

# Your Year at a Glance

Twelve months of intentional exploration with your Chapter

**MONTH 1**

## Reclaiming Joy

*What lights you up that you've forgotten?*

**MONTH 2**

## The Identity Shift

*Who are you when you're not "mom" first?*

**MONTH 3**

## Permission to Want More

*Naming desires without guilt*

**MONTH 4**

## Brave Small Steps

*The art of experimenting with what's next*

**MONTH 5**

## Letting Go with Love

*Releasing roles that no longer fit*

**MONTH 6**

## Creative Resurgence

*Reconnecting to the maker in you*

**MONTH 7**

## Friendship in Midlife

*Deepening the relationships that matter*

**MONTH 8**

## Your Relationship with Rest

*Why slowing down feels so hard*

**MONTH 9**

## Money, Power, Purpose

*Redefining success on your terms*

**MONTH 10**

## The Body Chapter

*Living in a changing body with grace*

**MONTH 11**

## Legacy & Impact

*What do you want to be known for?*

**MONTH 12**

## Designing Year Two

*Setting intentions for your next chapter*