



As 2025 comes to a close, I'm reflecting on my word for the year: **Embrace**.

When I chose embrace back in January, I thought it would be about the big stuff...

- my son going to college
- navigating a major life transition
- stepping into whatever was next

And yes... those things were part of it.
But what actually happened?

This year became about embracing me.

Not the version of me that's always holding it together for everyone else or performing or producing. But embracing the real, imperfect, still-figuring-it-out me and liking that version too!

Here's What It Looked Like

I embraced feelings I had been avoiding.

Hard ones like sadness and loneliness, but also the good ones too like contentment, desire, and even joy. I let them all be data points instead of fixing or pushing them away. Sometimes the really hard ones lasted 30 minutes; sometimes two weeks. Either way, I stayed with them, cried with them, journaled about them... *(And to be honest, it was not always easy. I did not always stay. But I have gotten better at the practice of embracing)*

I also learned to talk kindly to myself.

This one I am really proud of! To stop the endless judgment *(you know, that voice that tells you you're doing it wrong?)* and start offering myself compassion. That one shift? Truly changed everything!

Embracing Letting Go

I am learning to let go of situations I cannot fix... and honestly, shouldn't have been trying to fix in the first place. I am learning to stop bridging gaps that weren't mine to bridge. I have started reality-testing practices instead of living in "what I wish this could be" mode. Not to lose my hope and optimism (I'm still me) but to ground in what actually is.

I learned to discern:

- Where my voice matters and where it does not
- Where I have influence and where I need to step back

Is this hard? Yes!

Is it freeing? Absolutely - 100% YES!!

Embracing Doing Business Differently

Instead of waiting for opportunities to come to me, I started getting curious about my local community, my clients and who my business could really support and serve. Who you are, what you need, how I can support you in ways that feel authentic and powerful.

It is still unfolding... but this shift also feels right.

What Surprised Me Most

At first, being alone was... uncomfortable. I am an ESFJ and an Enneagram 9 - I am hard wired for connection, community and merging with others. I wanted to numb out with TV, scrolling, whatever. But slowly, I found something unexpected... when I'm alone, I don't have to perform, I don't have to think about the 'right' way to say something and most importantly - I can hear my own voice and... I am like it as well as trust it!

And... with that awareness? It has led me to the work I'm now building and creating. All of it rooted in this belief: **Real change and harmony starts from the inside out.**

Looking Ahead

More to share in the new year about where this is all going...

For now... I just want to say **thank you.**

Thank you for the conversations, the connections, the trust, the curiosity.

Whether we worked closely together, crossed paths, or stayed connected from afar... you've mattered to me more than you know.

My hope for you as this year:

- That you find moments of rest
- That you feel supported
- That you allow yourself to integrate all that 2025 brought as you step into 2026

Wishing you and yours a peaceful, healthy close to the year.

With gratitude,
Kristen

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