

January: Beginning with Joy (Not Hustle)

January always asks us to begin... what does beginning look like for you this year?



January always asks us to begin...
Winter invites us to pause...

So... Before you set goals. Before resolutions.
Before the pressure to 'be better' and 'do more'.

Consider what are you carrying forward?
What do you want to integrate?

**Leadership, like life, doesn't start with action.
It starts with intention & awareness.**

What is the intention and awareness do you want to consider in 2026?

My Intention for 2026

“When you let go of who you think you’re supposed to be,
you become who you are.” ~ Brené Brown

I closed last year with the word **Embrace** and I am stepping into 2026 with the word of **Joy**.

But...

Not the kind of joy I have to earn.

Not the ‘I should just be grateful’ kind.

Not something I wait for until life looks different.

For me, joy is:

Choosing **aliveness**, even when I'm alone

Trusting I'm **not waiting anymore**, rather I'm living now

Noticing **beauty**, even when circumstances aren't perfect

Isn't about forcing joy but rather **allowing** it.

And yeah, it will be harder than it sounds. My ego is already trying to turn it into another thing to ‘get right’. *(But we're not doing that!)*



An Invitation for You

As I begin this year, I will keep asking myself:

What would joy feel like if I didn't have to earn it or wait for it?

My intention and awareness of JOY at this point
leads me to answer like this...

It is **NOT** the absence of hard things or hard emotions
It is **NOT** over-emphasis on happiness (*toxic positivity*)

If I did not have to earn it or wait for it, Joy would feel like...

Aliveness.

To discover (rediscover) the little/big things that make me feel like I am living.

Presence.

To be in the moment with my breath, thoughts, feelings & connecting with others

Permission to be exactly where I am!

Integration of Embrace & Joy

Take a moment with this question.
Let it sit with you and see what comes up.
(*Even if JOY is not your intention for this year, savor it a little.*)



How We Can Work Together

This way of beginning 2026 (from the inside out) mirrors how I work with clients.

I definitely try to walk my talk!

Before strategy, fixing, pushing forward... we pause.

We build awareness.

We understand patterns.

And then we map the goals and growth to move intentionally.

Join Me: Grow Your EQ, Grow Your Impact

January 21 & 28 | Virtual

A short, interactive series for anyone wanting clarity, self-awareness, and grounded leadership as we begin the year. [Register Here](#)

If you'd like to explore 1:1 coaching or team leadership work, just email me: kdombrowski.llc@gmail.com. I'd love to connect.

In the coming months, I'll also be offering shorter, more accessible ways to pause, reflect, and reset together.

More to come!



Thank you for being here.

As you begin this year, what are you integrating (not fixing) in yourself?

What is the word that you want to explore and cultivate more in your life?

If this resonated with you and you'd like to receive future insights, tools, and leadership offerings directly → [Click Here](#)

With Gratitude,
Kristen



Sent to: kdombrowski.llc@gmail.com

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