



CHRONICLES OF COURAGE 2025

YOUR ANNUAL GUIDE FOR REFLECTION,
RELEASE, AND REALIGNMENT



GRACE & GROWTH
T H E R A P Y

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A NOTE FROM ME

Another year drawing to a close!

In numerology, 2025 is a 9 year, which signifies completion, the ending of cycles, and preparation for the new things ahead.

And boy, was it a doozy.

I wanted this workbook to feel like sharing a piece of my heart with you, as well as some of my sassy charm 😊.

It's an invitation for introspection and reconnecting with who you are at the core.

It may hold reminders, or build on the work we've already done together, and includes mini meditations (recorded by me), reflection prompts (lots of them!), practices, and words designed to spark inspiration and self-love.

Thank you for trusting me to be a part of your healing journey, I'm honored to walk alongside you.

I see you, your growth, and your light.

Rachel xo

WORDS THAT LIGHT MY WAY & GUIDE MY WORK

“Evidence of healing is not in the absence of discomfort, it’s in the willingness to stay with whatever shows up without shaming or exiling the part of you needing your own love and attention.”

“

— Yours truly :)

Overgiving and overextending yourself will never guarantee that people will love, understand, or appreciate you more.

“If you don’t decide who you are in the experience, the experience will decide for you.”

— Tanis McRae

“

Treat every person as sacred, so the part of them that forgot can remember

Your body needs peace more than your mind needs answers. You are the thinker, not the thoughts.

“Our wounds are often the openings into the best and most beautiful parts of us.”

— David Richo

“

When we don’t feel wanted, we make ourselves needed. Yes, I see you, eldest daughter taking care of everyone else but yourself.

Self awareness that only focuses on the things you need to fix or heal, is actually just self criticism with better vocabulary.



SELF CARE IS NOT SELFISH

Mini practice:

Pause and ask: “What actually matters in this moment?”

Release everything else for just one breath.

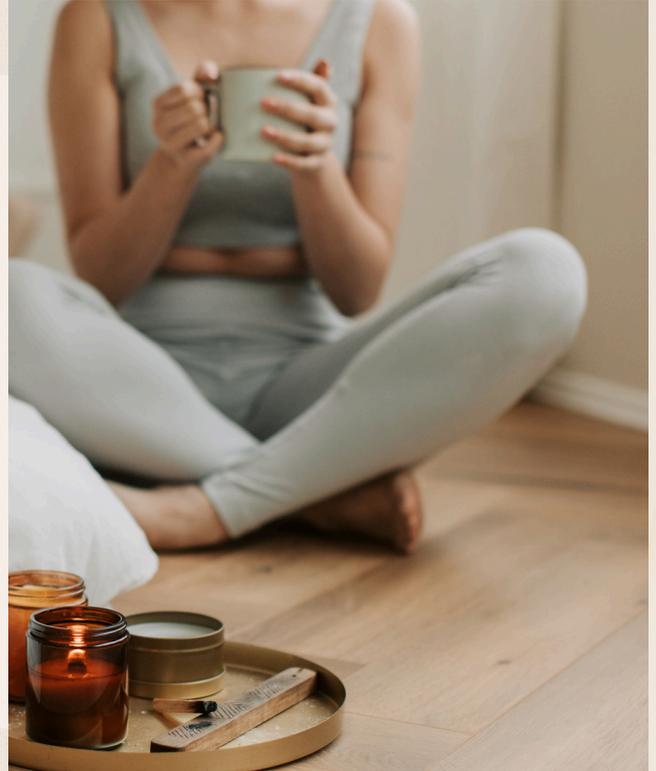
REFLECT

Meditation to Begin

→ Click here to access the audio meditation

(webpage to play audio, not a download link)

6 minutes to ground into your reflection process



Reflection Prompts

- What emotions were the most common, or easiest for me to express in 2025? The most difficult? Why?
- What did success feel like to me throughout 2025? How has that changed over time?
- What ways did I take care of, or offer myself love over the past year?
- What got in the way of me pursuing a goal or change?
- What changes or efforts deserved to be recognized?
- What worked for me this year, even in small ways?
- My word for 2025 is..

THRESHOLDS CROSSED

A threshold is a subtle turning point, a quiet doorway you step through where your inner world shifts, and life no longer fits the way it did before.

Thresholds don't always arrive with a neon sign, they aren't loud or dramatic, and there isn't always clarity or confidence as you walk through them. Sometimes we find them in retrospect when we look back and realize we aren't quite the same anymore.

They are the inner crossings that turn:

Self-neglect → self-respect: the moment you tended to your needs instead of abandoning yourself.

Doubt → self-trust: when you paused, turned inward, and let your quiet wisdom lead.

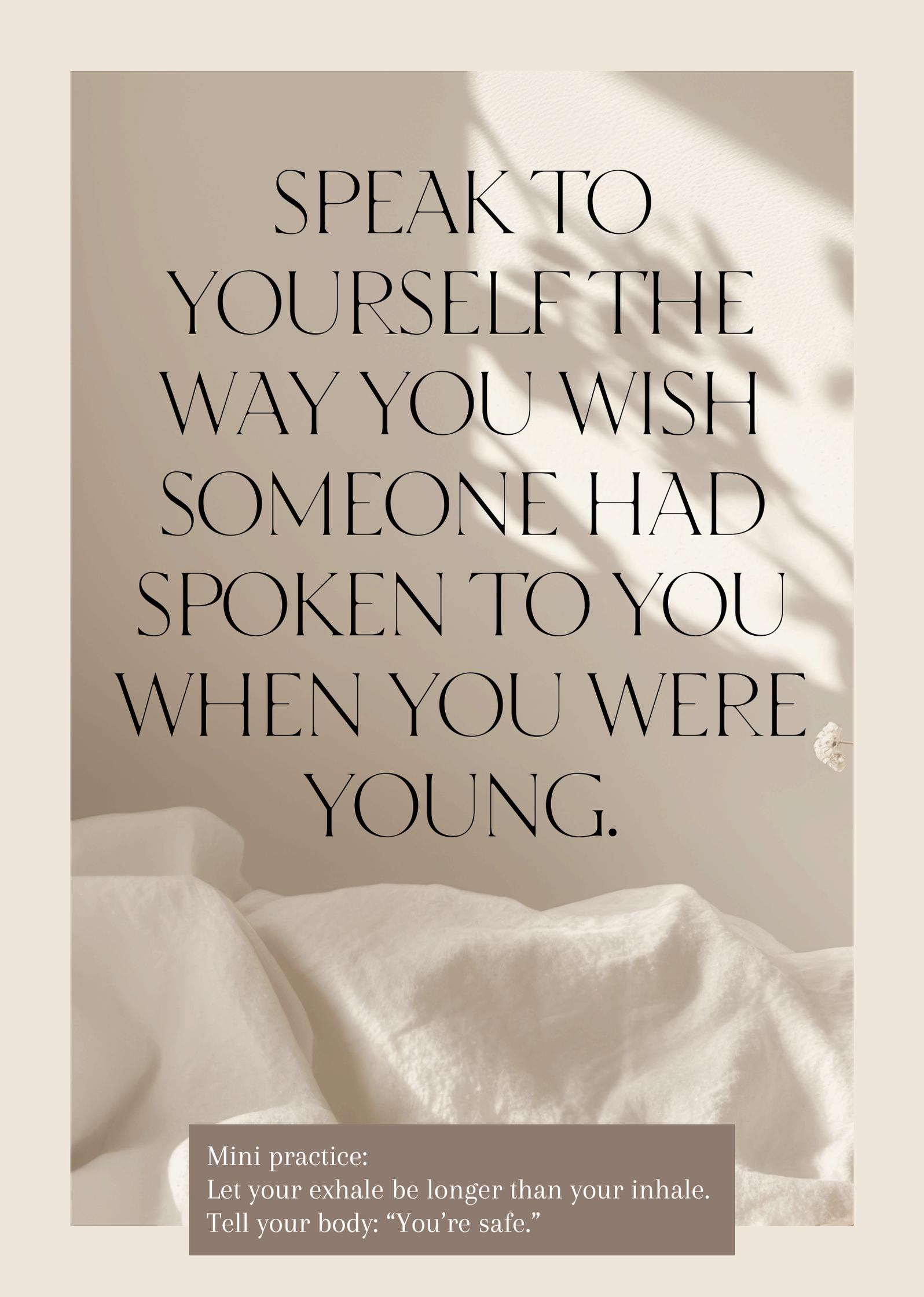
Avoidance → accountability: the moment you faced what hurt rather than running from it.

Perfectionism → permission: when you allowed yourself to be human, not flawless.

Self-judgment → self-kindness: the moment you softened toward yourself instead of punishing yourself.

Thresholds Crossed Reflection Prompts

- What truth did I finally face this year after avoiding for too long?
- What decision felt small at the time but now feels monumental?
- Which tiny “no” created space for a much truer “yes”?
- When did I let something go sooner than I usually would have?
- When did I pause before reacting, and what did that change?
- What moment required more strength than anyone will ever know?



SPEAK TO
YOURSELF THE
WAY YOU WISH
SOMEONE HAD
SPOKEN TO YOU
WHEN YOU WERE
YOUNG.

Mini practice:
Let your exhale be longer than your inhale.
Tell your body: "You're safe."

SELF COMPASSION

What it is, and isn't

Self-compassion is the practice of treating yourself like a human who deserves kindness, especially when you make a mistake, feel vulnerable, or think you're not being or doing enough. If beating yourself up actually worked, you'd feel better by now.

Self-compassion is not pretending everything's fine, shoving your feelings down, or forcing that fake positivity bs. It's a choice to stop being your own harshest critic and start being your own darn friend.

It means unlearning the idea that you have to earn kindness from yourself, or that change comes from shaming or punishing yourself.

*Self-compassion is not letting yourself off the hook.
It's letting yourself out of the prison.*

3 Components of Self-Compassion

1. Mindfulness (the art of noticing)

Acknowledging what you're feeling in the moment, without avoiding, exaggerating, minimizing, or judging yourself for having the emotion in the first place.

It's the practice of becoming present and recognizing "This is what's here right now," instead of fighting, numbing, or rushing to fix it.

Mindfulness interrupts our autopilot shame spiral by creating a tiny pause to respond instead of react.

Examples:

- "I notice I'm feeling overwhelmed now right"
- "Wow, I'm being really hard on myself right now"
- "This hurts, and I don't need to pretend otherwise"

SELF COMPASSION

2. Common Humanity (you are human, not broken)

Reminding yourself that struggle is a universal experience, not something that you have to endure because you somehow failed or didn't push yourself enough.

Pain, self-doubt, confusion, regret, frustration; none of these are personal failures. They're part of being human, and you came here for the human experience.

When you reconnect with the fact that everyone suffers, everyone learns, everyone messes up, and everyone gets scared, you stop isolating yourself in your pain.

Examples:

- "Anyone in my situation would understandably feel this way"
- "There's nothing wrong with me for struggling with this"
- "I'm human, I'm not alone in feeling this way"

3. Self-kindness (treating yourself like someone who matters)

Self-kindness is offering the same warmth, patience, and support to yourself that you'd naturally offer to someone you care about. It's choosing gentleness instead of self-punishment.

Self-kindness doesn't mean avoiding responsibility.

It means acknowledging the difficulty with compassion rather than criticism, and offering yourself what might actually help.

It sounds like:

- "This is hard. I deserve care, not cruelty"
- "I can speak to myself in a softer way"
- "I'm trying. I don't need to attack myself for being human"

SELF COMPASSION

What self-compassion is:

- *honesty + humanity + kindness*
- *holding yourself the way you'd hold someone you love*
- *cooperating with your nervous system, not overpowering it*

What self-compassion is not:

- *forcing positive thoughts*
- *pretending you're fine*
- *bypassing your emotions*

Self-Talk Examples

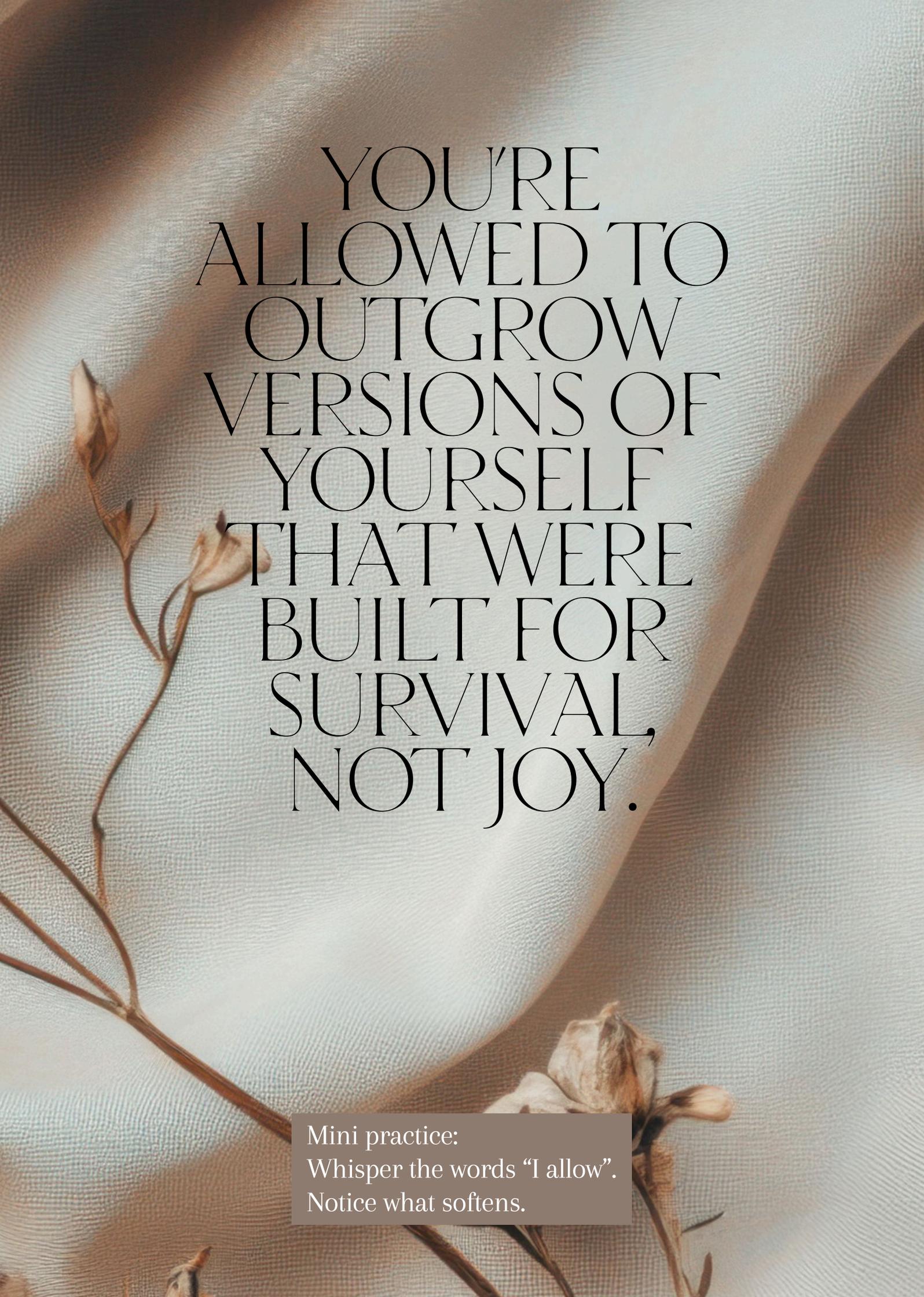
“I recognize that a part of me is afraid to take up space or be seen. Many people learn to play small to stay safe, this is a deeply human response. I choose to meet this part with kindness and let it know it doesn't have to protect me in the same way anymore.”

“I notice I'm feeling sadness right now. Everyone feels sad at times, it makes sense I'm feeling this way. I can offer myself gentleness while I move through this.”

“I see I'm judging myself harshly right now. Many people struggle with regret and self-blame. I choose to offer kindness and understanding to myself, even if part of me feels I don't deserve it.”

If self-compassion feels impossible, start with curiosity. Ask yourself “What would my kinder voice say right now?”, then practice that voice, even if it feels foreign. *Especially when it feels foreign.*

Learn more about self-compassion by clicking [here](#)



YOU'RE
ALLOWED TO
OUTGROW
VERSIONS OF
YOURSELF
THAT WERE
BUILT FOR
SURVIVAL,
NOT JOY.

Mini practice:
Whisper the words "I allow".
Notice what softens.

RITUALS FOR RELEASE

The Undoing

There is a version of you trying to grow, to become, to be led into existence, and sometimes the fastest way to meet that version is not by adding more, but by releasing what drains, distracts, or restricts your energy.

There's a quote that says:

“Quitting your worst habit will change your life faster than starting your best one. Stop the leak before you fill the bucket.”

The undoing is your invitation to look at the patterns, beliefs, and obligations that quietly erode your time, self-worth, energy, or your peace.

The undoing is liberating yourself from what you've outgrown.

It's choosing truth over habit, alignment over autopilot, and self-respect over self-sacrifice.

It is the conscious decision to stop carrying what no longer belongs to you, or in the next chapter of your life.

RITUALS FOR RELEASE

The Undoing Journal Prompts

- What am I still defending or protecting that no longer deserves my energy? *(a belief, role, routine, relationship, standard, or an outdated identity)*
- What habit held me back this past year, or leaked the most energy from my life? *(overthinking, people-pleasing, doom scrolling, avoiding emotions, perfectionism, self-doubt loops)*
- What do I keep doing because it's familiar, not because it's good for me?
- Where do I justify a behavior or pattern that actually hurts me?
- What version of myself am I still performing, even though it no longer feels authentic? And who am I performing for, even when I'm alone?
- Which obligations or roles do I fulfill out of obligation rather than genuine alignment?
- What did I tolerate this year that I'm no longer available for?
- What belief about myself causes the most internal conflict, and what could open up if I stopped believing it?
- If a skilled CEO took over my life, what would they eliminate first?
- What did I carry this year that I can finally put down?

A person's hands are shown lighting a candle in a copper bowl. The candle is lit, and a wisp of white smoke rises from the flame. The person is wearing a white long-sleeved shirt and a watch on their left wrist. The background is a soft, out-of-focus light color.

IT'S OKAY TO LET
THINGS GO.

IT'S OKAY TO WANT
CHANGE.

IT'S OKAY IF SOMETHING
THAT ONCE WORKED IS
NO LONGER EFFECTIVE.

AS WE CHANGE, OUR
NEEDS CHANGE TOO.

AND THAT IS OKAY.

Mini practice:

Say to yourself: "I'm doing the best I can."

Let your body receive it.



RITUALS FOR RELEASE

Truth Audit

We all carry “truths” that we didn’t actually choose for ourselves; truths about our roles in order to survive, and inner narratives shaped by other people’s expectations and limitations.

The truth audit is your chance to pause and ask:

What are the truths that exist outside of who I was told to be, what others needed me to believe, or what fear insisted was real?

What are the truths that emerged quietly through courage, heartbreak, healing, joy, and moments when something in me whispered “This is what I know now, this is who I am now”?

What truths have changed or expired? What truths remain? What new truths are emerging?

Here you recognize who you once knew yourself to be, the experiences that quietly shape who you are becoming now, and what truths are worth holding onto.

Here is where you sort through those layers.

Not with pressure. Not with judgment.

But with curiosity, compassion, and honesty (a few of my favorite things as you know from working with me).

Think of it like sorting through your inner closet, cleaning out the ideas still taking up space that just feel familiar instead of honoring, repurposing the habit into something more sustainable, and cherishing new insights as you move forward.

Some truths stay, some go, some evolve... and some are only now finding their voice.

RITUALS FOR RELEASE

Truth Audit Reflection Prompts

Truths I Learn This Year

- What did life teach me about myself this past year?
- What realizations came gently and quietly, or abrupt and loud?
- What truths softened me?
- What truths strengthened me?
- What did I believe about myself this year when things went wrong, and when things went right?

Truths I Outgrew

- What used to feel true but no longer fits?
- What beliefs kept me small or safe, and now feel outdated?
- Which “truths” were actually fear disguised as certainty?
- Which stories about myself am I ready to retire?
- Which expectations of myself were not mine to begin with?
- Whose voice is in my head when I’m doubting myself?
- What belief about myself creates the most friction in my life?

Truths I’m Still Learning

- What truths am I coming closer to believing about myself and life?
- What truths feel tender, fragile, or new?
- Where am I building trust with myself?
- What am I learning about my needs, boundaries, or desires at this stage of life?

Weekly Truth Check-in

- Where did I listen to myself this week?
- Where did I override my own soft nudges or knowings?
- What did I avoid because I didn’t feel ready yet?
- Where was I quietly brave?
- What did my intuition tell me that my mind tried to talk me out of?

RITUALS FOR RELEASE

Calling Back Your Energy

A ritual for reclaiming energy you've given away, consciously or unconsciously.

Calling back parts of you scattered in the conversations you overthought, the people you tried to please, moments you abandoned yourself, and places where your attention was pulled in a hundred directions.

1. Sit comfortably and supported. Close your eyes. Breathe slowly and deeply until your body softens.
2. Visualize a soft golden light forming around you. Start to notice tiny threads that symbolize conversations, situations, and moments where you gave up part of yourself, your energy, and your power.
3. Imagine your energy returning from:
 - people you tried to fix
 - situations that drained you
 - decisions that consumed your mental space
 - places where your younger self still feels vulnerable or stuck
4. Whisper softly out loud or in your mind:
"I call all of my energy back to me now, cleansed, whole, and only mine."
5. Place your hand on your heart. Repeat this until you feel grounded and your power settling back into your body.
6. Finish with:
"What is mine has returned to me wholly and completely, I release what doesn't belong to me and was never meant for me."

→ [Click here to hear me guide you through this, but not like, in a bossy annoying way ;\)](#)



YOUR WORTH IS
NOT DEPENDENT
ON SOMEONES
ABILITY TO
RECOGNIZE IT.

Mini practice:

Relax your jaw completely. Release your tongue from the roof of your mouth. Notice what softens.

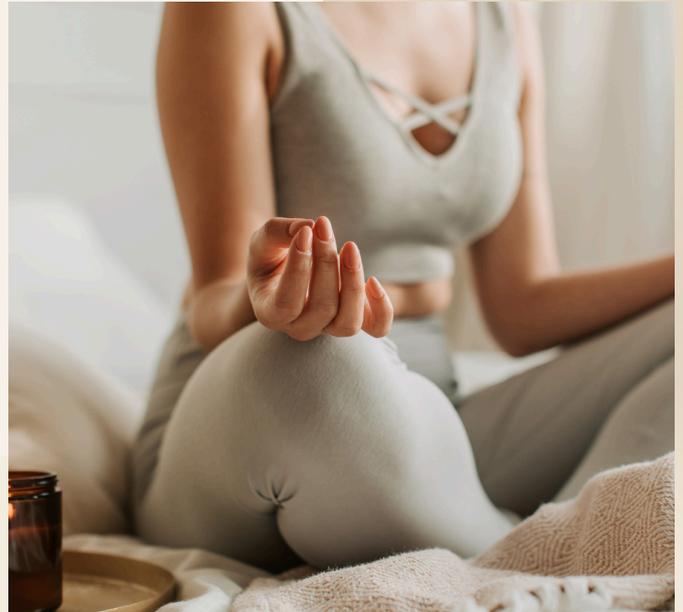
REALIGN

Meditation to Begin

→ Click here to access the audio meditation

(webpage to play audio, not a download link)

6 minutes to anchor into your truth and trust



Journal Prompts

- What has releasing all I've outgrown created space for in my life?
- What am I consciously calling in for the year ahead? *(spend time here)*
- What intentions or "seeds" am I ready to plant for myself?
- What do I feel genuinely inspired to explore more deeply at this point in my life?
- How will I define success for myself in 2026, outside of my professional accomplishments?
- What do I want my life to feel like next year? *(the feelings, not the "how")*
- What parts of my routine can be simplified, softened, or improved?
- In 2026, I will..

AFFIRMATIONS

Why They Don't Work

If we've worked together, you've likely heard me on my soap box about affirmations and how they can be problematic.

We try telling ourselves loving statements, hoping they will make us feel better, and are disappointed when we end up feeling worse.

That's because our subconscious can't accept something that contradicts our current identity and beliefs; who we know ourselves to be, what has been told or modeled to us over and over again, and the stories we've told ourselves about who we are and what's acceptable.

Research suggests:

- The brain filters new information through existing beliefs and lived experiences (the lens we use to make sense of the world and ourselves)
- If an affirmation opposes a core belief, your brain rejects it as inaccurate (this can be what triggers the opposite feeling you're going for)
- The limbic system (your emotional brain) flags overly positive statements as threatening when they don't match your lived experience
- The nervous system is wired for safety, not positivity
- If a statement feels too big, too fast, or too forced, your body responds with tension, not trust
- Neuroplasticity works in gradual steps, not leaps, and requires believable micro-shifts, repeated consistently

This is why 'absolute' affirmations like "I love myself", "I am confident", and "I am safe" can actually increase anxiety, self-doubt, or resistance. It's because your subconscious and nervous system whispers "Nuh uh, that isn't true. Nice try buddy".

AFFIRMATIONS

What Does Work: Bridging Statements

Bridging statements work more effectively because they meet the subconscious where it is, not where you wish you were.

*They provide a safer “bridge” to help guide us from:
impossible → possible → believable → integrated*

Here’s why they work neurologically:

- They reduce limbic system activation (less threat, more openness)
- They create cognitive congruence (the brain says “okay, that feels true enough”)
- They support gradual identity shifts, which is how neuroplasticity actually builds new neural pathways

Bridging statements examples:

- *I’m learning how to... (signals skill-building and growth)*
- *I’m willing to... (opens the door without forcing belief, reduces resistance)*
- *I’m in the process of... (recognizes momentum and forward movement)*
- *I give myself permission to... (interrupts conditioning, guilt, and internalized rules)*
- *I am becoming... (allows identity shifts to form safely without force)*
- *I’m open to... (gentle, pressure-free, and expansive)*

Shifting traditional absolute affirmations into effective bridging statements:

I love myself → I’m learning how to treat myself with more kindness

I am enough → I’m becoming someone who accepts myself just as I am

I trust myself → I’m open to taking small steps toward self-trust today

The idea here is to help create real internal movement, without triggering disbelief or resistance.

AFFIRMATIONS & GROUNDING TRUTHS

I'm learning to believe in myself and what's unfolding for me
I can trust myself to own my life
I am deserving of my own love and treating myself with kindness
I am learning what self-compassion feels like
I am willing to experience passion and purpose

I'm choosing to take care of myself in ways that feel nourishing
It's safe for me to feel hopeful and optimistic about life
I give myself permission to say no
I recognize that I'm doing my best, and that is enough
I am allowed to make mistakes
Challenges are opportunities for growth, not evidence of failure

Doors are always opening for me
I trust my inner guidance
Things happen for me, not to me
I alone hold the truth of who I am

I am capable of balancing ease and effort in my life
I can be soft in my heart and firm in my boundaries
I honor what is, I welcome what comes
My heart knows the way, I am open and listening
There is growth in stillness

A lit candle in a glass jar sits on a textured, light-colored surface. A string of dried, golden-brown grasses or reeds lies across the foreground. The scene is lit with warm, golden light, creating soft shadows and highlights. The overall mood is serene and contemplative.

IF YOU CAN
IMAGINE
FAILURE, YOU
CAN IMAGINE
SUCCESS.

TRUSTING YOURSELF

If you bring up low self-worth or confidence to me, I will often guide you towards exploring self-trust. That's because to me, self-trust is the foundation that confidence and a stronger self-identity grows from.

*If you can't access even just a little willingness and trust in yourself to do the hard thing (doing it scared or imperfect is still doing it), or to set the necessary boundary, how can you expect yourself to feel fully **confident** doing it? Trust and confidence are not "I feel so completely solid in this", they're saying: "I'm willing to have the experience and show up fully for myself".*

Self-trust isn't something you think your way into, force, or convince yourself of through affirmations that don't work (see above).

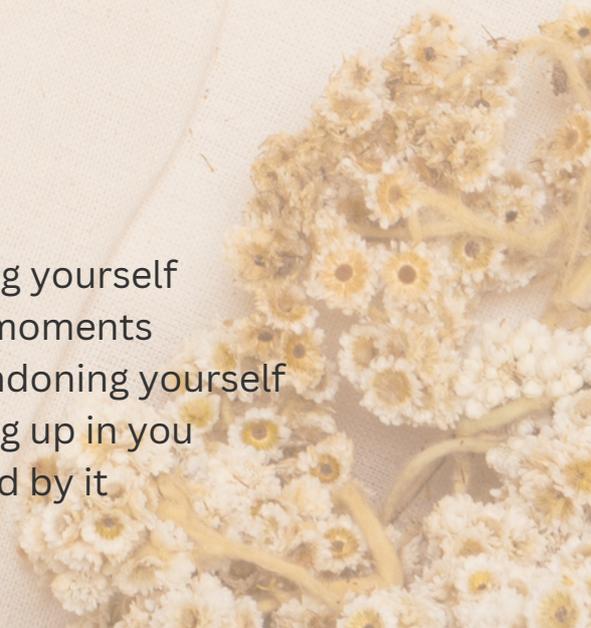
Trust is something you build by showing up, actually being there for yourself, and being your own cheerleader, again and again.

When you trust yourself to handle what comes (while feeling it all), to care for your own needs, to speak your truth, and to not abandon yourself when things get hard, then your worth follows and builds around that.

Self-trust doesn't come from the moments you predicted, prepared for, or controlled perfectly. It never comes from forcing certainty, no matter what your protector part insists. For real, pinky promise.

Self-trust grows in the small, quiet choices; when you tune in with curiosity instead of judgment, acknowledge your truth, and honor yourself a little more than you used to.

Self-trust deepens when:

- You reflect before reacting
 - You tolerate discomfort instead of escaping it
 - You speak to yourself softly instead of attacking yourself
 - You regulate and recover faster from difficult moments
 - You let an emotion move through without abandoning yourself
 - You offer understanding towards what's coming up in you
 - You notice a pattern instead of being consumed by it
 - You hold boundaries that honor your energy
- 

TRUSTING YOURSELF

There's a quote that I've grown to love lately:

“The version of you who will handle the hardest thing will be born the moment she's needed. Trust your future self to have your back.”

To me, this means bringing myself back to the present moment, instead of rehearsing the fears of what might happen. It's recognizing that anxiety comes when I think I need to know something about the future, which, newsflash, is impossible.

It means saying “I will handle it” rather than “I won't be able to” (which keeps feeling of overwhelm alive and well)

Invite yourself to look for the evidence that you have your own back, the Universe is conspiring in your favor, and the work you're doing is working.

Rewire your brain to expect success instead of failure.

Move through your day looking for **“proof it's working”**.

A parking spot opens the moment you arrive? “This is proof it's working”

You trust your gut on something small, and it's right? “This is proof”

You think of someone and they text you minutes later? “This is proof”

You say “no” without over-explaining, and nothing bad happens?

Shocking, I know. “THIS IS PROOF IT'S WORKING!”

You notice a sign or synchronicity right as you start questioning yourself? “This is proof”

You catch yourself speaking to yourself more gently? “THIS IS PROOF IT'S WORKING” This is most definitely proof that the work be working.

Mini practice:

Place your hand over your heart
and whisper “I'm listening.”

A soft-focus photograph of a bathroom. In the foreground, a wooden stool holds several items: a lit candle in a ceramic holder, a small glass jar, a brown glass bottle with a pump dispenser, and two wooden bowls filled with bath products. In the background, a white bathtub and a shower head are visible near a window with light streaming in.

YOU DON'T NEED
CERTAINTY TO
TRUST YOURSELF.
YOU NEED
HONESTY.

Mini practice:

Imagine your younger self sitting beside you.
Tell them one sentence they needed to hear.

QUESTIONS THAT NURTURE RESPONSE > REACTION

What am I reacting to?

What is it about this thought or situations that's really bothering me here?

What am I afraid of happening?

What could go right instead of wrong?

Is this thought an opinion, judgment, or fact?

Is this thought helpful?

How important will this be to me in 6 months?

Has harm been done?

Are my expectations of myself or this situation realistic?

Am I holding myself to an unreasonable standard?

Would I expect the same of others that I'm expecting of myself here?

What is making this feel scary or harmful to me?

Am I underestimating my ability to cope or get through this?

What other ways are there of looking at this?

What is truly in my control here?

What might I say to a friend having the same thought?

What assumptions and conclusions am I making with this thought?

Am I assuming I can do nothing to change this thought?

How might a trusted friend see this?

What evidence do I have that this thought is true?

What counterevidence to this thought do I have?

Am I overgeneralizing, mind-reading, or fortune telling?

Does my future depend on believing this thought?

Am I using "always" or "never"? Is that really the case?

Am I using "I should", "I must" or "I have to"? Is that true?

What would be a more helpful thought?

How would I like to think about this instead?

What would I like to do about this?

Is there a preferred or more effective action to take?

What's the best thing that could happen?

PRETTY THINGS WITH PURPOSE

Candles

Candles can be powerful accompaniments for rituals of reflection, intention-setting, release, and transformation.

Each color holds its own meaning within color psychology, so you can use them as an added visual reminder and anchor in your practice.

And let's face it, you bought beautiful candles, why not let yourself actually light them and bring some more magic to your practice?

Candle Colors & What They Represent

🤍 **White** → **Cleansing + Clarity + Peace + New Beginnings**

A reset button for the spirit. Perfect for release and reflection.

❤️ **Red** → **Strength + Passion + Courage + Vitality**

For bold decisions, self-trust, and reclaiming your power.

💖 **Pink** → **Self-love + Compassion + Emotional Softness**

For healing shame, self-worth, or the heart space.

🧡 **Orange** → **Creativity + Enthusiasm + Confidence**

For expansion, expression, and stepping into your voice.

🟡 **Yellow** → **Wisdom + Learning + Mental Clarity**

For focus, breakthrough thinking, and “aha” moments.

🍃 **Green** → **Prosperity + Healing + Growth Alignment**

For abundance, receptivity, and calling in what supports you.

💙 **Blue** → **Communication + Emotional Peace + Boundaries**

For honest conversations and calming nervous system energy.

💜 **Purple** → **Intuition + Spirituality + Deep Inner Knowing**

For meditation and connecting with your higher self.

PRETTY THINGS WITH PURPOSE

Crystals

Similarly to candles, crystals are used as symbols of grounding, clarity, and healing.

Whether you believe they hold energetic properties or you simply enjoy their beauty or the intention behind them, they can act as a small reminder of what you're calling in for yourself in the moment, and cultivating in your life.

Here are a few favorites and their associated properties and uses:

♥ **Black Tourmaline → Protection + Grounding**

A stabilizing stone used to feel centered and supported when you feel overstimulated, drained by others, or energetically scattered.

Great for absorbing unwanted energy and helping you stay in your own lane emotionally.

Use it:

- In your pocket during stressful interactions
- By your front door to keep your space grounded
- When you need boundaries, clarity, or stability

♥ **Rose Quartz → Self-Love + Emotional Gentleness**

A softening stone, often associated with love, compassion, forgiveness, and opening the heart.

Great for tending to yourself gently, and soothing shame-based narratives.

Use it:

- On your nightstand
- During self-compassion practices
- When journaling about relationships



PRETTY THINGS WITH PURPOSE

Crystals

♥ **Amethyst** → Inner Calm + Intuition

Used for soothing the nervous system, easing overthinking, and supporting restful sleep.

Great for anxiety and spiritual connection.

Use it:

- Under your pillow for rest
- During emotional processing
- When reconnecting with inner guidance

♥ **Citrine** → Confidence + Abundance

A bright, energizing stone that symbolizes self-belief, creativity, and possibility.

Great for self-empowerment and shifting into expansive energy.

Use it:

- In your workspace
- During “calling in” rituals
- When working on self-worth or new beginnings

♥ **Clear Quartz** → Clarity + Amplification

Known as the “master clarity” stone, used to focus and strengthen meditations and rituals.

Great for amplifying whatever intention you set.

Use it:

- On your desk for focus
- When meditating and setting intentions



PRETTY THINGS WITH PURPOSE

Ways To Use Crystals in Everyday Life

1. Carry one with you:

- Wear as jewelry
- Place in your pocket, or purse
- Or, if you're like me, stuff in the chair where you do your sacred work (*you'd find some treasures tucked in my therapy chair!*)

2. Place them where you spend time and energy:

- Desk → *clarity, creativity, productivity*
- Bedside → *rest + reset*
- Car → *grounding, focus, safe travels*

3. Use as anchors and physical reminders for intentions set:

- “This stone offers me grounding”
- “This crystal reminds me to trust in myself”
- “This helps me stay connected to my intention”

4. Use in rituals; hold the crystal while:

- journaling
- meditating
- setting intentions
- doing breathwork



EASY, SIMPLE JOURNAL PROMPTS TO END YOUR DAY

The best part of today was..

Today I was kind when..

I felt proud of myself when..

I felt most like myself today when..

Today was interesting because..

I felt good about myself when..

Today I enjoyed..

Today surprised me by..

I was playful today when..

Something good that happened today..

FINAL REMINDERS

Grief and joy can co-exist.

~~Fake~~ Face it till you make it.

You are not broken or damaged goods. You may have patterns to unlearn and wounds to heal. You may be learning to embrace new thoughts and behaviors.

You may be in the process of recovering who you are at your core.
But you are not broken, you are remembering.

Burn your favorite candle, wear your best outfit, just because.
Embrace the luxuries of existing right now.

It's safe for you to trust yourself, even when self-doubt says otherwise.

You cannot shame yourself into change.

Your 5 year old self hears what you say to yourself today.

You have gotten through 100% of your worst days.

You're doing the work, and it shows.

May the year ahead meet you where you are, and carry you where you're meant to go.

Happy healing,

Rachel xo

