

QUARTER FOUR
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REAWAKEN

QUARTERLY EDITORIAL

THE MAGIC OF CLARITY ISSUE

- EMPOWERMENT: THE RIPPLE EFFECT OF SELFLESS SUPPORT
- EMBRACE IMPERFECTION FOR A JOYFUL HOLIDAY SEASON
- CLEANING OUT TO WELCOME IN
- TRUSTING YOUR INTUITION
- REDISCOVERING LUXURY: THE SIMPLE JOYS THAT MATTER
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- RELAXATION AND RECLAIMING YOUR LIFE
- THE YEAR OF YOU - 2024 GROWTH AND BEYOND

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REAWAKEN
COACHING

HEY, GORGEOUS YOU



“Clarity comes from knowing what you want, not from the endless pursuit of what you think you should want.”

UNKNOWN

It's that time of year when life can feel a little overwhelming and unclear. Summer is over for those in the Northern Hemisphere, and Winter is finished for those in the Southern. But with the holiday season about to kick off, it's easy to get caught up in the whirlwind of expectations and traditions. That's why this edition is dedicated to clarity — because in times like these, we need it more than ever.

Clarity is powerful. It's about knowing yourself and staying true to that inner knowing, especially when society and those around us have plenty of opinions on how we should live. I've felt the pressure during this season—to follow traditions a certain way, to prioritise others' needs over my own, to do things that didn't resonate with who I am or who I want to be. But clarity comes from honouring ourselves. We can't be everything to everyone, no matter how much we might want to.

The articles in this edition are dedicated to embracing authenticity, cherishing the moments that matter, and empowering both ourselves and others. It's about letting go of the past so we can welcome what we truly desire. We can't carry the weight of who we were if we want to step into who we're meant to be. Trusting ourselves, rediscovering life's simple pleasures, and making an impact without being a people pleaser—these are the gifts of clarity.

It's hard to believe this is the last edition for 2024. When I started this magazine journey in January this year, I had no idea how big it would become for me. This has grown into the part of my business that I love and cherish the most—a space where I can dive in and create something meaningful for both you and me. I never realised just how much this was needed until the subscriptions started pouring in, and the conversations started happening. People would talk to me about issues, and I would take a moment afterwards and realise that while none of this is unique, these are things that we all face throughout the journey in our lives. It's far too easy to get caught up in our own little bubble and not share our lessons and reflections.

Producing this quarterly editorial has brought me immense joy. It's allowed me to blend my passions—coaching, design, and writing—into something truly special. As an Empowerment Coach, designer, and author, this magazine has become my own creative trifecta, a beautiful way to bring all these pieces together and share them with you.

I'll be back in January 2025, but until then, I hope you find joy in whatever holidays you celebrate. Thank you for reading, for subscribing, and for being part of this journey with me. Be safe, be true to you, and embrace joie de vivre.

With all my love to you and yours,

Kate Parker
Editor-in-Chief

EMPOWERMENT:

THE RIPPLE EFFECT OF SELFLESS SUPPORT

“When you empower others, you are not taking anything away from yourself or your own success. It sparks a ripple effect that transcends jealousy and competition, creating a community where everyone rises together. Your support ignites a chain of growth, confidence, and inspiration, proving that the true measure of success lies in the joy of uplifting others.



When we empower others, it's an act of pure selflessness that elevates our vibration to a higher level. And do you know what happens when you reach that elevated state? You attract beautiful souls into your life in a myriad of different and unexpected ways. There are those who observe what you're doing, those you inspire, those who are further along their journey, and those who want to meet you where you are. Your circle of love and empowerment extends far beyond you

When you empower someone, what do you think happens to them? That's right—they start empowering others as well. It's a powerful ripple effect. The more you give and empower, the more you receive back from those around you. But empowering others isn't about getting something in return. It's about truly supporting them, wanting to see them succeed in doing what they love.

To get into that zone, we must let go of jealousy. We need to recognise jealousy for what it truly is: desire. Desire to be more, to have more, to work towards something meaningful just for yourself. When you focus on what brings you joy, jealousy fades away. You're in the moment, working on something that brings you inner happiness. You then notice others around you, working on their own passions. You see their progress, their desires, and you feel elation. You see how inspirational they are. Friends who struggle see you as a beacon of light, going after what lights you up. Your actions, your way of being, and your progress inspires them.

This is the empowerment zone. Here, you see what others are doing, and there is no jealousy. There is only encouragement and love. You want them to succeed and achieve all they desire.

We know the journey isn't always straight. There are ups and downs and lessons learned through failure. There is immense growth in trying things for the first time, and we don't let that stop us.

We can coach ourselves to keep moving forward. We know that on the other side of learning and trying new things lies a level of competence. We understand that becoming an expert requires repetition, like learning to drive a car or ride a bike.

I have friends who have been so ill they could barely get out of bed. Now, they are rock climbing and achieving amazing things in their lives. Am I jealous? No. I wish I could rock climb, and maybe one day I will if I overcome my vertigo. But there is no jealousy. I am her cheerleader on the sidelines. What she is doing doesn't take anything away from me. It shows me that she's doing what once seemed impossible for her.

One of my closest friends was a serious smoker and drank wine every night. She lived in a beautifully curated apartment, worked in government for high-powered people, and never exercised. I was so proud when she gave up smoking. Not long after, she started taking early morning walks, going further each week. Then, she packed up her apartment, moved countries, and found her people. Seven years later, she completed an Ironman triathlon. It was the most exciting transformation I've ever witnessed. She always said, "Babe, if I can do it, you can do it."

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Her journey inspires me, even though triathlons aren't my thing. It motivates me to pursue my own dreams and desires. Her achievements don't take anything away from me; they help me get clear on what I want. She's now in the next phase of her life, and I'm still cheering her on from the sidelines.

I have another friend who recently bought an e-bike and cycles for miles every day. Another who battles mental health issues daily but makes incredible progress despite her inner struggles. Another who sets goals and works towards them every single day. Another who started painting for the very first time at 65 and now paints and creates daily.

So, who are the people in your world that you empower? Who do you admire? Who do you encourage with all your heart? When you see others, do you feel jealousy, or have you tuned into discovering your own desires?

Our communities need us now more than ever after the Covid-19 debacle and the segregation and lockdowns we all endured. And we need our communities. Whether in person or online, we can empower others and create a beautiful ripple effect around us.

Empowering others is a powerful way to foster growth, confidence, and community. Here are some effective ways to empower those around you:

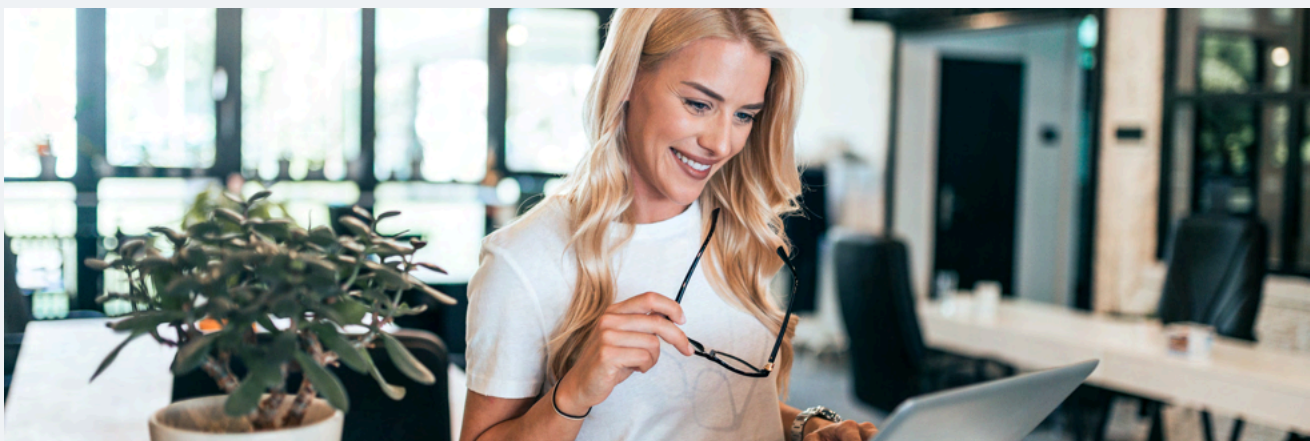
- **Listen Actively:** Truly listen to what others have to say without interrupting or offering unsolicited advice. This shows respect and validates their experiences and feelings.
- **Encourage Lifelong Learning:** Promote the idea that learning and personal growth are continuous processes. Encourage others to seek out new knowledge and experiences regularly.
- **Provide Opportunities:** Create or suggest opportunities for others to learn, grow, and showcase their talents. This could be through mentorship, recommending them for projects, or connecting them with valuable resources.
- **Acknowledge Achievements:** Recognise and celebrate the accomplishments of others with encouragement and support. This boosts their confidence and motivates them to continue striving for success.
- **Encourage Self-Care:** Remind others of the importance of taking care of their physical and mental well-being. Support them in finding a balance between work, rest, and play.
- **Promote Autonomy:** Encourage others to take ownership of their decisions and actions. Trust them to make their own choices and support them in their independence.
- **Be a Role Model:** Lead by example. Demonstrate confidence, resilience, and a positive attitude. Your behaviour can inspire others to adopt similar traits.



As we journey through life, the impact we have on others is the true measure of our legacy. Empowerment isn't just about lifting others; it's about creating a world where every person feels seen, valued, and capable of achieving their dreams. When we choose to empower those around us, we contribute to a powerful ripple effect that transforms not only their lives—but our own as well.

In this interconnected web of support and encouragement, we discover that our greatest strength lies in our ability to lift each other up. Every act of empowerment, no matter how small, sends waves of positivity that reach far beyond what we can see. Together, we can build communities and support structures that thrive on mutual respect, love, and the unshakable belief that we are all capable of greatness.

So, let's commit to being beacons of light in each other's lives. Let's choose to cheer each other on, celebrate each other's victories, and share the wisdom we've gained along the way. The ripple effect of empowerment starts with you—and together, we can create a world where everyone has the opportunity to shine.



Embrace Imperfection for a Joyful Holiday Season



As the holiday season looms with its multitude of celebrations—Rosh Hashanah, Diwali, Samhain, Halloween, Thanksgiving, Christmas, New Year, and many more—it's easy to fall into the 'perfection' trap. We feel the pressure to be the perfect friend, the perfect mother, spouse, host, and more. But let me tell you, striving for perfection is not the way to go.

I get it. This time of year can be overwhelming. The pressure for everything to be 'just perfect' is immense, especially if we are hosting gatherings. But when we chase perfection, we strip away the joy and replace it with stress. Stress from trying to keep everyone happy, from catering to others, from decor considerations, invites, food, music, drinks—the lists go on and on, and it's absolutely exhausting.

We put this pressure on ourselves, but we don't need to. What exactly are we trying to prove? Who are we trying to impress?

Cultural and social expectations often portray the holidays as a time for flawless celebrations, perfect family gatherings, and ideal gifts. Media, advertisements, and social media amplify these expectations, creating pressure to emulate these idealised versions of the holidays. Many people have deep-rooted traditions and rituals associated with the holidays. The desire to honour these traditions perfectly can stem from a wish to preserve family heritage and create lasting memories.

Holidays are often emotionally charged times, filled with nostalgia and a desire to recreate happy memories. People may strive for perfection to recapture the joy and magic they associate with past holidays. Social media platforms can intensify feelings of inadequacy and the need for perfection. Seeing curated, picture-perfect holiday celebrations online can lead to comparisons and a sense of pressure to match or surpass those standards.

Family gatherings can bring up complex emotions and interpersonal dynamics. The desire to create a perfect holiday experience may be driven by a wish to avoid conflicts, impress relatives, or compensate for perceived shortcomings. For some, planning and executing a perfect holiday can provide a sense of accomplishment and control. It can be a way to demonstrate their organisational skills, creativity, and ability to manage complex tasks.

Individuals who have a strong need to please others may feel an increased pressure to create a flawless holiday experience. They may worry about disappointing loved ones or not meeting others' expectations. The commercialisation of the holidays emphasises materialism and perfection. Advertisements often depict idealised holiday scenarios, encouraging people to spend more and strive for an unattainable standard of perfection.

Some people derive great satisfaction from seeing their loved ones happy and content. The desire to create a perfect holiday is often motivated by a genuine wish to bring joy to family and friends. For some, the ability to host perfect holiday celebrations is tied to their self-identity. They may see it as a reflection of their capabilities, worth, and success in other areas of life.

While striving for a perfect holiday can bring stress and unrealistic expectations, it's important to remember that imperfections often make celebrations more memorable and meaningful. Some of my most favourite holiday memories from when I was a kid were the parts that weren't curated. Like the dog eating all the chocolate off the tree on Christmas eve so we had no chocolate on Christmas day, or the impromptu holiday performances my cousins and I performed in my grandparents garden, or catching frogs so we could bring them to Christmas dinner. One Christmas, we even dressed up in my grandmothers ballgowns and jewellery and did a ridiculous and fun photoshoot on top of the dining table and grand piano – just because it was fun. It made us laugh and come together in ways that you just can't replicate. When we relax, embrace authenticity and focus on the true essence of the holidays—connection, gratitude, and love—it leads to a more fulfilling and joyful experience, and amazing memories.

I heard a great podcast about a woman who finally had enough. With Thanksgiving around the corner, she had agreed to host her extensive family. Requests kept pouring in, her to-do list grew, and the stress built and built. Then, just days before Thanksgiving, she decided to say 'no.' She booked herself flights, a car, and a house in Maine, and sent her family a message on group chat saying she wouldn't be there for Thanksgiving and they needed to take care of themselves.



She then took herself on a beautiful solo trip around Maine, enjoying long baths, walks, reading, exploring, journaling, cosy fires, and truly enjoying a week by herself.

I'm not suggesting you should go to the extreme of checking out entirely, but it's crucial to recognise your own needs amid everyone else's. Your house doesn't need to be perfectly decorated. You could ask guests to bring a dish or contribute in some way—this can make the celebration feel more like a team effort. You could host a movie night instead of a traditional holiday gathering, asking everyone to bring snacks. This way, you get to spend time with loved ones without the pressure.

Christmas and New Year are huge in New Zealand. It's summer, with long evenings of drinking, barbecues, backyard cricket, beach time, and partying everywhere. The older I get, the more I prefer to spend this time solo or with my daughter. I want space to think, not to engage in social activities with copious amounts of alcohol, and I certainly don't want to be hungover cleaning up the mess. But I also really enjoy watching others celebrate in their own ways, creating their own memories.

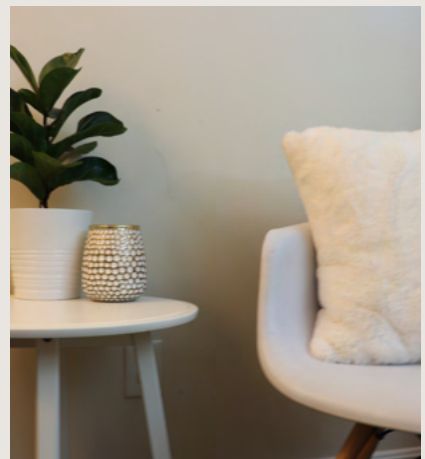
The most important thing during this period is to pay attention to how you are feeling. If you don't want to be somewhere, don't be. You are not obligated to attend every party. You can stay home and read a book if you want to. You can catch up with people separately. You can go for a long walk in nature, solo or with friends, during the holidays.

I know there's a lot of pressure from friends and family to engage in holiday activities, but you don't have to. It can be fun, but it can also be exhausting. Pay attention to your emotions and feelings. Perfection is overrated. You cannot control how others feel, so there's no point in worrying about it. Do what you can, enjoy the moment, and don't strive for perfection—strive for meaningful connections instead. Connect with yourself, your loved ones, and the people who mean the world to you. This is where the magic happens.



CLEANING OUT TO WELCOME IN





“ *Letting go of the clutter in your life is an act of self-love. As you release the 'stuff' that no longer serves you, you create space for new possibilities, abundance, and joy. Embrace the freedom that comes with clearing out, and welcome in a life filled with what truly matters.* ”

One of my personal missions this year is to release a lot of the stuff that has been taking up room in my life. My mother died in 2016, and I left my husband that same year. Life became a whirlwind of activity in every sense. All the feelings were there, and I coiled tightly into myself as I tried to deal with everything.

But there were things that I just couldn't deal with at the same time—a lot of that was the 'stuff.' I had all my mother's things, and along with that, there were her parents' things as well. Then there were mine and my husband's things that we had to try and sort through.

Some of that stuff was sorted, but a lot wasn't. We were selling property and splitting things between us. Some items, like the contents of my bedside drawers, were literally just upended into boxes and moved. And what happened to all that 'stuff' when I got to my new house? Nothing. They're still in boxes eight years later, sitting in storage.

The thought of going through it all just weighs me down. So much of it is historical and should probably go to the right place. Some of it just needs to be thrown out. Some of it should be given away. In fact, the other day, I loaded my car up with some really nice things for a woman in her 60s who is starting over again. She got a coffee table, vacuum cleaner, bedside drawers, and armchair, plus teacups, wine glasses, candles, teapot, throws, blankets, etc.



A full carload of things, and you still wouldn't know it. It felt good though. These were good items that I never used. And just that small act of doing something for someone else lifted the weight of 'stuff' from my shoulders, and I was giving back to someone who really needed it.

They say that having unused 'stuff' in your home brings its own level of toxic energy. Things that are used and appreciated and not just sitting there collecting dust take on an energy force of their own. To clean out the toxic energy of things in your home, here is a handy list that I will be following that I thought I would share:

Start with Drawers and Cupboards

Drawers in my house hold so much stuff that I just don't see, so I forget about it. Everything inside them, make a decision:

- Keep and use
- Throw out
- Give to someone or donate
- If keeping for sentimental value, store it properly or display it

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Get Rid of These Things Without Guilt

- Things you no longer use
- Clothing you don't like or haven't worn in a while (including damaged underwear—no matter how comfy!)
- Broken items
- Old pieces of random paper (notes, old cards, irrelevant bills)
- Dead plants (definitely bad juju)
- Old magazines (I recently gave stacks of old design magazines to a friend for a vision board workshop)
- Shoes you don't wear, like, or are broken
- Unused, unloved, or broken toys
- Artwork or decor items you don't like but kept "just because"
- Books you didn't enjoy reading

Benefits of Cleaning Out

When you start to clean out, you'll notice a significant shift in your energy levels. There's evidence that:

- Your health and relationships improve
- Creativity grows
- Mindset gets better
- Reasoning capacity increases as you no longer feel so overwhelmed

When you get stuck, ask:

- Does this item belong in my future? E.g. Am I going to use it?
- Would my future self use this or have it in their house?
- Why am I saving this?
- How will I feel if I release this from my life?

As you release these items, pay attention to your emotions. Let go of things with love and forgive yourself for holding onto them for too long. The more you practice this, the easier it becomes to release and let go. And the best part of this entire process is that when you let go of the things cluttering up your life, your mindset transforms from a place of scarcity to a place of abundance. Because you DO have enough within your home and life. You don't need to hold onto things because you may not ever see them again. You can keep those things in your memories if you want to—or, as Marie Kondo suggests, take an actual picture of it.

Releasing things allows you to bring new things into your life that you really love. It gives you choices and freedom. You can be picky about what you allow back in. You can make better decisions about how you want your surroundings to feel.

And once you get rid of the 'stuff' surrounding you, you too can curate spaces like this. It's liberating and empowering. And you deserve it.



Trusting Your Intuition

“*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.*”

- ALBERT EINSTEIN

I was chatting with a good friend the other day when she asked, “When did I stop listening to my gut?”

It’s a powerful question, one I think we all ask ourselves at some point. My response was, “You probably lost it long ago when you were a child because listening to our intuition gets conditioned out of us.”

But should it? That’s what I really wanted to dive into in this article. Our prefrontal cortex, the rational and strategic part of our brain, was developed by our caveman ancestors. But intuition also served a crucial purpose back then—it kept them alive.

In today’s society, we often ignore our intuition. We drown it out with alcohol, medication, or drugs, and we turn off its noise by doom-scrolling social media, bingeing Netflix, podcasts, books, or keeping busy. We shut down our intuition so much that when it does shout at us, we question it: “What is that feeling? I can’t pinpoint it, so I’ll ignore it and walk straight into the fire.”

We get feelings. We know deep down when something doesn’t feel right. The same goes for meeting people—are they on the same vibration as us? We ignore red flags and green flags alike. Our childhood conditioning and experiences shape how we behave as adults, influencing our risk-taking, relationships, thoughts, and feelings. If our intuition was ignored by our loved ones when we were young, the chances of us ignoring it as adults are high.

The world relies heavily on data, facts, and external validation. We overanalyse situations, believing data points are more reliable than our gut instincts. This constant need for rationalisation drowns out the subtle whispers of intuition.

We’ve all experienced how intuition can lead us into the unknown. As children, this is how we learned so quickly. As adults, the fear of making mistakes or facing the unknown can make us hesitant to trust our intuitive insights. We prefer the comfort of familiar routines over the potential risks of following our intuition, even though it could take us to unprecedented heights.

Societal norms, cultural expectations, and the opinions of others heavily influence our decisions. We might ignore our intuition in favour of what’s socially acceptable or what others expect from us. For instance, do you want to marry that person? No? But family says yes.

“*We overanalyse situations, believing data points are more reliable than our gut instincts. This constant need for rationalisation drowns out the subtle whispers of intuition.*”



A glass sphere sits on a dark, wet beach. The sphere is filled with water and reflects the vibrant orange and yellow colors of a sunset sky. The background is a soft, out-of-focus gradient of these warm colors.

“ *Trusting our intuition can be challenging because it's been conditioned out of us.*

Negative experiences or past failures can also undermine our confidence in our intuition. If we've followed our gut before and encountered unfavourable outcomes, we might become wary of trusting it again. Instead of embracing mistakes and learning from them, we loathe them and refuse to try again. This self-doubt creates a barrier between us and our intuitive wisdom.

Tapping into your intuition requires deep self-trust and self-awareness. If we struggle with self-esteem or lack confidence in our abilities, trusting our intuition can be challenging. Building a strong sense of self is crucial for recognising and honouring our inner voice.

Embracing Intuition

Understanding why we ignore intuition is the first step toward embracing it. Here are some ways to reconnect with and cultivate your intuitive abilities:

Mindfulness and Meditation:

I honestly can't say I've mastered this yet, but it's something I'm always working on. Practicing mindfulness and meditation can help quiet the mind and create space for intuitive insights to emerge. These practices enhance self-awareness and help us tune into our inner wisdom. The best time for this is first thing in the morning, just after you wake up and before you pick up your phone.

Journaling:

I'm big on journaling. Whenever I come up against something, I create a safe and calm space, get my journal out, and just start writing. More often than not, what I thought I was worried about wasn't the thing in the first place. Writing down your thoughts, feelings, and intuitive hunches can help you recognise patterns and gain clarity. Journaling allows you to reflect on your intuitive experiences and build trust in your inner voice.

Trusting Your Gut:

Start small by trusting your intuition in everyday decisions, like what to have for lunch. Do you want to eat the popcorn coated with chocolate sauce for lunch or have some fruit? I can guarantee you that the sweetness your brain and body crave is from real food, not the manufactured kind. Pay attention to how you feel and the outcomes of following your gut. This practice builds confidence and strengthens your intuitive muscles.

Listening to Your Body:

Intuition often communicates through physical sensations. Learn to listen to your body's signals—whether it's a feeling of unease or excitement. Both can feel similar, but there are subtle differences. For example, when meeting someone for the first time, is it excitement in your stomach or dread? Excitement feels positive and anticipatory, while dread is more nervous, with your mind racing, feeling blank, sweating, and not relaxing. (I can tell you that if it's dread you are feeling, you need to listen to that. You will never be your authentic self while you are in that zone.)

“ *Intuition is more powerful than intellect.*”

- STEVE JOBS

“*Intuition is seeing with the soul.*”

- DEAN KOONTZ

Limiting External Noise:

Reduce the influence of external opinions and societal expectations. Create a supportive environment that encourages introspection and self-trust. Surround yourself with people who honour and respect your intuitive nature. I find the best space for this work is in my home, but I can create it when I'm working away from home as well, through music, cosy spaces, scents or candles, or being in nature.

By understanding intuition and addressing the reasons we ignore it, we can begin to harness its power. Intuition is a valuable tool that, when embraced, can lead us to more authentic and fulfilling lives. Trusting our inner guidance allows us to make decisions aligned with our true selves, opening doors to new possibilities and deeper self-awareness.



There are people much wiser than me on this topic. So, if you wish to delve deeper into this, here are some insightful books on listening to your intuition:

The Gift of Fear by Gavin de Becker

This book discusses how our intuition can protect us from danger and how to trust our instincts in potentially harmful situations.

- [Amazon Link](#)

Blink: The Power of Thinking Without Thinking by Malcolm Gladwell

Gladwell explores how we make quick, intuitive decisions and why they are often more accurate than those made after extensive analysis.

- [Amazon link](#)

Radical Intuition: A Revolutionary Guide to Using Your Inner Power by Kim Chestney

This book is a practical guide to developing and trusting your intuitive abilities, blending modern and ancient wisdom.

- [Amazon link](#)

The Seat of the Soul by Gary Zukav

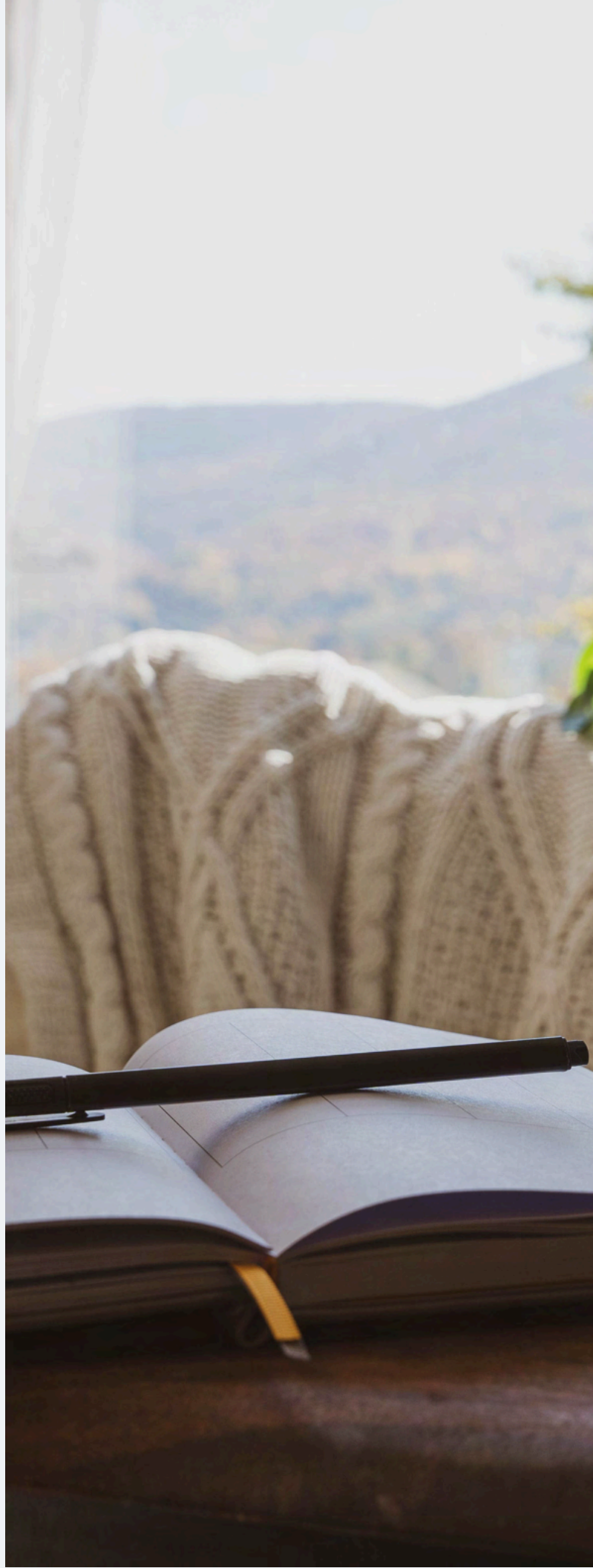
Zukav delves into the power of intuition and how it connects with our spiritual growth and deeper understanding of life.

- [Amazon link](#)

Developing Intuition: Practical Guidance for Daily Life by Shakti Gawain

This book offers practical exercises and insights to help you enhance your intuitive abilities in everyday situations.

- [Amazon link](#)



A close-up, warm-toned photograph of a woman's hands. She is holding a dark pen and writing in a notebook. A ring with a large, clear stone is visible on her ring finger. The background is softly blurred, showing a hint of her face and hair.

Rediscovering LUXURY

The Simple Joys That Matter

“*Luxury isn't about what you have; it's about how you live. And that's a gift we can all give ourselves.*”



In a world that's always demanding more—more productivity, more success, more of everything—I've spent the past few months stepping back, taking time to breathe, and re-evaluating what truly matters. It's far too easy to get swept up in the constant whirlwind of activity, where being busy becomes a badge of honour. But I've realised that this relentless pace does little more than leave us depleted. It's time to redefine what luxury means to us.

Luxury, for many, is often tied to material things—expensive cars, high-end fashion, or exotic vacations. It's not that we don't love and desire these things, but for me, especially in these past few years since the Covid-19 pandemic, luxury has taken on a different meaning. It's not about what we can buy but about the moments we can create for ourselves. It's about reclaiming the basics, the simple pleasures that nourish our souls and bring us genuine contentment.

One of the most significant changes I've made is carving out time for myself in the mornings. During the pandemic, I had a stark realisation: I hadn't had any real space to myself in ages. We were all locked down, trapped in our homes with the same people, having the same conversations, day in and day out. I was working more than 12 hours a day, juggling my career, my daughter's homeschooling, a partner working from home, a friend living with us who was working night shifts, and two dogs. My small house was a chaotic mess, and as an introvert, I found myself physically and mentally drained.

After the first lockdown, I was at my breaking point. I made some tough decisions—I rehomed one of the dogs, ended my relationship, and streamlined my life in ways that brought immediate relief. I was happier than I had been in a long time. I outsourced some of the daily stresses, like having food boxes delivered and getting groceries dropped off. But the most transformative change? I restructured my mornings.

Instead of diving into work at 7 a.m., I decided to start my day on my own terms. My mornings became a sacred space—a time for walking my dog, journaling, reading, listening to music, and savouring my coffee. It's my time to breathe, to be present with myself before the world demands my attention. No matter what the day brings, I know that I've had that precious time to centre myself. For me, this is true luxury.

This shift got me thinking about other luxuries we often overlook. These aren't things we can buy; they're experiences and practices that enrich our lives and well-being. It's in these quiet, intentional moments that I've found what luxury truly means.

The Luxury of a Good Night's Sleep

One of the most precious luxuries I've come to cherish is a good night's sleep. As an introvert, I know how draining the day can be, especially when it's filled with high levels of human interaction. Sleep isn't just a necessity for me; it's an active part of my self-care routine. I've set my phone to switch to black-and-white mode at 10 p.m., a subtle signal that it's time to wind down. By 9:35 p.m., I'm getting ready for bed, marking the end of my day.

Sleep is non-negotiable in our household. My daughter knows that when I'm in bed, she needs to be too. This routine ensures that I'm not just resting but recharging, giving my body and mind the time they need to recover and prepare for the next day. This intentional approach to sleep has been transformative. I've noticed the positive impact on my energy levels, my mood, and my overall well-being. It's a reminder that sometimes the simplest acts—like prioritising sleep—can have the most profound effects on our lives.

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“*There’s a certain power in taking the time to start the day slowly, in savouring the quiet moments before the world wakes up.*”

The Magic of Birds Singing

There’s something incredibly magical about waking up to the sound of birds singing. My home is surrounded by trees, and on weekend mornings, I relish the luxury of sitting in bed with a coffee, windows open, just listening. It’s a small but profound pleasure, one that reminds me to be present and to appreciate the simple beauty of the world around me.

These moments of connection with nature have become a vital part of my routine. They ground me, providing a sense of peace and tranquility that sets a positive tone for the rest of the day. In these moments, I feel deeply connected to the world around me, to the rhythms of nature that continue unabated, no matter what chaos the world may be experiencing. It’s a reminder that no matter how busy life gets, there is always beauty to be found in the natural world.

The Art of a Good Conversation

Another luxury I’ve come to value deeply is the art of a good conversation. Every other Sunday, I have a standing date with one of my closest friends. We catch up over tea in beautiful teacups, talking about everything and nothing for hours. Sometimes we’ll watch a film, but mostly, it’s about connecting—without the distractions of phones, partners, or children. These moments are priceless, a reminder of the deep connections that nourish our souls.

In a world where so much communication is digital and fleeting, these in-person conversations feel like a rare and precious luxury. They offer a chance to slow down, to truly listen and be heard, to engage in the kind of deep, meaningful dialogue that is increasingly rare in our fast-paced lives. These conversations remind me of the importance of connection, of the human need for companionship and understanding. They are a luxury I’m deeply grateful for, and one I make a point to prioritise in my life.

The Gift of Creativity

So many people tell me they’re not creative, but I believe we all have creativity within us. It’s not about being a professional artist or writer; it’s about finding ways to express yourself, to bring something new into the world that didn’t exist before. For me, creativity comes through in various forms—whether it’s designing a new space in my home, getting the paints out, playing around with photos, or even finding new ways to approach challenges in my business.

Creativity is a luxury we often overlook, especially in a world that values productivity over play. But I’ve found that when I make time for creative pursuits, I feel more alive, more connected to myself, and more engaged with the world around me. Whether it’s doodling in a sketchbook, writing in a journal, creating this quarterly magazine, or simply daydreaming, these moments of creativity are gifts that keep on giving.



Bird: New Zealand Tui
One of New Zealand’s most beautiful and distinctive songbirds

The Freedom to Choose

Living in a time and place where I have the freedom to choose how I live is a luxury I never take for granted. I can decide what to wear, who to spend my time with, and how to engage with the world. I’ve become more intentional about what I expose myself to—like not watching the news every day. I know that if something significant happens, someone close to me will tell me.

In this age of information, ignorance is a choice. We have access to everything we need to know, and as a lifelong learner, I find immense joy in that. The freedom to explore, to learn, and to grow is one of the greatest luxuries of our time. It’s a privilege to live in a society where these choices are available to me, and I’m keenly aware of how different life might be without this freedom.

I’ve also come to appreciate the luxury of being able to choose what to focus on. In a world filled with distractions, it’s easy to get caught up in the noise and lose sight of what truly matters. But by being intentional about my choices—about where I direct my time, energy, and attention—I’ve been able to cultivate a life that feels deeply fulfilling and aligned with my values.

The Power of Slow Mornings

As I’ve shared, my mornings are now designed around my well-being. I challenge you to do the same—reimagine your mornings to meet your needs. When my mornings are disrupted, I feel it deeply because I’ve come to treasure this time so much. Starting the day on your terms is a luxury that sets the tone for everything that follows.

There’s a certain power in taking the time to start the day slowly, in savouring the quiet moments before the world wakes up. Whether it’s through meditation, a walk, journaling, or simply sitting with a cup of coffee, these moments allow us to centre ourselves, to set our intentions for the day, and to approach our tasks with a sense of calm and purpose. In a world that often feels rushed and chaotic, the luxury of a slow morning is a gift we can give ourselves—a way to reclaim our time and our peace of mind.

...continued

The Joy of Long Walks

There's a unique luxury in taking long walks with no particular destination or time limit. These walks are a chance to get lost in thought, to listen to music or a podcast, or simply to be present in nature. The French have a term for this: being a 'flâneur' or 'flâneuse'—someone who strolls with no specific aim, just observing and discovering. In a world that's always rushing, these unrushed moments are a gift.

Ajiri Aki captures this beautifully: "These are the kind of moments that often inspire some of the essential ingredients of joy—curiosity, creativity, connection, and celebration." Taking time to wander without purpose isn't just a luxury; it's a necessity for our well-being.

Walking has always been a source of inspiration for me. There's something about the rhythm of walking that frees the mind, allowing thoughts to flow more freely and ideas to emerge. It's during these walks that I often find clarity, that I'm able to work through challenges or simply enjoy the beauty of my surroundings. Whether I'm walking through the city or in nature, these moments are a reminder of the importance of slowing down, of taking the time to simply be.

The Comfort of a Good Book

There's nothing quite like the luxury of getting lost in a good book. Whether it's fiction or non-fiction, reading is a form of self-care that feeds the mind and soul. I always include a list of recommended books in each edition of Reawaken because I believe in the power of reading to transport us, to teach us, and to inspire us.

If you find yourself too exhausted to read at the end of the day, try carving out time in the morning when your mind is fresh and focused. There are so many ways to enjoy books these days—on a Kindle, through audiobooks, or even just a few pages before bed. Your brain will thank you for it.

Reading has been a lifelong passion of mine. It's a way to explore new worlds, to gain new perspectives, and to expand my understanding of the world and myself. Whether I'm reading for pleasure or for growth, I find immense joy in the act of reading. It's a luxury that I make a point to indulge in regularly, and one that I encourage others to do as well. In a world where we're constantly bombarded with information, there's something incredibly soothing about the simple act of reading a book, of immersing oneself in a story or an idea and allowing it to unfold at its own pace.



The Pleasure of Home-Cooked Meals

I'm no chef, but I do love the luxury of a delicious home-cooked meal. When the mood strikes, I dive into the kitchen with joy, creating dishes that are fresh, real, and nourishing. Whether it's a hearty curry, fresh Mexican, a vibrant salad, or a slow-cooked brisket, there's something incredibly satisfying about making food that feeds the body and soul. These culinary moments don't happen every day, which makes them even more special when they do. It's not just about the food; it's about the love and care that goes into creating something beautiful.

There's a certain magic in the process of cooking, in taking raw ingredients and transforming them into something nourishing and delicious. It's a form of creativity, of self-expression, and of love. When I cook, I'm not just making a meal—I'm creating an experience, a moment of connection and pleasure. It's a luxury that I cherish, and one that I'm grateful to be able to share with those I love.

The Delight of Music

Music has always been a significant part of my life. I grew up playing instruments, and today, I make sure to start my mornings with music. It's a simple pleasure, but one that brings joy and energy to my day. Even waking my daughter up with music instead of words has made our mornings more peaceful and happier.

Music is a luxury we can all afford, whether it's in the car, while cooking, or just in the background as we go about our day. It's a reminder that beauty is all around us if we take the time to listen.

Music has a way of touching the soul, of evoking emotions and memories in a way that few other things can. It's a universal language, one that speaks to us on a deep, visceral level. Whether I'm playing music or simply listening to it, I find it to be a source of joy, of comfort, and of inspiration. It's a luxury that I make a point to include in my daily life, whether it's through a carefully curated playlist, a favourite album, or the simple act of singing along to a beloved song.

The Beauty of Sunsets and Night Skies

I'm incredibly fortunate to live in a place where the sunsets are nothing short of spectacular. At least once a week, I make it a point to watch the sunset, even if it means taking a different route home. It's not about romanticising the sunset, like the movies do, but about acknowledging the day's end, expressing gratitude, and welcoming the night.

These moments of reflection at sunset are a luxury that helps me let go of the day's stress and embrace the calm of the evening. It's a time to be thankful, to acknowledge the beauty of the world, and to prepare for the restful night ahead.

There's something profoundly peaceful about watching the sunset, about witnessing the day come to a close in a blaze of colour and light. It's a reminder of the passage of time, of the beauty that exists in the world, even in the most ordinary moments. These moments of reflection have become a ritual for me, a way to mark the end of the day and to transition into the evening with a sense of peace and gratitude. My daughter has started sleeping with the curtains open so she can gaze at the stars and the moon, a practice that fills her with awe and appreciation for the natural world.

Sunsets and night skies are a luxury filled with wonder that I treasure, and one that I encourage others to experience for themselves.

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“*In a world that's always rushing, these unrushed moments are a gift.*”

The Indulgence of Day Naps

I wasn't sure whether to include this, as it's not something I do often, but I've come to appreciate the luxury of a day nap. There's something so indulgent about taking a nap just because you can—not because you're exhausted, but because you want to. It's a rare treat, but one that feels like the ultimate luxury when it happens.

There's a certain joy in giving yourself permission to rest, to take a break from the demands of the day and simply allow yourself to recharge. It's a form of self-care that's often overlooked, but one that can have a profound impact on our well-being. Whether it's a quick power nap or a longer, more leisurely rest, these moments of indulgence are a reminder that it's okay to take care of ourselves, to prioritise our needs, and to allow ourselves the luxury of rest.

Embracing Luxury in Everyday Life

We may not be able to indulge in all of these luxuries every single day, but I believe we should make space for them each week. It's not about having luxury goods; it's about creating luxury moments—small, meaningful experiences that enrich our lives.

These are the moments that matter, the ones that remind us of what's truly important. So, as you go about your week, I encourage you to find your own luxuries, to savour them, and to make them a regular part of your life. Because at the end of the day, luxury isn't about what you have; it's about how you live. And that's a gift we can all give ourselves.



Kindness

EMBRACING KINDNESS WITHOUT PEOPLE-PLEASING

The Power of Saying No

In a recent conversation, I found myself in a deep discussion about the difference between being a "people pleaser" and being a good, kind person. It struck me that even some of the most educated and compassionate individuals can get these concepts tangled up. This confusion got me thinking—if someone so thoughtful has trouble separating the two, then surely others do as well.

Let's set the record straight: people-pleasing often stems from a trauma response, whether from significant or subtle past experiences. I know this intimately because I've been there myself. In my earlier years, shaped by both childhood and adult trauma, I became a textbook people-pleaser. It wasn't until later, after immersing myself in research and becoming certified as a Trauma-Informed Coach, that I began to understand the roots of this behaviour.

One of the hardest things for a people-pleaser to do is to set boundaries. This difficulty arises from environments where boundaries were either ignored or punished, where asserting your needs could lead to conflict or rejection.



When you've been conditioned to prioritise others' feelings over your own, the idea of saying "no" feels nearly impossible. The fear of being seen as selfish or causing conflict looms large, making it a challenge to protect your own well-being.

People-pleasing often centres around a few key survival strategies:

Safety and Approval:

Many people-pleasers grew up in environments where love and approval were conditional, and their emotional or physical safety depended on keeping others happy.

To avoid negative outcomes—like anger, rejection, or even violence—they learned to suppress their own desires, prioritising others' needs to maintain peace.

Hypervigilance:

Trauma survivors often develop a heightened awareness of potential threats or signs of disapproval. This hypervigilance leads to an almost instinctive need to keep everyone around them happy, avoiding conflict at all costs.

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Low Self-Worth:

Trauma can wear down a person's sense of self-worth, leading them to believe that they are only worthy of love and acceptance when they are pleasing others. This dependence on external validation can cause them to neglect their own needs entirely.

Fear of Rejection or Abandonment:

The fear of being rejected or abandoned, particularly by those they care about, drives many people-pleasers to go to extreme lengths to be accommodating. This behaviour is rooted in a desire to avoid the pain of loss or disconnection.

But here's the crucial point: being a good and kind person does not mean you are a people-pleaser.

A good and kind person knows how to establish and maintain healthy boundaries. They understand that kindness does not require self-sacrifice or the suppression of one's own needs. In fact, good boundaries allow you to:

- Say no without guilt
- Prioritise your own needs without feeling selfish
- Disagree respectfully
- Be honest, even when the truth is difficult
- Challenge poor behaviour
- Walk away from toxic people and environments
- Own your mistakes without fear
- Stand up for yourself with confidence
- Protect your time and space

Being a good and kind person means you can do all these things in a way that honours your boundaries and well-being. It's about practicing kindness with integrity—showing compassion to others without compromising your own mental, emotional, or physical health.

And yes, it means you can still say no when you need to, without losing your kindness.

My parting question for you all is:

If you are saying 'yes' to everything and everyone, what are you saying 'no' to for yourself?





A Call to Relaxation and Reclaiming Your Life

Time and time again, I hear from women who are never truly relaxed. It's not just that they don't take time to unwind—it seems to come from a place of fear. Growing up, I hardly ever saw a relaxed woman. I saw plenty of successful, accomplished, and productive women. But relaxed? No. The ones who were relaxed seemed to have money, status, and usually a wealthy husband. That's how I saw the world: if you wanted to grow up and be a relaxed woman, you had to marry rich. My mother even hinted at this idea, though life is never that simple.

There's a whole industry of influencers out there—some of whom I adore, like Julie Montagu, who shows off fabulous English houses and gardens—promoting this relaxed, rich queen lifestyle. We all watch with envy as we grind away at our daily chores and endless busyness.

I then told myself the story that if I wanted to relax, I needed to work hard. But that's not true either. As we grow up and realise how much the world expects from us, many of us become afraid of taking up space. We become apologetic, guilt-ridden, and definitely not relaxed. This fear is entirely irrational because it only adds to our mental health struggles. We're no longer living in supportive villages; we're isolated in our little houses, lacking the community and support we desperately need. And yet, we still take on everything ourselves.

Once upon a time, I was working full time. So was my husband. Every weekend he'd go out to play sports all day while I stayed home to clean the house until it was spotless. Only then would I allow myself to relax, briefly, before cooking dinner. Yes, you read that right—he'd spend the day with his buddies while I cooked and cleaned, feeling guilty if I didn't get it all done. I'd stress out every time he came home and things weren't perfect, jumping up to make it look like I'd been busy keeping house, even though I was absolutely exhausted.

Well, let me tell you—I don't do that anymore. I'm also no longer married, but more importantly, I don't feel guilty if I don't vacuum every day or dust every week. I don't panic if I forget to start the dishwasher. I'll get to it when I get to it. I don't live in a pigsty, but I no longer stress over making the house perfect.

So, here's my challenge to you:

Take up space without guilt.

If the household chores aren't done, so what? On a beautiful day, lay out in the sunshine with a good book instead of attending that weekly obligation out of guilt. Put your feet up and watch a heartwarming film if you feel like it. Go have a facial or massage or any other form of self-care that makes you feel really good. Get takeout if you can't be bothered cooking – no one's going to die of starvation.

Prioritise pleasure and play.

Too often, this is the last thing on our endless to-do lists. It's time to change that narrative. Go to a concert, have an adventure, play pickleball with your girlfriends, or wander through a forest just to enjoy and sniff the greenery. Take a bubble bath in the middle of the day. Play games with your kids instead of worrying about chores.

Schedule time to relax—without guilt, apology, or asking for permission.

Whether it's reading a book, playing in the garden, dancing silly dances, painting a picture, sitting in the sunshine, or drinking wine at any time of day, take yourself out on a coffee date, go to the market just to browse about – but most importantly, do it without questioning whether you've earned it.

The only expectations that matter are the ones you set for yourself and the kind of life you want to live. I know some people tell themselves that they find cleaning and doing all the things relaxing, and for some – that may be the case. But for most of us, we know that's just a story we tell ourselves. Do you want to be on your deathbed thinking, "Oh gee, I wish I'd cleaned the oven better"? No, of course not. You want to look back knowing you made the most of life, spending time with loved ones and truly living.

Life is for living, not for constant cleaning, chores, or meeting other people's expectations. It's time to let go of the guilt.



The Year of You . . .

2024 Growth and Beyond



This year marks the first time I've ever produced a magazine, and it's been such an exciting journey. For as long as this magazine continues, every October, I want to dedicate a special section called "The Year of You."

As the year draws to a close, it's time to take a moment to reflect on the journey we've embarked upon. This isn't just about summing up our achievements or failures; it's about understanding the person we've become and the lessons we've learned along the way.

Unlike traditional New Year's resolutions, reflecting on the current year allows us to be fully present with our experiences. There's a psychological distance created when we look back at the past year from the vantage point of the new one. This can cloud our judgment and make it difficult to truly appreciate the growth we've undergone.

By reflecting now, we can examine our year without the filter of time. We can acknowledge our successes, learn from our mistakes, and resolve any lingering emotions.

It's an opportunity to celebrate our triumphs, heal from our setbacks, be intentional about how we finish our 2024, and set the stage for the new year.

A Workbook for Self-Reflection

To guide you through this process, I've created a workbook that will help you delve deep into your experiences. The first half is dedicated to reflection:

- *Beautiful Moments*: Recount the moments that brought you joy and fulfillment.
- *Lessons Learned*: Identify the valuable insights you've gained.
- *Challenges and Growth*: Explore how challenges have shaped you.
- *Slipstreams*: Recognize the unexpected opportunities that accelerated your growth.
- *Achievements*: Celebrate your accomplishments, big and small.
- *Moments of Pride*: Reflect on the moments that filled you with pride.
- *Personal Evolution*: Consider the person you've become over the year.

Remember, this isn't about measuring up to expectations or feeling guilty for what you haven't achieved. It's about honouring your journey and recognising the incredible person you've become.

Planning for the New Year

The second half of the workbook is for planning your 2025. Create a sacred space, light a candle, play soothing music, and let your imagination flow. You don't have to come up with all the ideas in one sitting. I often go out for a walk down the beach when I'm doing this sort of deep work.

- *Vision and Purpose*: Define your goals and aspirations for the coming year.
- *Personal Growth*: Identify areas where you want to develop new skills or qualities.
- *Relationships*: Consider your relationships and how you want to nurture them.
- *Health and Wellbeing*: Set goals for your physical and mental health.
- *Adventures*: Plan exciting experiences to look forward to.
- *Limiting Beliefs*: Identify any negative beliefs that might be holding you back.
- *Monthly Review*: Create a system for tracking your progress and celebrating your achievements.
- *Word of the Year*: Choose a word that embodies your aspirations for the year.

“Life is an exciting and wonderful journey. It's up to us to be intentional about it.



A Visual Representation of Your Journey

To solidify your reflections and create a lasting memory, consider creating a vision board.

I do this by creating a vision-board review of my year, of the things both big and small that had a beautiful impact on my life. This is to help me not forget the journey so I can celebrate how far I've come.

And for my next year's vision board - I put in images and words that inspire me to create those feelings within my daily life, as well as incorporating my word of the year into it as well.

Having visual representation can serve as a constant reminder of your journey and your aspirations.

Embracing Your Word of the Year

Choosing a word of the year can be a powerful tool for personal growth. It provides a clear focus and a constant reminder of your intentions. Select a word that resonates with you and that you can actively embody throughout the year.

Remember, this is a personal journey. Take your time, be honest with yourself, and enjoy the process of self-discovery. By reflecting on your experiences and setting intentions for the future, you'll be well-equipped to embrace the challenges and opportunities that lie ahead.

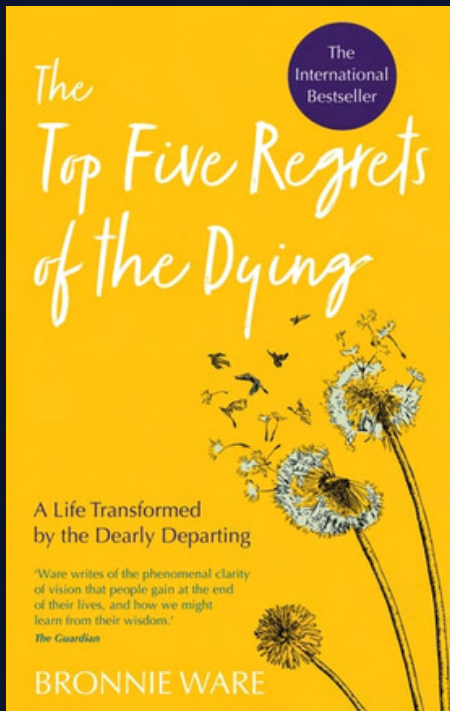
Life is an exciting and wonderful journey. It's up to us to be intentional about it.

I hope you all enjoy the workbook.



Amazing Reads

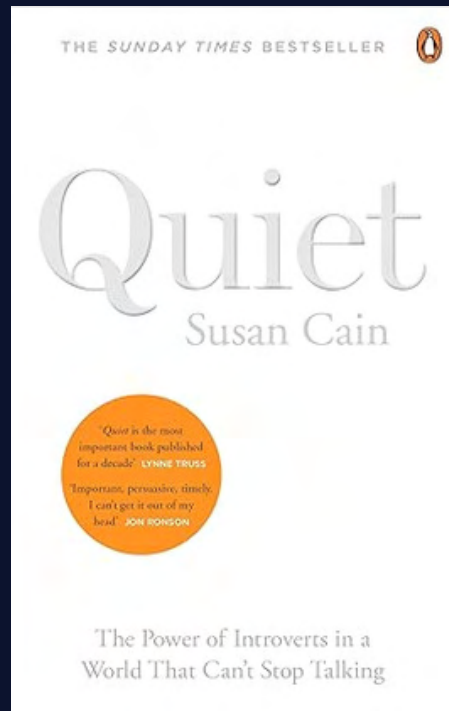
This month, I'm sharing some incredible books that captivated and inspired me. Each one offered something unique—whether it was pure entertainment, eye-opening insights, or powerful moments that I knew I had to pass along. Looking for your next great holiday read? These picks might just be what you're searching for!



Top Five Regrets of the Dying, by Bronnie Ware

Bronnie Ware shares profound life lessons learned during her years as a palliative care nurse. Through intimate and heartfelt stories, Ware reveals the most common regrets expressed by those nearing the end of their lives. These five regrets—wishing they'd had the courage to live a life true to themselves, not worked so hard, expressed their feelings, stayed in touch with friends, and allowed themselves to be happier—serve as powerful reminders to prioritize what truly matters. Ware's book is a poignant and inspiring call to live authentically, love deeply, and embrace happiness before it's too late.

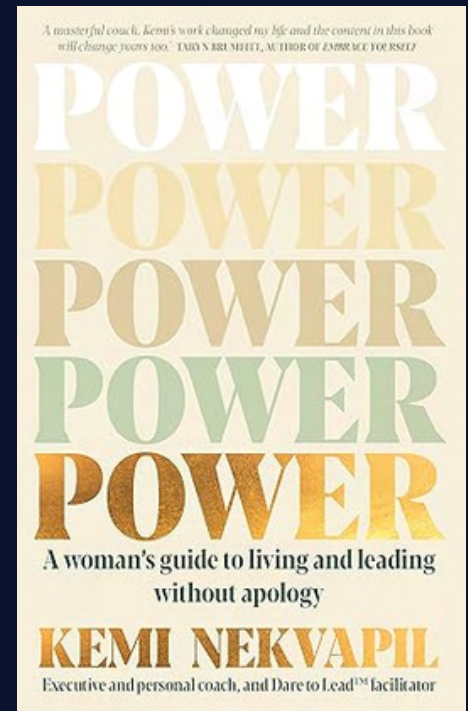
[AMAZON LINK](#)



Quiet, by Susan Cain

Susan Cain sheds light on the often overlooked strengths of introverts in a society that values extroversion. Through research and real-life stories, Cain reveals how introverts excel in creativity, leadership, and innovation. She challenges the cultural bias toward constant socializing, emphasizing the power of quiet reflection and deep thinking. This book is essential for anyone wanting to understand the value of introverts and how embracing different personalities can enrich our lives.

[AMAZON LINK](#)



Power, by Kemi Nekvapil

Kemi Nekvapil offers a transformative guide for women to step into their true power and lead with confidence and authenticity. Through personal stories, practical advice, and empowering exercises, Nekvapil encourages women to embrace their worth, set clear boundaries, and lead without apology. This book is a powerful resource for women seeking to navigate their careers, relationships, and lives with purpose and strength, inspiring them to own their voice and influence in the world unapologetically.

[AMAZON LINK](#)

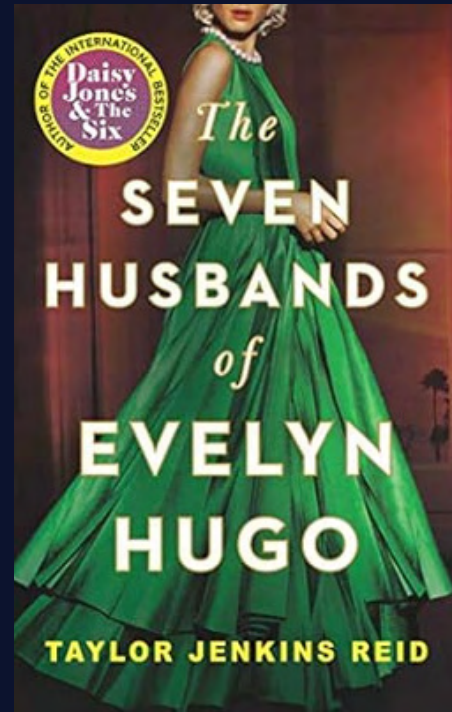
Delicious Fiction



Woman on Fire

Woman on Fire by Lisa Barr is a gripping thriller that intertwines art, intrigue, and passion. The story follows Jules Roth, a young journalist, as she embarks on a dangerous quest to uncover the truth behind a stolen masterpiece lost during World War II. As she dives into the murky world of art theft, Jules faces powerful enemies who will stop at nothing to keep their secrets buried. This novel is a page-turner that combines historical mystery with a tale of courage, making it a must-read for those who love art, suspense, luxury, and strong female protagonists.

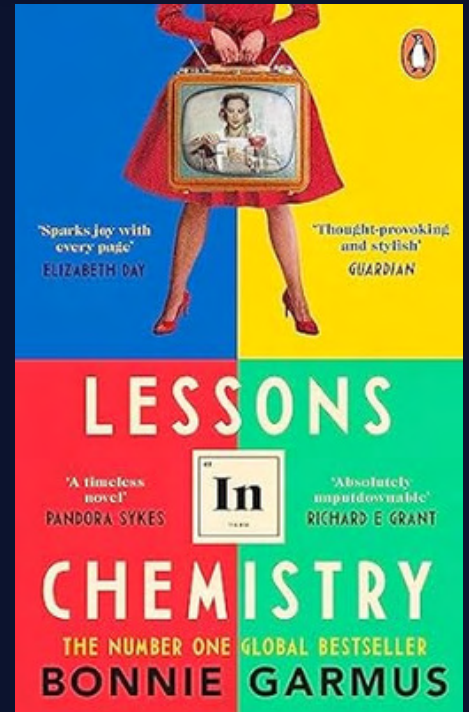
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The Seven Husbands of Evelyn Hugo

The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid is a captivating tale of Hollywood glamour, love, and secrets. The novel follows the life of reclusive movie icon Evelyn Hugo as she recounts her rise to fame and the truth behind her seven marriages. Through her revealing and often scandalous story, Evelyn explores themes of identity, sacrifice, and the price of success. As she shares her hidden passions and heartbreaks with an unknown journalist, the novel delivers a powerful message about love and the complexities of a life lived in the spotlight. This is a great read for fans of dramatic, character-driven stories.

[AMAZON LINK](#)



Lessons in Chemistry

Lessons in Chemistry by Bonnie Garmus is a witty and inspiring novel set in the 1960s, following Elizabeth Zott, a brilliant scientist whose career is derailed by a male-dominated society. Defying the odds, Elizabeth becomes an unlikely television cooking show host, where she uses her platform to teach not just recipes but also life lessons and empowerment. Her unconventional approach inspires a nation, challenging the status quo and redefining what it means to be a woman in science. This is a book for those who enjoy strong female characters, humour, and a story of resilience against societal norms.

[AMAZON LINK](#)



A quick life update

As we approach the end of the year, I'm taking time—like many of you, I hope—to reflect on 2024 and think about how I want to close it out. With my small human heading to high school next year, life is about to shift in a big way. That transition alone promises to keep me busy, but it's an exciting time.

I'm also preparing the next edition of Reawaken Quarterly, set to launch in January (either the 1st or 2nd, though the date's still up in the air). It will be right on the heels of the New Year, and to be honest, I'm not sure where I'll be by then—physically or mentally! The theme for the next edition is '*Reinvention*', and it's all about reconnecting with our aspirations and callings, embodying our "word of the year," and having the right people around us to achieve great things. The New Year always brings with it a sense of renewal: fresh hopes, new beginnings, letting go of the old. Sometimes, it's about reinventing old dreams with new perspectives. I'm thrilled to explore *Reinvention* in the next edition.

On another note, I'm so excited to share that my brand-new [website is now live](#)! It's been a long time coming. I initially planned to launch a few months ago, but I decided to take a proper winter break from everything except the magazine and life itself. As a result, the site went live just a month ago. And let me tell you, it feels so much more authentic and reflective of me this time. You'll find some exciting programs there—like *Luxe Luminary*, which is all about shining a light on your dreams, empowering you to step toward the life you desire, and breaking those stubborn limiting beliefs we all carry around. The waitlist is open now, so you can put your details there if it feels aligned.

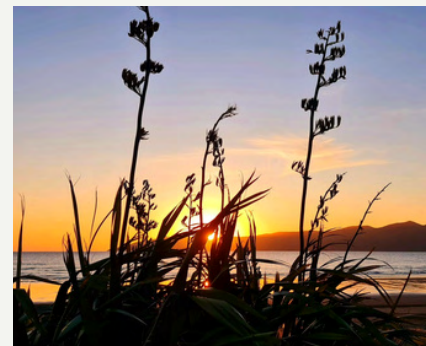
The next few months are going to be full. I've got family coming to stay in October and again in November and December. Living at the beach on the beautiful New Zealand Kapiti Coast, I'm lucky to have a place where people love to gather, especially in our summer months. And with one of my closest friends flying in for Christmas, I imagine we'll be spending plenty of time in nature, enjoying good food and wine, reading, and laughing our way through the holidays. I'm very much looking forward to it.

One more update—I'm excited to breathe new life into the Reawaken You podcast. While I had originally planned to relaunch in September/October, other commitments have led me to push this out just a little further. This edition is all about clarity and prioritising what matters most, so it feels right to give myself the space to do that.

Wishing you all a beautiful end to your year—may it be filled with hope, joy, and a sense of possibility. Enjoy the workbook that accompanies this edition of the magazine, and as always, if you have any article requests or themes you'd love to see explored, let me know. Who knows, your idea just might end up in the next issue!

See you in January.

Kate



Connect with me on:



[Reawaken Coaching](#)



[@kateparker.reawakencoaching](#)



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QUARTERLY EDITORIAL

JANUARY 2025 EDITORIAL
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