season.

Remember: *Your presence matters far more than perfect decorations or elaborate plans. By honouring your needs and choosing what feels right for you, you create a holiday season that feels joyful, peaceful, and deeply authentic.*

Wishing you a joy-filled and magical festive season 🌲 ✨

Till next time.

Lots of love,

Rachel

🎁 Tis the season of giving so I am gifting two **90-minute Clarity Sessions** to the first three subscribers who reply to this email with the words **"Clarity Session."**

These sessions are a powerful opportunity to realign with your vision, uncover what's holding you back, and take a meaningful step toward your goals. This is the perfect way to end the year with a clear intention for the year ahead.

Don't miss out—reply now to claim your spot!

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