



THE SOLO RESET

The solo birthday trip is the perfect opportunity for you to engage in a “sacred pause”. This is a dedicated space to reconnect with your inner self and design the next chapter of your life as you step into this new year. Take a moment to reflect on the wins and losses of this previous chapter. Birthday celebrations are a time to reflect and where clarity, self-compassion, and uncompromising boundaries come front and center.

1. Create a two-column list in your journal

What am I carrying that belongs to the past year or to other people? Your pressure to perform – Is it truly coming from yourself or other people’s expectations? What external expectations have I been carrying? What unexpressed anger am I holding onto? Do I feel a need to be strong and haven’t found time to access my vulnerable side?	What am I ready to release and let go of? Make a list of the things that you give yourself permission to drop in this next year
---	---

2. Radical rest - Take time to reconnect with the physical body. Most of us ignore our physical selves for the sake of everyone else in our lives. Holding on to grief, anger, unforgiveness and frustration can manifest as physical symptoms such as muscle tightness or chronic fatigue.

Set aside 20 minutes daily with no agenda. Practice intentional mindfulness by sitting in nature, taking in the view, or simply listening to your environment. Focus entirely on your senses. The sound of your surroundings, the warmth of the sun, the feeling of the breeze. Allow yourself to just exist as a small part of a bigger world. Sit with that vulnerability. Pay attention to what your body is telling you. If you start to drift off with worries of home or family, focus on another one of your senses and keep trying. Remember rest is a verb – an action word!

3. Take a peace audit – The world has you socialized to be the emotional caretaker of everyone, many times at the expense of your own well-being

Ask yourself these three questions:

- Where am I overextending myself out of habit, guilt, or obligation rather than alignment with my values?
- What does “protecting my peace” look like practically when I return home?
- What new boundaries do I need to establish to protect my emotional and mental energy in this upcoming year?

4. Set your core intentions for year _____ - Move away from rigid, achievement-oriented goals and move towards value-driven, internal intentions.

Create four quadrants in your journal – Instead of focusing on what you want to accomplish, focus on how you want to feel and how you want to treat yourself. (Example – “I want to honor my body with rest and movement that feels good rather than pushing it to its breaking point”, “I want to give my grief and my joy equal permission to exist”, “I want to create space for creative expression that is purely for my own fulfillment, not just productivity”, “I want to grow in self-compassion, speaking to myself with the same tenderness I would offer a dear friend”)

EMOTIONAL	CREATIVE/PROFESSIONAL
PHYSICAL	PERSONAL GROWTH

5. The _____ blessings exercise – Fill in what number birthday this is for you and write a list of that number of specific things that you are grateful for. Remember to include it all – the difficult seasons that brought unexpected resilience, the quiet moments of joy, meaningful friendships, and the fact that you survived the hardest times of this past year. End this with a statement acknowledging your strength and center your resilience as you enter this next chapter of life.

As you step into this next chapter, remember that this reset is not about fixing a broken version of yourself—it is about honoring the deeply resilient, wise woman you already are. You have survived the heaviest of storms, carried profound grief, and held space for so many others. Now, the space belongs to you.

May this year bring you uncompromising peace, radical rest, and the gentle grace to treat yourself with the same tenderness you so freely give to the world. Trust the pacing of your healing, honor your boundaries, and step forward with the beautiful certainty that your most authentic, peaceful season is just beginning.