

QUARTER ONE
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REAWAKEN

QUARTERLY EDITORIAL

REINVENTION

THE ISSUE

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REAWAKEN
COACHING

Hey Gorgeous You

Welcome to January 2025!

Here in New Zealand, we're basking in the height of summer. It's hot, and I'm fully embracing my love for air-conditioning and my desk fan! But nothing beats lazy strolls along the beach with my dog, diving into delightful summer reads and carving out precious moments for myself to find true peace. Summer is definitely my season, and it brings me to life in a way that nothing else can.

I know many of you, my wonderful readers, are in the thick of winter right now, and I hope you're finding ways to create your own sense of Hygge and delight in your space.

This edition of the magazine is all about Reinvention. Just like you, I'm setting my goals for the year ahead, and I want this edition to support you in doing the same. At the start of the year, we naturally reflect on how far we've come in our lives. It's a perfect time for self-assessment: What have we achieved? What goals do we still want to pursue? Are we moving toward our hopes and dreams? And what might be holding us back?

Setting new goals and intentions is a powerful form of reinvention. Our ambitions and dreams challenge us to evolve into new versions of ourselves. I truly believe in the idea of a seven-year cycle—looking back, I can see how dramatically I've changed in that time. Seven years ago, I was overwhelmed, navigating life as a single mother after leaving my marriage. I was juggling a full-time job, two energetic dogs, and the daily grind of bills and responsibilities. "Overwhelmed" doesn't even begin to cover it—my life was chaotic. Fast forward to today, and I strive to live by a "no drama" policy as much as possible.

I'm excited to introduce you to Brith Larsen, this month's gorgeous cover model, and an incredibly inspirational woman who has repeatedly transformed her life while stepping into her authentic self. I knew her story needed to be shared, and I hope it inspires you as much as it inspires me. I'm all about real women achieving incredible things, one day at a time. And as Brith says, "If I can do it, so can you."

As we embark on this new year together, I wish you all the best in your pursuits. I invite you to join me in the 30-day challenge outlined in this edition to help you embody your Word of the Year.

As always, stay true to yourself.

Kate Parker
Editor-in-Chief



“
*Let go of who you think
you're supposed to be;
embrace who you are.*

BRENÉ BROWN

THE WOMAN *Who Dared*



Brith's Journey of Resilience,
Reinvention, and Rising Above



Life has a way of introducing us to extraordinary individuals—those whose stories resonate so deeply that they ignite a spark within us. Brith Larsen is one of those rare people. Her raw, unfiltered truth is magnetic, her resilience captivating, and her humor utterly disarming. She is the embodiment of rising above, daring to live life on her own terms, no matter how many times it has tried to knock her down.

This is the story of a woman who faced heartbreak, loss, and rejection... yet she built something beautiful—a life, a dream, and a sanctuary for others. And her story was one I had to share with you.

Roots of Resilience

Brith grew up in Denmark, the youngest of five children. When her parents divorced at just five years old, her mother shouldered the weight of raising the family alone with very little means. “I learned responsibility early,” she recalls. Her father had gifted her a horse, but the expenses were hers to bear—meaning work before and after school.

Though life was tough, it shaped Brith’s character. As a teenager, she craved more than her small-town upbringing could offer. So at 18, she left Denmark to become an au pair in England, but tragedy struck when her best friend took her own life. Heartbroken, she returned home, but the experience only strengthened her resolve to seek a life of freedom and adventure.

Chasing Freedom and Building Strength

Her twenties were a whirlwind. Brith lived in Switzerland for three years, working at a ski resort, learning the language, and soaking up life in the Alps. Wanderlust led her to Southeast Asia on a one-way ticket with no plans, no friends, and no timeline. Her travels brought her to unspoiled Bali in 1993, where she fell in love with its magic, and onward to Hong Kong, where she climbed the ranks from waitress to general manager in just one year.

The adventures continued: Brazil’s beaches, quiet moments of reflection, and even days spent communicating with a travel companion using only a dictionary. These were the building blocks of resilience and reinvention.

When the Storms Rolled In

At 28, Brith returned to Denmark and started a family. Three sons followed in quick succession, but life remained chaotic. Tragedy struck again when her father was murdered in 2002. Grieving, Brith sought solace in connection, finding work as cabin crew for SAS Airlines. Over 16 years, her job allowed her to travel, meet people, and rebuild her spirit.

But in 2013, her life unraveled in an instant. She was fired from her job, her long-term relationship ended, and her home was rented out. With no place to go, Brith slept in her car with her dog. Friends turned her away, and her siblings offered no help.

Finding Herself in Bali

At rock bottom, Brith made a bold choice: she flew to Bali. It wasn’t just an escape—it was a pilgrimage to rediscover herself. For a year, she meditated, fasted, practiced yoga, and surrounded herself with positivity.

“Bali taught me that nothing is permanent—not pain, not joy, not anything,” she says. For the first time in years, she cried tears of happiness. She returned to Denmark balanced and ready to start anew.

A Dream Takes Shape

Brith had always dreamed of creating a space that radiated good vibes. When she stumbled upon an old ice cream house and burger bar on a remote beach outside Copenhagen, she saw its potential. The dream? A café where people would feel so welcome they’d never want to leave.

The journey wouldn’t be easy. The banks rejected her for a loan 21 times. At the time, she was still in a relationship. When her partner promised to support her financially, she thought her dream was within reach. Instead, they broke up the day before she signed the lease.

With no money, Brith got creative. She sold belongings, rented out her house, and lived in her car. Slowly, she bought secondhand equipment and began transforming the rundown space. The landlord believed in her dream, offering her the chance to make it a reality.

“My dream board and vision board had convinced them I should be the new tenant of the space. So we made a deal. I was overwhelmed, happy, thankful and grateful that someone, for the first time ever, believed in me,” she said.

A Haven of Good Vibes

In 2017, Brith opened her café, and her vision came to life: no Coca-Cola, no Snickers—only organic, high-quality offerings like matcha lattes, golden lattes, homemade bread, sugar-free juices, and indulgent yet wholesome cakes. She added free Sunday yoga, paddleboard rentals, and a cozy outside fireplace for winter nights.

What started as a small café grew into something extraordinary. Today, Brith's café is a beloved destination, drawing visitors from across Europe. It's been featured in magazines, served as the backdrop for Ford's 2023 car launch, and appeared on national television as one of Denmark's most unique beachside gems.

And Brith? She's done it all without owing a single penny to the bank. Every renovation, every piece of new equipment, every expansion—paid for in cash.

The Power of Reinvention

Brith's success hasn't just been about the café. She designed and built her own dream home, complete with a pool that's been featured in magazines. Her passion for design, quality, and creating happiness is woven into everything she does.

But she's not stopping there. Plans are underway to expand her beachside haven with a larger café and a hot yoga studio. Her vision? A Kanalu community that blends the vibrant energy of Bali in summer with the cozy warmth of the Swiss Alps in winter.

Reinvention isn't just a concept for Brith—it's a way of life, woven into the fabric of who she is. "Yes, I've reinvented myself many times," she says. "To me, reinvention means you're truly living as a human being. It's growth, it's development, and it's a lesson. It helps you face reality, handle life, and truly be a part of it."

For Brith, each reinvention has been a step toward becoming her truest self. "It's taught me to be grateful when times are good and thankful during the bad times. And when things are tough, I know they won't last forever—because nothing does. Happiness and sadness are both fleeting, and that's part of what makes life beautiful."

Pivotal People and Moments

Brith credits much of her growth to the people she's met along the way. "Meeting the right people at the right time has been crucial for me," she says. "Their guidance, their words, and the discoveries they've led me to have made my life healthier, better, and more fulfilling. They've taught me what it means to be truly grateful and to live without regrets."

Travel, in particular, has connected Brith with kindred spirits—people who, like her, chose to leave behind the familiar in pursuit of something greater. "When I travel, I meet people who are in the same boat as me. People who have left their homes, families, and security to discover new worlds, new cultures, and new friendships," she shares. "These are people who are brave, curious, open-minded, and willing to make conscious choices about their lives. They've shown me that I'm never alone, and they've always been a guiding light for my next step."





Advice for Reinvention

For anyone feeling stuck but longing for change, Brith offers a simple yet profound challenge: “Ask yourself, ‘What’s keeping me?’ And whatever answer you find, I’ll call it an excuse.”

She believes that the only thing standing between us and our dreams is ourselves. “There’s nothing in this life that can stop you from living the way you want—nothing except you,” she says with conviction. “It all comes down to how much you want it, how strong your desire is, and how willing you are to make it happen.”

But Brith is also clear-eyed about the reality of change. “There’s always a price to pay for living life on your terms. You may not know what that price is until after you’ve made your decision. I’ve come to a place where I no longer care about what others think or what the cost might be. I’m willing to pay the price to live my life the way I want it.”

Her wisdom is simple yet profound: “You are your own lucky charm. No one else can do it for you. The power to reinvent yourself is—and always has been—in your hands.”



Embracing Challenges

Life is filled with challenges, and no one knows this better than Brith. Yet, for her, the odds have never been something to fear—they’re simply part of the journey.

“The odds are life,” she says simply. “They’re a part of it. You need to move on.” For Brith, this mindset isn’t just a coping mechanism; it’s a guiding philosophy. Challenges, in her eyes, are what shape us. They force us to grow, adapt, and discover new ways forward.

“I believe no one is entitled to control my life or tell me I’m not allowed to do something,” she explains. “I’m in this life to live my life—you’re in this life to live yours. And if, one day, our paths cross, that can be something truly beautiful.”

Her perspective is a powerful reminder that the obstacles we face are not roadblocks but stepping stones. “Odds are just another challenge. If we don’t meet challenges in life, we don’t develop. We stay the same,” Brith reflects. “If I choose life, I also choose the challenges that come with it, because they’re what make me who I am today.”



Brith has learned to trust the process, even when things don’t go as planned. “They may not always turn out the way you want, but they always turn out the way they’re supposed to. Remember the rejections? There’s always a reason behind them. If you can’t climb the mountain straight up, you’ll find a way around it—that’s how it’s meant to be.”

Rather than seeing obstacles, Brith sees opportunities for creativity and growth. “Challenges make you resourceful. They teach you to find solutions instead of focusing on what’s in your way,” she says.

At the heart of it all is Brith’s unwavering commitment to live life on her terms. “I choose to live—and I choose to live my way. And if things don’t work out? That’s life’s way of telling me it’s time for a change in direction.”

Her words serve as a powerful reminder: life’s challenges are not detours from the path—they *are* the path. And with resilience, creativity, and a belief in oneself, the journey can be as beautiful as the destination.

A Legacy of Resilience

Brith's journey is a testament to resilience, reinvention, and the power of dreams. She's faced unimaginable heartbreak, rejection, and setbacks, yet she's built a life—and a sanctuary—that inspires others to believe in themselves.

Her advice? "Don't ever give up on your dreams or yourself. No one is entitled to control your vision. If I can do it, so can you." She also says "The lesson of life is a lesson of love. Regrets are bitterness and bitterness is sadness - don't go there, it's not worth it."

Brith's story reminds us all: Life will throw storms your way, but the sun always rises. You can rise too—and when you do, the view is breathtaking.

If you want to experience Brith's slice of paradise in Denmark, you can find the details below:



<https://kanalu.dk/>



[@kanalucafe](https://www.instagram.com/kanalucafe)



www.facebook.com/kanalucopenhagen/



Making Decisions from Your Future Self

The Key to Stepping Into Your Desired Life

Ever find yourself at a crossroads, debating if a decision is the right one, second-guessing, and feeling a worrying lack of trust in yourself? I get it. I've lived it. In fact, I wouldn't be living the life I am today if I hadn't started consulting someone who's now pivotal to every major decision I make—my future self.

For years, I was mired in confusion and overwhelm. If you know me today, it might surprise you to hear that. But back then, after the emotional upheaval of losing my mother and leaving my marriage, I was so lost that I eventually ended up on anti-anxiety medication. I was suddenly responsible for everything, working full time, being an author, running a design business, and balancing the weight of single motherhood with the demands of being the sole homeowner. Life had a way of feeling heavy, chaotic, and anything but certain.

In the midst of this, I realised I needed a new approach. Reading deeply into coaching philosophies and experiencing transformational coaching sessions opened my eyes. I wasn't "broken"—I knew I was resilient, capable, and whole. But I also recognised that, like anyone, I had a lot to learn, and I wanted to do better for myself and my daughter. That's when I started making decisions as Future-Kate.

When I made this shift, things started falling into place. It was transformative because making decisions from my future self, "Future-Kate," meant breaking free from the cycles that had kept me stuck and small. Here's why that change was so important and how it can be for you, too.

When you make decisions based on your current self—the "here and now" mindset—you're operating from a place of limitation. You might make choices rooted in your past disappointments or fears of making the same mistakes again. Without realising it, you're reinforcing the very patterns you're hoping to escape. But when you shift to thinking as your future self, suddenly you're making decisions from a place of clarity, empowerment, and true vision.



When making a decision on something, ask yourself the questions that Future-You would. Questions like:

- Would my future-self regret not doing this?
- Is this a stepping stone to becoming the person I want to be?
- What does my future self believe? If she has those beliefs, how would she act?

In doing this, you're not just imagining your future—you're actively creating it. You're setting yourself up to grow, to step into calculated risks, and to break out of the fear-based decision loops that keep you stagnant. It might feel uncomfortable at first; your brain is designed to keep you safe and conserve energy, so the unknown can feel intimidating. But ask yourself this: are you truly content with your life as it is, or are you ready for more?

Once you get familiar with who your future self is, decision-making gets so much easier. The uncertainty dissipates, and you begin to align your choices with the life you envision. The beauty of it is that reinvention isn't a one-time thing. It's something you get to do over and over again, refining who you are as you move forward. So, dive into imagining your future self: what does she wear? What are her weekends like? Who does she surround herself with? How does she spend her free time? What activities light her up? And then start incorporating pieces of that vision into your life right now, today even!

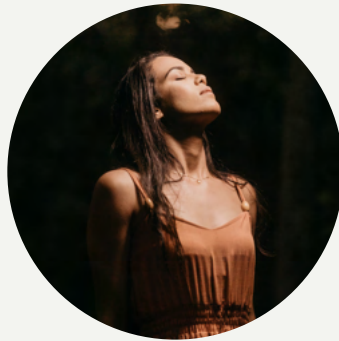
There's no reason to wait. Start asking, "What would Future-Me do?" and watch as clarity and confidence follow. Making choices from your future self is the first step toward creating a life that's aligned with your deepest desires, bringing you closer to the authentic, empowered life you're meant to live.





The Five Types of People You Need in Your Life to *Thrive*

We've all heard it before: "You become the average of the five people you spend the most time with." But who are these people, exactly? Here's a breakdown:



1. The Inspired
2. The Open-Minded
3. The Motivated
4. The Grateful
5. The Passionate

While this list might sound familiar, or you may have seen a different list over the years, this list is what I consider to be the most beautiful pot of gold. But also, understanding why these types of people are so vital is the key to unlocking your own growth.



Surrounding yourself with these types of individuals raises your mindset, your ambitions, and your results. It shifts your internal ceiling higher because you're constantly reminded of what's possible. You see them being inspired, open-minded, motivated, grateful, and passionate, and suddenly, these qualities are no longer just ideals—they're realities right in front of you, happening every day. Seeing these people live out what lights them up starts to normalise possibility. Instead of thinking, "That's impossible," you start asking, "Why not me?"

So, let's look at why these people matter and how to spot them in your own life.



1. The Inspired

Why they matter: The inspired are visionaries, constantly looking beyond the status quo. They're often at the forefront, dreaming up what others can't see yet. Being around them, you'll feel a contagious energy and see firsthand what it looks like to push boundaries.

How to spot them: These people radiate ideas and possibility. They're often talking about new projects, sharing unconventional perspectives, or asking thought-provoking questions that get you thinking bigger.



2. The Open-Minded

Why they matter: Open-minded people see the world with curiosity rather than judgment. They invite you to look beyond your own assumptions, gently challenging you to expand your perspective. This can be a catalyst for tremendous personal growth and empathy.

How to spot them: Look for those who listen more than they talk, those who are open to different views, even if they don't agree. They're the ones willing to try new things and consider ideas from every angle.

3. The Motivated

Why they matter: Motivation is contagious. When you see someone committed to their goals, it's inspiring. The motivated don't just dream—they take action, and that's the type of energy that can push you to take your own ambitions seriously.

How to spot them: These people are doers. They're the ones setting goals and actively working toward them. They rarely complain about obstacles but instead focus on solutions, radiating a kind of disciplined energy that's hard to ignore.

4. The Grateful

Why they matter: Grateful people remind you of what's beautiful about life as it is. Their presence can ground you, offering a counterbalance to the drive for "more" with a sense of appreciation for "enough." Gratitude has a way of keeping you centred and optimistic, even on challenging days.

How to spot them: They're the ones who notice the small moments, the simple pleasures, and express appreciation frequently. They don't dwell on the negative. Instead, they seem to find something to be thankful for in almost any situation.

5. The Passionate

Why they matter: Passion fuels purpose. When you're around people who truly love what they do, it's a reminder of what's possible when you find work, hobbies, or causes that light you up. Passionate people give you permission, simply by example, to pursue what makes you come alive.

How to spot them: You'll know them by the light in their eyes when they talk about their passions. Whether it's a career, a creative project, or a cause, their enthusiasm is unmistakable, and they inspire you to find that fire in your own life.

Creating Your Own Circle of Influence

As you seek out these types of people, remember that growth doesn't happen in isolation. By surrounding yourself with those who embody inspiration, open-mindedness, motivation, gratitude, and passion, you elevate your own perspective, push past self-imposed limits, and grow closer to your goals. Take note of who currently embodies these qualities in your life and, if you're missing one or two, seek them out. Sometimes you might have or find people that have multiple qualities in the above areas, and if you do – that's a bonus. But having a variety of people, creates diversity as well – and that's fantastic for your growth and makes life a little more exciting.

If you don't know anyone, or you're not sure about putting yourself out there to find these people, that's okay too. There are many people online, podcasters, authors, artists, and coaches that you can tap into. This way you can still surround yourself in their ideas, knowledge, and energy. You might even subscribe to a magazine or two, like the Reawaken Quarterly.

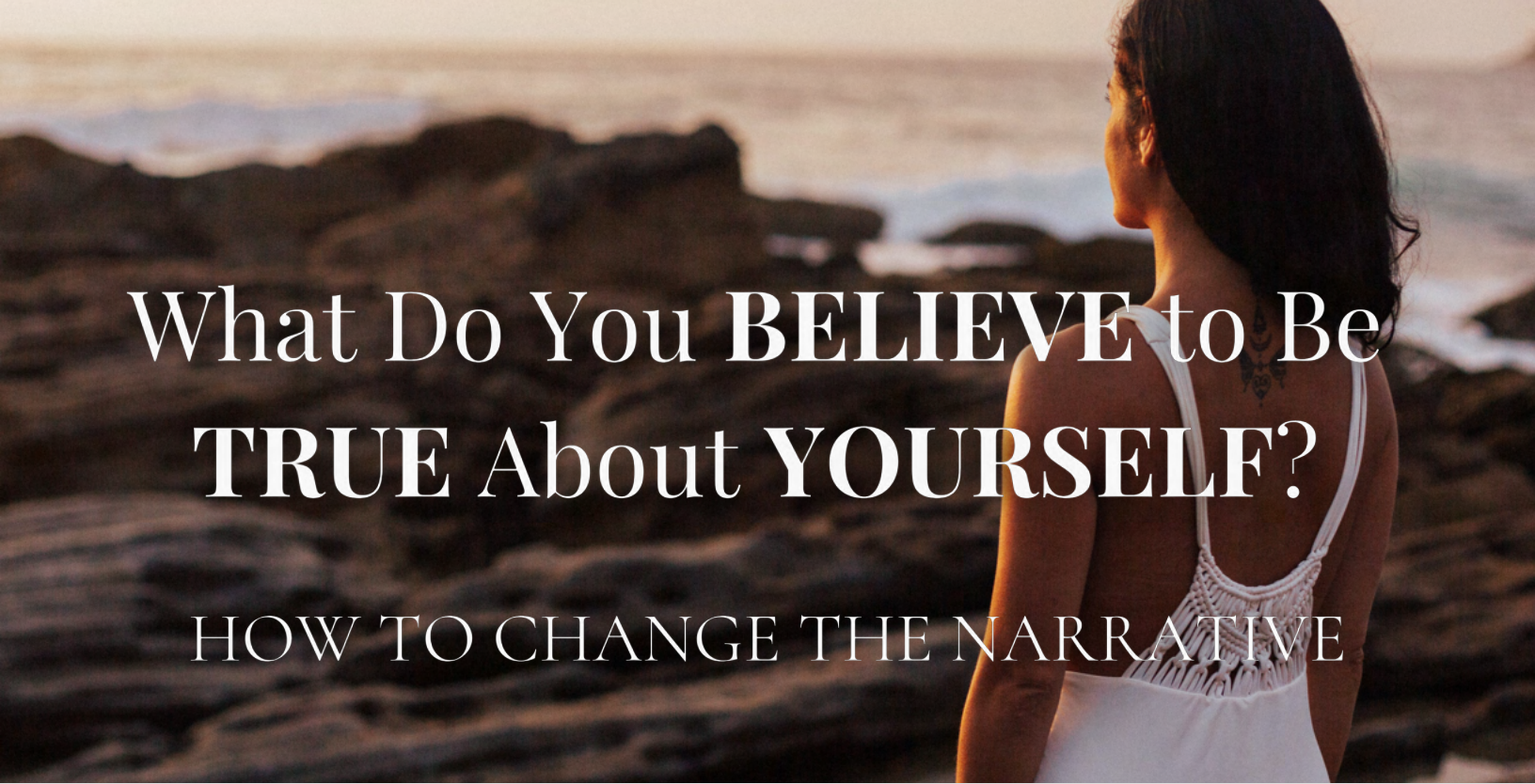
When you choose to surround yourself with people who align with the kind of life you want to create, every day becomes a little richer, more purposeful, and filled with possibility.



**SURROUND YOURSELF WITH
PEOPLE WHO ARE GOING
TO LIFT YOU HIGHER.**

Oprah Winfrey





What Do You BELIEVE to Be TRUE About YOURSELF?

HOW TO CHANGE THE NARRATIVE

What do you believe about yourself?

Really think about it for a moment. These beliefs, which may feel as solid as stone, could be much more flexible than you realise. Yes, we each have our stories and accomplishments, and those facts are real enough. But, as Maxwell Maltz, the famed psychologist and author of *Psycho-Cybernetics*, teaches us, much of what we remember—and believe—is more of a narrative we've constructed over time than an actual record of events.

And if this is true, then we have an incredible opportunity in front of us: we can reimagine ourselves with a new, more empowering narrative.

The Power of Narrative in Self-Belief

Maxwell Maltz observed that our beliefs about ourselves are often based on a set of memories that may or may not be entirely accurate. When he noticed this, it changed everything about how he approached self-image, both in his patients and in himself. Maltz discovered that these beliefs, however deep-rooted, are surprisingly malleable.

Now, you might be thinking, "Really? My self-image and beliefs can just change with a new story?" Yes! By consciously choosing to rewrite your narrative, you can set the stage for a new version of yourself. Let's look at an example from my own life to see how this plays out.

Rewriting My Own Money Story

I used to believe I was "rubbish with money." This belief didn't come out of nowhere. I watched my parents struggle with money, I was married to someone who earned more than me, and I just never saw myself as capable with finances. Naturally, I lived right into this belief. I overspent, I made financially reckless decisions, and I saw myself as the "financially irresponsible one" in my relationship. My mind was telling me, "Yep, this is who I am." And for years, it was like clockwork.

Then, I started questioning it. I asked myself: Is this belief actually true, or is it a narrative I've reinforced by selectively looking at my past? Once I realised it was a narrative, I began actively choosing to believe something new: that I could be responsible with money. Over time, this belief started shaping my behaviour. I went from constantly overspending to gradually building a life where I own my own home, my car, and run my own coaching business. My finances are stable, and I live comfortably, with almost no debt beyond my mortgage.

Was it easy? No. But was it transformative? Absolutely. I now believe that I'm excellent with money and living well within my means.

So, What Beliefs Are Holding You Back?

Most of us have a few "truths" we cling to about ourselves, often based on selective memories or past disappointments. You might find yourself saying:

"I'll never lose weight."

"I'll never be successful."

"I'm just not creative."

"I'll never achieve my goals."

"My parents never believed in me, so I'll never amount to anything."

But here's the thing: our memories are often filtered through a lens of self-doubt, disappointment, or frustration. Maltz argued that the mind doesn't just passively record memories; it shapes and colours them based on our expectations. So, if you're feeling unmotivated, those memories will reflect that belief.

Finding Evidence of Your Success

To break free from these limiting beliefs, start by re-examining your past successes. Ask yourself: What have I achieved that I'm proud of? It could be anything:

- A piece of art you created in school.
- The time you succeeded at a hobby or sport.
- That first job offer you received.
- A time you lost weight without realising it.
- A challenge you tackled when you thought you couldn't.

These moments of success are evidence that you're capable of much more than you might believe. They show that you're resilient, capable, and adaptable.

Changing the Narrative with Reframing

Let's look at how to rewrite a belief through reframing. Here's a common scenario:

- 1. Memory:** You went through a rough breakup with someone you deeply cared about, and you internalised the idea that you weren't good enough for them.
- 2. Reality:** Looking back with clearer eyes, you realise they may have treated you poorly and didn't value you.
- 3. What You've Told Yourself:** "I'll never pick the right person. I always choose poorly."
- 4. Reframe:** "Thank goodness I saw that relationship for what it was. I know now what I don't want and what behaviours are red flags."
- 5. New Memory:** "That experience gave me clarity and a stronger sense of what I deserve."

Beliefs Shape Reality

Once you create a new belief about yourself, your actions begin aligning with that belief. Maltz's research showed that our brains are like goal-seeking mechanisms. When you believe something to be true about yourself, your mind goes to work reinforcing that belief by seeking out ways to make it your reality.

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"Once you create a new belief about yourself, everything you do will support that belief."

KATE PARKER

If you keep telling yourself, "I'm bad with money," you'll find yourself overspending, ignoring budgets, and unconsciously making choices that match that belief. But if you actively work to believe, "I am capable and responsible with money," you'll start naturally reinforcing that in ways both big and small. You might find yourself saving more, making smarter spending choices, or simply feeling less stressed about finances.

Recognise the Power You Hold

Changing the narrative takes courage. It's uncomfortable to challenge beliefs we've held for years or even decades. But this shift allows you to open up to growth, letting your beliefs evolve and your actions follow. As Maltz put it, we have a kind of "self-image thermostat," and it will reset to whatever level you choose.

So, take a moment today to examine what you believe to be true about yourself. Look at these beliefs through a new lens and ask yourself if they're serving you or holding you back. Embrace the fact that you have the power to change the narrative, creating a new story that aligns with the person you want to become. Remember, each belief you change is a step closer to living the life you truly desire, and all it takes is one small shift at a time.





It's Time to Stop Apologising for Being You

**WHEN YOU UNAPOLOGETICALLY OWN
YOUR CHOICES AND VALUES, YOU GIVE
PERMISSION TO OTHERS TO DO THE SAME.**

”

HOW OFTEN DO YOU FIND YOURSELF APOLOGISING, ESPECIALLY AS A WOMAN?

In my work, I see it all the time. Apologies spill out for everything, from small inconveniences to simply taking up space or having an opinion. Yes, some of it stems from politeness and values many of us were raised with. But I can't help but wonder—how much of this is actually a fear of showing up as our true selves?

Apologising, especially for who we are, can become a way of diminishing ourselves, of giving away our power. And we do it constantly. While an apology is sometimes the right response (say, for being late to meet a friend), too often we find ourselves apologising for our needs, our boundaries, and our choices. In fact, the act of apologising for things that aren't actually wrong is deeply connected to social conditioning, especially within patriarchal frameworks. These structures have long dictated that women, in particular, should be "accommodating," "soft," and "agreeable," teaching us from a young age that it's better to fit in quietly than to stand out boldly. But here's the truth: you don't owe the world an apology for being yourself.

And if you really want my opinion on this - well then, I say: Fuck that. Its time to stop submitting to the whims of others and be unapologetic.

Why We Don't Need to Apologise for Who We Are

Our authenticity is our most powerful asset. Embracing it without apology isn't only a radical act of self-acceptance, but it's also a subtle act of resistance. Patriarchy has been embedded in our social structures for centuries, dictating how women should behave and who we should be. By apologising for the parts of us that don't conform, we reinforce this system. When we choose instead to live authentically, we send a powerful message that we're done with being small.

Here are a few things we should never feel the need to apologise for:

1. Loving Someone

Love is a powerful force, and who you love is entirely your business - including self-love. Society often tries to dictate acceptable forms and expressions of love, but this is personal. Stand proudly in your choice to love whoever you love (including yourself!) without needing anyone's approval or validation. I'm the first person to proudly announce I'm dating myself, and I really don't care what others think of that whole idea, nor will I ever apologise for it.

2. Saying No

Women are often expected to be accommodating, even to their own detriment. Saying "no" isn't just a right; it's an essential act of self-respect. A simple, firm "no" doesn't require an apology. "No" is a complete sentence, and you don't need to then support that with some form of other apologetic excuse. Setting boundaries is necessary for your well-being and peace, not something that should be excused or minimised. If you keep saying "yes" to everything, then honestly ask yourself, what are you saying "no" to?

3. Following Your Dreams

Whether it's pursuing a career, starting a business, or exploring a passion, your dreams are valid. Too often, women are conditioned to shrink their ambitions or to put others' dreams ahead of their own. Following your dreams unapologetically is a powerful affirmation of self-worth and purpose.

4. Taking 'Self-Care' or 'Me' Time

Self-care is fundamental. Society often labels self-care as "indulgent" or "selfish," especially for women. The patriarchy has long reinforced the notion that a woman's role is to care for others, often at the expense of her own well-being. But we can't pour from an empty cup, and we should be expected to. Self-care isn't a luxury; it's a necessity, and taking time for yourself isn't something you should ever apologise for.

5. Prioritising Your Goals

It's okay to set your own priorities and to put your dreams, family, career, or health first. Often, women are expected to prioritise others' goals above their own. But living authentically means honouring your values and goals without seeking permission or forgiveness for them.

6. Ending Toxic Relationships

Letting go of relationships that drain you or harm your spirit is essential for growth. The societal expectation that women should "fix" or "nurture" relationships often keeps us in unhealthy dynamics. Ending these relationships isn't a failure; it's self-protection, and it needs no apology.

7. Your Imperfections

Embracing imperfections isn't just about self-acceptance; it's also about rejecting society's unrealistic and incredibly fake standards. We're all imperfect, and that's part of what makes us human. Stop apologising for not fitting into a narrow, patriarchal ideals of "perfection."

8. Standing Your Ground

Society often views women's assertiveness as "aggression" or "bossiness." But standing firm in your beliefs is a sign of strength. When you know who you are and what you stand for, hold your ground without apology.

9. Telling Your Truths

Whether it's speaking out against injustices, sharing personal stories, or asserting your opinions, your voice matters. The world doesn't get to tell you which truths are "too much" to share. Your truth is yours, and it's part of the power you bring to the world.

10. Being Authentic

Living authentically might ruffle some feathers, especially when authenticity challenges societal expectations. But the alternative—dimming your light to make others comfortable—will only leave you feeling incomplete. Authenticity is a pathway to self-fulfilment and peace, and it deserves no apology.



Shifting from Apology to Empowerment

Imagine how much of yourself you'd reclaim if you stopped apologising for these things. When you catch yourself about to say "sorry" for something that's simply part of who you are, pause. Remind yourself that apologising for your needs, boundaries, or choices only reinforces a system that thrives on limiting women's power. Reframing these "apologies" as acts of self-respect and self-preservation is how we begin to take our power back.

This shift from apology to authenticity isn't only liberating; it's also contagious. When we unapologetically own our choices and values, we give permission to others to do the same. So take a moment and ask yourself: who are you living for? Who are you trying to please, and at what cost?

Instead, it's time to declare to yourself out loud: I am unapologetic!

The patriarchy may have set the stage for generations of women to apologise for being true to themselves, but we have the power to rewrite this story. Start today by embracing the parts of you that don't fit the ideals of others, by following your path without apology, and by standing tall in who you are. It's going to feel a bit scary at first, and your brain won't like it because it's outside of the norm. But the more you do it, the more primed your brain will be. After all, you don't owe anyone an apology for being authentically, unapologetically you.

**YOU DO NOT OWE THE WORLD
AN APOLOGY FOR BEING YOU.**



New Year, New You Mindset

Achieving Your Goals with Micro-Habits

It's that time again—the spark of a fresh year brings new goals, revived ambitions, and the determination to turn dreams into reality. Maybe you've promised yourself that this is the year you'll finally tackle those dreams you've put off or focus on that one life-changing goal that's always felt just out of reach. I remember feeling that exact energy two years ago when I decided to finally launch Reawaken Coaching. I had woken up in January with the sense that it was time to get this dream going. But as many of us know, the excitement of January often fades by the end of the month, and the commitments we've made seem to slip away.

So why is it that, despite our best intentions, so many of us don't achieve our goals? The answer lies in our brains' complex resistance to change. The brain isn't simply a motivator; it's also a highly efficient machine wired to keep us safe by sticking to familiar patterns. And when we set a goal that seems big or daunting, our brains naturally resist, throwing up obstacles that make even the first step seem overwhelming.

That's where micro-habits and gentle, steady shifts in behaviour come into play. Instead of overhauling our lives overnight, I encourage a slower, sustainable approach. This way, our minds adjust to change gradually, allowing us to build confidence with each step. It's like the process of "boiling the frog": rather than diving headfirst into dramatic change, we warm up slowly and consistently, making change feel more manageable.

When I started Reawaken Coaching, I didn't leap into it with all the answers. I took it slow, broke down my bigger goals into smaller, achievable actions, and committed to consistency over intensity. While there were times when I felt like building a business was like climbing Mount Everest, the slower, steady approach paid off. Micro-habits became my secret weapon, helping me build a life I felt genuinely excited about and a coaching practice that resonates deeply with my readers and clients.

So how can you start integrating micro-habits to work toward your goals? Here are some examples of how to use this approach:

1. Build Creative Confidence, One Brushstroke at a Time

If your goal is to explore painting or another creative outlet, begin by setting aside just 30-60 minutes a week to practice. Rather than aiming to produce a masterpiece, use that time to experiment with new techniques or play around with different mediums. Maybe one week it's watercolour, and the next, it's acrylic. It's not about being Picasso right away; it's about enjoying the journey and building confidence as you go. Neuroscience tells us that consistent, small interactions with new skills activate the brain's learning centres, creating lasting pathways that make the skill feel less intimidating over time.

2. Get Fit with Small Steps, Not Giant Leaps

For those aiming for better health, starting small can mean the difference between long-term success and burnout. Instead of signing up for a demanding workout schedule, commit to something easy, like a daily ten-minute walk. Build on that by gradually increasing the duration or add in a hike or group fitness class when you feel ready. Small steps like these release endorphins, making the experience enjoyable rather than daunting. Over time, your brain will associate movement with pleasure, increasing the likelihood of sticking with fitness goals long-term. The goal isn't immediate transformation but sustainable progress that fits your life.

3. Create Passive Income in Manageable Chunks

If your sights are set on creating a new income stream or launching a side business, break down the process. What's the product or service you're passionate about? Start by researching your options, making a list of necessary steps, or reaching out to potential mentors. When you approach business-building with curiosity and commitment to small, consistent actions, you're more likely to avoid the burnout and overwhelm that can derail new ventures. These small steps primes the brain for entrepreneurship, creating comfort with new challenges while slowly shifting your mindset from idea to action.

4. Embrace Self-Care and Reflection

A meaningful goal for some might be self-care or developing inner peace. Scheduling even 10-15 minutes each day or just a couple of days each week for a mindfulness practice. This could be yoga, tai chi, journaling, practicing daily gratitude, or simply reflecting on the day's achievements. Being consistent can build powerful new habits of self-reflection and positivity. Over time, you'll notice shifts in your energy, self-acceptance, and overall mental clarity.





The Neuroscience of Repetition and Success

Each time you complete a micro-habit, your brain rewards you with dopamine, solidifying the behaviour as a positive action worth repeating. Over time, this rewiring creates a lasting habit loop, making each step toward your goal feel more natural and less daunting.

The beauty of this approach lies in the science of neuroplasticity, which is the brain's ability to rewire itself. By starting small, remaining consistent, and celebrating the small wins, you actively shape your brain's response to your goals, building resilience and momentum that compound over time.

Micro-habits allow your brain to adapt and embrace new routines without triggering a fight-or-flight response. Instead of a single, exhausting leap, you're making steady strides toward your future self. This approach supports lasting transformation and gradually rewires your brain to expect and accept positive changes as part of your everyday life.

And remember, when setbacks happen, it's all part of the process. Just like you, I still work on refocusing and realigning with my own goals, especially in Reawaken Coaching. The beauty of micro-habits is that they don't demand perfection; they just ask for consistency and intention. Every small step you take builds a foundation for long-term success and confidence. As you journey forward, keep your goals close, go gently, and know that every small win brings you closer to the life you envision.





THE *Secret* GARDEN: CULTIVATING YOUR PERSONAL SANCTUARY

Have you ever heard of the term your “Secret Garden”? It’s a concept that came to me while reading work by fellow New Zealand author Fiona Ferris. Fiona believes in the idea of a “Secret Garden”—a space, physical or mental, that holds a sense of tranquillity, inspiration, and creative energy. She suggests that having a Secret Garden helps us recharge and reconnect with our dreams, safely tucked away from the demands and noise of everyday life.

So, what is a Secret Garden, really? It’s a personal, private space—not always a physical garden, though it could be. Imagine it as a locked, mental filing cabinet, or even a beautiful journal. It’s a safe haven for your innermost thoughts, hopes, and dreams—those ideas not quite ready to be released to the world. It’s where you can leave behind all the personas, obligations, and ego-driven aspects of yourself and get down to your most authentic self. In your Secret Garden, you’re free to dream, to reflect, and to explore who you want to become.

For me, my Secret Garden mostly lives in my mind. It’s a place I mentally visit—a serene wooden clapboard house on the water where my future self awaits. This space is white, breezy, and open. Gauzy curtains flutter in the wind, sofas and blankets create a sense of comfort, candles glow softly, and artwork fills the walls. Light floods the space, with a fireplace for warmth and a dock outside where I can sit in the sun with the sound of water lapping nearby. Here, I can speak with my future self, asking her about her dreams, her hopes, her advice. It’s a place where I am truly transparent with myself, and that transparency is what fuels authenticity.

Transparency, however, doesn’t mean you have to share everything with everyone around you. It’s about being honest and graceful with yourself first, accepting all parts of who you are. This authenticity is nurtured in the quiet of your Secret Garden, where you don’t need validation from anyone else. It’s where you can reinforce your beliefs, problem-solve, and dream up new paths. Before sharing any goal or hope with others, I’ve almost always spent time working through it here. So, by the time I’m sharing with trusted friends, I’m not looking for validation. I’ve already given that to myself.

In many ways, visiting your Secret Garden can be a form of meditation. Although I've never quite mastered traditional meditation, I believe there isn't a "right" way—only that we make space for it in our lives. A Secret Garden is about reconnecting with what brings you peace and joy. For some, it's a quiet corner filled with meaningful objects; for others, it's a mental retreat they can access anywhere.

So, what should you bring into your Secret Garden? If you'd like a physical version, consider including:

- Journals, favourite books, or sketchpads
- Pieces of nature, like stones, plants, or flowers
- Meaningful artwork or cherished photos
- Soft textures like a cozy blanket or throw
- Objects of personal significance, such as travel mementos or family heirlooms
- A dedicated spot to relax and sit
- A special notebook for your dreams and goals.

I find that having both a physical and mental Secret Garden grounds me and provides a sense of safety, even when I'm away from home. I can mentally retreat into my Secret Garden to process thoughts and emotions, wherever I am.

The beauty of a Secret Garden is that it grows with you, reflecting who you are and what nurtures you at each stage in life. By carefully curating what fills this space, whether physically or mentally, you create a unique sanctuary where you can recharge, reconnect with yourself, and cultivate a life that feels both beautiful and deeply, authentically yours.

*Bloom where you
are planted*



WORD OF THE YEAR

ANCHORING YOURSELF FOR GROWTH AND
TRANSFORMATION



If you've been following along with Reawaken, you might recall I hinted at the power of choosing a Word of the Year rather than setting traditional New Year's resolutions. Over the years, I've found that selecting a single word to embody has had a transformative effect on my life. It's not just about setting goals; it's about aligning with an energy, a mindset, and a vision that reshapes how I approach everything I do.

Instead of aiming for resolutions that can feel restrictive or overwhelming, consider the impact of embodying a word that resonates deeply with where you want to go and who you want to become. For me, past words like Success (2021), Audacious (2022), Reawaken (2023), and Balance (2024) have served as anchors through everything from career highs to personal challenges. I've carried each one as a guiding light, empowering me to dig deeper and pursue my most authentic path.



“*Embodying a single word can turn your entire life into a masterpiece. Choose a word that reminds you of the woman you are becoming, then carry it proudly into every corner of your life.*”

My Journey with Words of the Year

Each of these words has shaped my life and business in unique ways. When I chose **Success** in 2021, I poured my energy into achieving big goals in my corporate role. It was a year of intense focus, growth, and achievement. I worked tirelessly, building a new team, setting up systems, and navigating the significant changes brought on by the pandemic. I achieved things I never thought possible, and that success set a powerful precedent for the years to follow.

In 2022, I chose the word **Audacious** because I wanted to expand my thinking and push beyond my comfort zone. This year was filled with big ideas—some of which have now been implemented and others that are still in development. It was my ideas year, a time to dream big and act on those dreams. This audacity led me to a pivotal realisation: I wanted to coach and support women through their life transitions. I took the bold step of certifying as a coach, a massive goal that has shaped my current path and fuelled my passion.

The following year, **Reawaken** became my guiding word. Coincidentally, it's also the name of my coaching company. This word resonated with me deeply during my coaching certification journey. I felt a profound reawakening, shedding old beliefs and limitations that had cluttered my mind. I built Reawaken Coaching to embody this transformation and spent the year diving into what I wanted this venture to accomplish.



It was a big commitment that required me to come back to myself and truly embrace who I am.

When I entered 2024, I realised I needed more **Balance** in my life. I kicked off the year with enthusiasm, releasing the first edition of this magazine focused on balance. However, despite my initial fervour, I struggled to truly embody this word. I experienced a significant setback in May when a virus caused me to lose my voice for weeks, serving as a harsh reminder that I had been pushing myself too hard for too long. It was time for a shift. I made the conscious decision to prioritise balance, stepping back from my podcast and other activities to focus solely on my daughter, my corporate job, and nurturing this magazine.

I dedicated months to regaining peace and equilibrium, reading nourishing books, nurturing my soul, and even giving my body a cleanse by pausing alcohol. It was about hunkering down and rediscovering what balance truly means for me.

...continued

“*A single word can be your guiding star, a steady anchor, and your reminder that you are capable of profound change.*”



The Power of a Word of the Year

As I approach the new year, I carry forward the audacious dreams and successes of previous years. I've experienced a significant reawakening, gained clarity, and now hold balance in how I choose to spend my time and energy. Trust me when I say this practice is not just some woo-woo concept; it's about intentionally leaning into your word and allowing it to guide your decisions and actions.

Have I stumbled along the way? Absolutely. I am someone who thrives on doing and experiencing everything life has to offer. But having a Word of the Year acts as an anchor, providing direction and focus amid the chaos. Your Word of the Year should be a powerful support for your growth and goals, a lens through which you view opportunities, and a reminder to stay authentic to the person you aspire to be.

When choosing your Word of the Year, consider the end state of who you want to BE. Do you want to be Successful, Audacious, or Reawakened? Frame your word in an "I am" statement and see how it resonates: "I am audacious," "I am empowered," or "I am balanced." Feel the energy of your word and let it fuel your aspirations.

A 30-Day Challenge to Embody Your Word of the Year

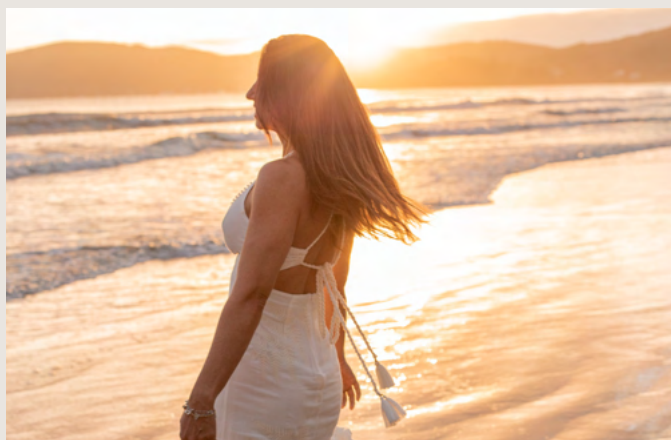
To help you integrate your chosen word, I've designed a simple yet powerful 30-day challenge. This will take just a few minutes each day but will deepen your connection with your word and help you live it fully. You can choose to do all the tasks or just some. Any work in this area will benefit you.

I'll be doing this right alongside you as I embrace my own word for 2025: CEO. I want Reawaken Coaching to grow in innovative ways that align with my vision, and embodying the energy of a CEO will help me approach my business with clarity, courage, and an impact-focused mindset.

So, let's begin this journey together with the following 30-day challenge. Don't get trapped in perfection - just take some action one day at a time. You can do this challenge at any time or in any order – but I love starting the year off with a challenge like this.

And if you're not sure what your Word of the Year is, I have provided a list that might spark some inspiration.

“*A Word of the Year isn't just a promise to yourself; it's a commitment to grow, to challenge, and to rise. Let it anchor you as you step boldly into your future.*”



Word of the Year

30-Day Challenge

<i>Day 1</i> ☐ Find a quote that reflects the essence of your word. Write it down and put it somewhere visible.	<i>Day 2</i> ☐ Set an image or word that represents your word of the year as your phone background.	<i>Day 3</i> ☐ List one small action you can take daily that will help you live out your word.	<i>Day 4</i> ☐ Write a letter to your future self, describing how it feels within you to embody this word.	<i>Day 5</i> ☐ Find a song that embodies the energy of your word and listen to it for inspiration. Even better, create a playlist.
<i>Day 6</i> ☐ Journal about what living out this word looks like in different areas of your life – home, family, career, spirituality, health, and goals.	<i>Day 7</i> ☐ Reflect on a challenge you're facing and how your word might help you overcome it.	<i>Day 8</i> ☐ Do something creative that feels aligned with your word—draw, paint, write, doodle.	<i>Day 9</i> ☐ Identify a limiting belief that contradicts your word and begin reframing it.	<i>Day 10</i> ☐ Set a mini-goal this week aligned with your word.
<i>Day 11</i> ☐ Share your word with a friend or family member and explain its significance.	<i>Day 12</i> ☐ Identify a digital mentor or role model who embodies your word. They may be an author, coach, podcaster, or someone you really admire.	<i>Day 13</i> ☐ Practice saying “no” to something that doesn't align with your word, even if it's just in the mirror.	<i>Day 14</i> ☐ Celebrate halfway through! Reflect on the progress you've made.	<i>Day 15</i> ☐ Spend 5 minutes visualising yourself fully embodying this word in your future self.
<i>Day 16</i> ☐ Write down one empowering affirmation that reflects your word. Perhaps an I AM statement?	<i>Day 17</i> ☐ Spend five minutes organising or decluttering to make room for your word's energy.	<i>Day 18</i> ☐ Do some self-care that nurtures your mind or body that aligns with your word.	<i>Day 19</i> ☐ Write down one thing you're letting go of to embody your word more fully.	<i>Day 20</i> ☐ Set an intention to bring your word's energy to a social situation.
<i>Day 21</i> ☐ Pick out an outfit that represents your word and wear it—even if it's just for you.	<i>Day 22</i> ☐ Reflect on an area in life where you might be resisting growth and apply your word's perspective.	<i>Day 23</i> ☐ Find an inspiring TED talk or video that represents your word – perhaps even watch some of your digital mentor's content.	<i>Day 24</i> ☐ Go out for a walk and form a list of three ways you could use your word to make decisions.	<i>Day 25</i> ☐ Notice any changes in your mindset and confidence this month and note them down.
<i>Day 26</i> ☐ Do something bold that embodies the energy of your word.	<i>Day 27</i> ☐ Take a few minutes to visualise your goal successes through the lens of your word.	<i>Day 28</i> ☐ List three qualities you're building by embodying your word.	<i>Day 29</i> ☐ Journal about what you want to carry forward with this word in the future.	<i>Day 30</i> ☐ Create a visual reflections board of what you have done this month with your word.

Celebrate! Reflect on the growth you've experienced and thank yourself for the commitment.

Embracing a Word of the Year is one of the simplest yet most empowering things you can do to transform your mindset and fuel your dreams. Each small action, each choice made in alignment with your word, brings you closer to the person you want to become. Let's carry these words forward, make them part of who ***we are***, and approach 2025 with clarity, purpose, and courage.

Here is a fun list of words you might be inspired by:

Inner Strength and Confidence

- Confident
- Powerful
- Committed
- Bold
- Ambitious
- Assured
- Resilient
- Determined
- Persistent
- Focused
- Responsible
- Accountable
- Fearless
- Unstoppable
- Brave

Joy and Connection

- Fun
- Loving
- Relaxed
- Joyful
- Trusting
- Content
- Grateful
- Satisfied
- Playful
- Charming
- Easy-going
- Outgoing
- Wild
- Spontaneous
- Peaceful

Elegance and Impact

- Elegant
- Magnetic
- Creative
- Smart
- Beautiful
- Stylish
- Sophisticated
- Refined
- Poised
- Cultured
- Chic
- Eloquent
- Worldly
- Feminine
- Unapologetic

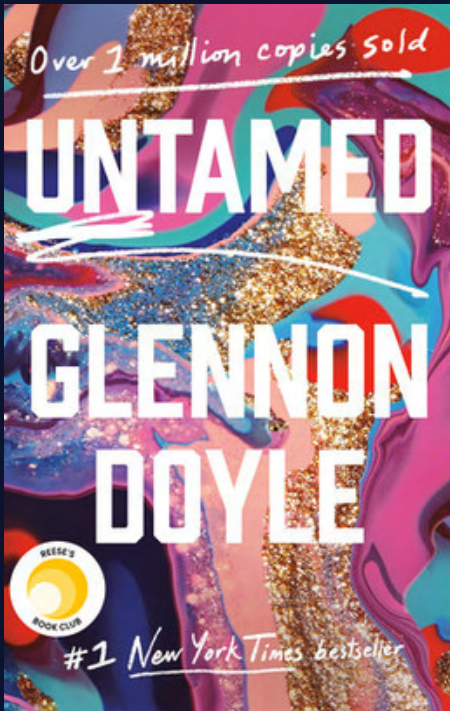


Here's to a powerful year ahead—let's make it

unforgettable!

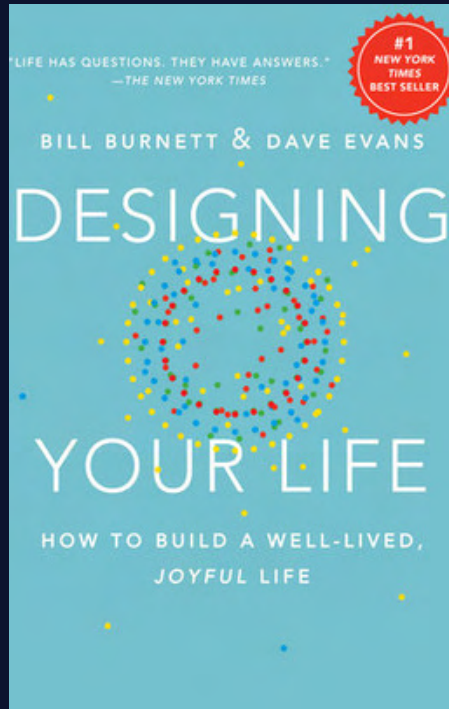
Amazing Reads

This month, I'm sharing some incredible books that captivated and inspired me. Each one offered something unique—whether it was pure entertainment, eye-opening insights, or powerful moments that I knew I had to pass along.



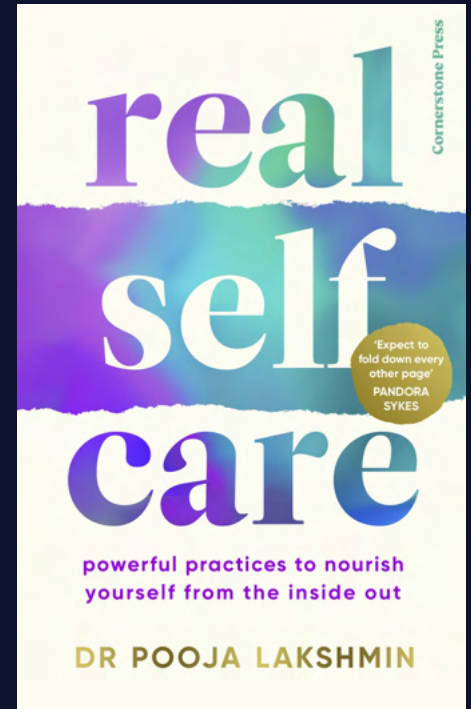
Untamed, by Glennon Doyle

Within these pages is Doyle's story of reinvention, but it's also a roadmap for how to begin to trust yourself enough to set boundaries, make peace with your body, honor your anger and heartbreak, and unleash your truest, wildest instincts so that you become the woman who can finally look at yourself and say: There She Is. So, pick up *Untamed* if you want to discover how you can bring your whole self to the table and finally break free from the status quo.



Designing Your Life, by Bill Burnett and Dave Evans

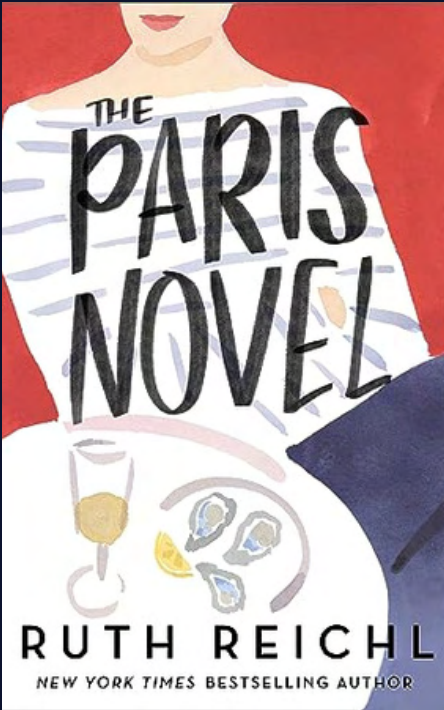
If you really want to reshape your life, then is the guide you need. In *Designing Your Life*, this duo shows you how design thinking can help you create a life that is both meaningful and fulfilling, regardless of who or where you are, what you do or have done for a living, or how young or old you are. If you think about it, everything in your life was designed by someone, and every design began with a problem that a designer or team of designers sought to solve. What if you took the same approach with your life? Or, as *The New York Times* put it, "Life has questions. They have answers." So get your questions answered.



Real Self-Care, by Pooja Lakshmin

This book challenges the superficial concept of self-care and focuses on meaningful, sustainable practices that foster emotional and mental well-being. Drawing from her expertise as a psychiatrist, she introduces practical strategies grounded in setting boundaries, self-compassion, and aligning decisions with personal values. Lakshmin emphasises the importance of prioritising inner work over external fixes to build a more fulfilling and resilient life.

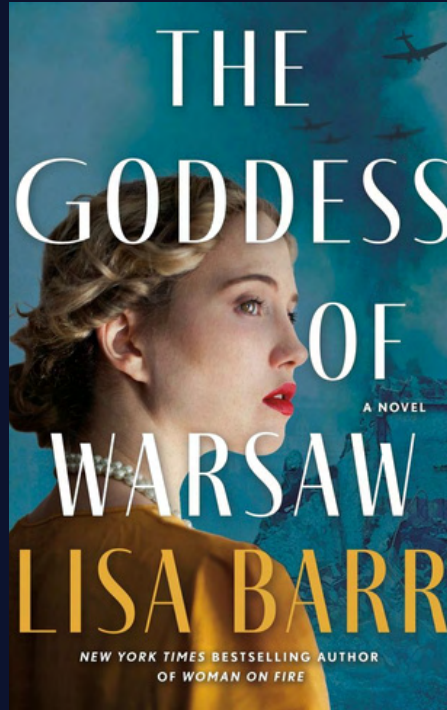
Delicious Fiction



The Paris Novel

Stella St. Vincent, a reserved literary reviewer, inherits a plane ticket and a mysterious note from her estranged mother instructing her to "Go to Paris." Initially cautious, Stella's life transforms when she stumbles upon a vintage store and impulsively buys a stunning Dior dress. This moment sparks an adventure through Parisian culture, from gourmet cuisine to the mysteries of art, particularly a Manet painting. Along the way, she embraces bold new experiences, uncovers hidden truths about her family, and begins to find herself.

This novel appeals to women with its vivid depiction of Paris, themes of reinvention, and empowering narrative. It celebrates courage, femininity, and the joy of embracing life's possibilities.

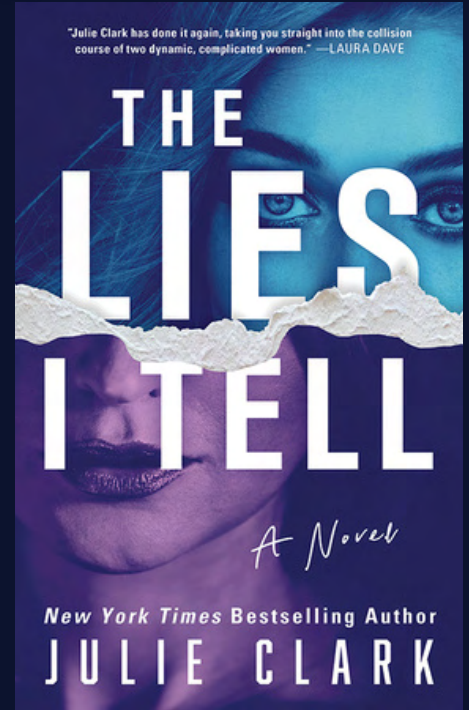


The Goddess of Warsaw

This story follows Bina, a survivor of the Warsaw Ghetto who reinvents herself as Lena Browning, a Hollywood icon. Decades later, she recounts her harrowing past and quest for justice to a young actress preparing to portray her life in a film. The novel explores survival, identity, and resilience, blending historical depth with emotional storytelling.

Women may appreciate the strong female protagonists, historical insights, and themes of empowerment and reinvention.

Warning: There are themes of war, abuse, discrimination, and racism within this book.



The Lies I Tell

This book is a gripping psychological thriller centered on two complex women. Meg Williams is a cunning con artist who uses her skills to target corrupt individuals, often blurring the lines between revenge and justice. Kat Roberts, a journalist with a deeply personal grudge, has spent years waiting for Meg's return to expose her. As Kat gets closer to Meg, she begins questioning her own assumptions and whether Meg's actions are truly criminal or driven by a deeper sense of morality.

Women will enjoy this novel for its compelling female protagonists, the exploration of power dynamics, and its thought-provoking take on justice, trust, and empowerment. The story's layered characters and unexpected twists create a narrative that is as emotionally engaging as it is suspenseful.



A quick life update

As I write this, we're still in the final days of 2024, but I'm already envisioning the fresh energy of 2025. My Word of the Year for 2025 is **CEO**, and I've been embracing that mindset for a couple of weeks now, and I'm looking forward to doing my own 30-day challenge in January with that word! Building *Reawaken Coaching* into a full-time endeavour is my top priority. Empowering women to chase their dreams and live authentically has always been my life's mission, and stepping fully into that space feels more aligned than ever.

On the home front, my daughter Abby closed out her school year beautifully, "graduating" from her current school with such grace that my heart could burst with pride. Soon, she'll embark on her high school journey—new experiences, new challenges, and that thrilling mix of nerves and excitement that comes with big transitions. She's ready, and I'll be right here cheering her on.

Christmas at our house is traditionally a wild mix of chaos, laughter, and exhaustion. But for 2024, I shifted the energy. I asked myself how I wanted to *feel* on Christmas Day—calm, nourished, and at peace—and intentionally designed the day around that vision. Gifts were wrapped ahead of time (no last-minute scrambling for once!), the kitchen was stocked with food in advance, and I invited one of my dearest friends, Jane, to join us for a week of connection and joy.

The day itself was simple and perfect. It began with coffee and waffles, laughter over gifts, and Abby heading off to spend the afternoon with her dad's family. Jane and I strolled along the beach with the dog watching families have a wonderful time frolicking in the warm sea, cooked a wholesome feast, and finished the evening with apple and blackberry pie while we watched an excellent TV series (Bad Sisters, in case you were wondering!) At almost 44, I've decided: *no more stressful holidays*. Christmas, for me, is now about the people I cherish, self-care, and a calm, joyful energy.

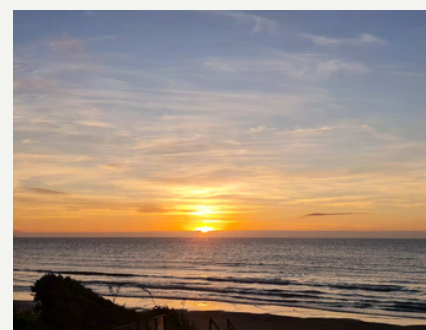
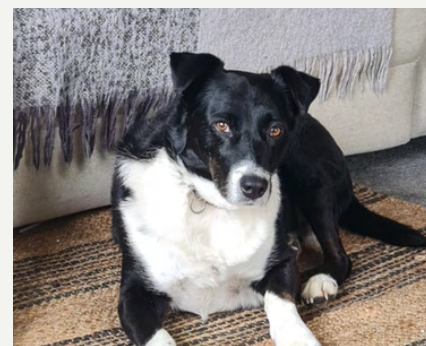
As for Reawaken Coaching, I've been busy behind the scenes creating resources I'm so excited to share with you. One is a guide inspired by my Reawakened Woman Manifesto—a toolkit for manifesting your dreams by aligning with the energy that fuels your passions. I want you to feel vibrant, determined, innovative, and confident as you create a life that truly sings to your soul. Once it's ready, I'll share the details so you can see if it resonates with you.

I'm also finalising a small transformative five-day program designed to spark daily breakthroughs. The program focuses on:

- Reconnecting with your authentic self
- Setting empowering boundaries and protecting your energy
- Embracing your own unique Queen Energy

My 2025 is already shaping up to be a year of bold moves, creativity, growth, and CEO energy. My hope is that your 2025 brings you everything you need to thrive, too. Here's to a year as extraordinary as you.

All my love,
Kate





REAWAKEN COACHING

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