

December: Ending Strong; Beginning Brighter

*Let's honor what is behind us and shine a light on what is ahead of us.
Where our growth meets the next chapter!*



December can feel like a month of two speeds... Everything accelerates with deadlines, holidays, and year-end commitments and at the same time, we're often invited to pause and look at how the year has shaped us.

Not make this heavy or overthink it! Rather a gentle reflection at what we've learned, how we've grown, and what we want to bring into the new year.

Reflection isn't just a personal practice — it's a leadership practice. Leaders who take time to slow down, review, and realign show up with more clarity, steadiness, and presence. And that creates a ripple across teams, relationships, and future decisions.



Practical Tips!

End-of-Year Clarity Check

Take 5 minutes to name what you completed this year. Consider not just your goals, but

- Growth: Changes in mindsets, beliefs or behaviors
- Boundaries: Patterns you broke/adopted to create a healthier life
- Lessons: Wisdom earned or knowledge gained
- Resilience: What helped you get through some of the tougher times

One Thing to Release

Identify one belief, habit, or commitment you do *NOT* want to carry into 2026. Name it, Identify behaviors or situations that have you step into it as well as opposite behaviors or thoughts you could try instead to practice.

Celebrate Micro-Wins

Choose one quiet moment this week to acknowledge the small things that worked, the hidden progress that rarely gets credit.

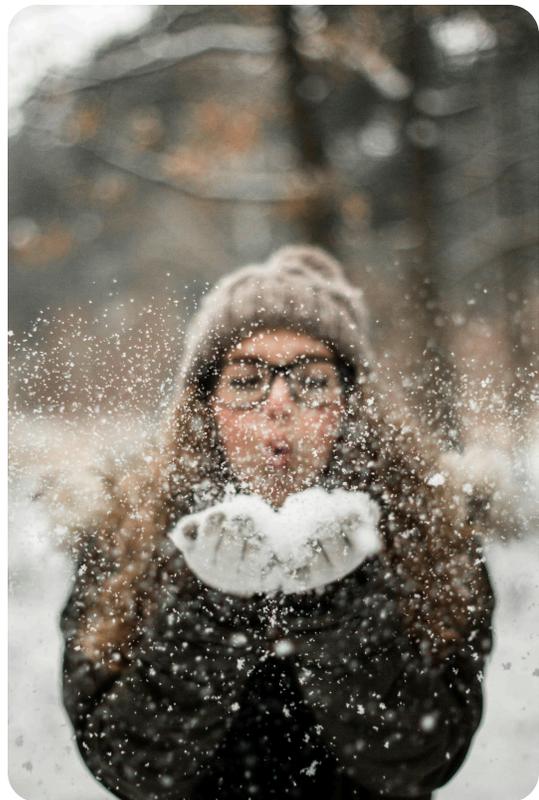
- You had a hard conversations you've been avoiding
- You protected 30 mins on your calendar
- You paused before reacting
- You chose curiosity over frustration

A Brighter Beginning Question

Ask yourself: "What feels ready for more light in 2026?" Let the answer be simple and honest.

Re-energize Your Leadership Rhythm

Reset one routine: morning reflection, weekly planning, boundaries around communication, or daily check-ins with your team.



What I'm Offering

As 2025 comes to a close, it's the perfect time to reflect, reset, and step into 2026 with clarity and energy. Here's how we can work together to close strong and begin brighter:

Mentorship Mastery Book – Available on Amazon!

I'm honored to be a contributing author in this book that made it several #1 spots on Amazon! It is full of stories, tools and frameworks for mentoring. My chapter explores the internal journey of leadership with practical tools you can use today to increase your EQ to help shape relationships. [Get it Here](#)

Grow Your Emotional Intelligence, Grow Your Impact!

Join me for a short, interactive series focused on self-awareness, personal insight, and reflection to reset and re-energize for 2026. It opens today!!

→ **Learn More** [Click Here](#)

Coaching | Consulting | Leadership Training

I support leaders and teams who are ready to grow from the inside out—through 1:1 coaching, team sessions, and tailored trainings. It's about creating clarity, confidence, and real connection in

how you lead both in your personal and professional life. Let's connect and chat!

→ Let's connect [Click Here](#)



Thank you for being here.

Whether you've been following along for a while or this message found its way to you through a friend—I'm grateful you're here.

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

Let's keep growing together!

With Gratitude & Luv,
Kristen



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