

2025 Recap

The Word of the Year: Redemption

In 2025, I was redeemed not by erasing the accident, but by processing it. I asked the Universe for redemption and happiness in January; by December, I saw myself as "normal again - changed but grounded".

Year Summary and Key Memories

2025 was the year I reintegrated into my own life. I will likely remember:

- ❖ The **WIL National Leadership Event**: The moment my "recovery story" became a source of public empowerment.
- ❖ The **Accident Anniversary**: Transforming a day of trauma into a "**backyard party**" with **baton** trophies, signaling a shift from memorialization to celebration.
- ❖ The Return to the Kitchen: Reclaiming the **joy of cooking** and shared meals, which signaled that I no longer felt "fight or flight".
- ❖ A Family Dog: Welcoming **Skai** to the family; giving and receiving so much love.

Themes and Patterns

Across all areas of life, several core themes emerged consistently throughout the year:

- ❖ The **Mind-Body-Spirit Connection**: I recognized that mental anxiety was deeply intertwined with physical symptoms like neck tightness and blood pressure. Progress in one area often depended on attention to another.
- ❖ Intentional Pacing: I moved from a "slower pace" in January to "**quiet momentum**" in July. I consistently prioritized "alignment over speed".
- ❖ Vulnerability as a Leadership Tool: Sharing my recovery story publicly marked a major turning point, shifting my identity from a victim to a leader of "**human experience**".
- ❖ Environment as a Sanctuary: My home was a consistent "sanctuary" and "**safe space**" for healing. Upgrading my HVAC was a practical manifestation of this, directly supporting my voice.
- ❖ **Reclaiming Rhythms**: Joy was found in the return of "old days" feelings—NICA races, family trips, and concerts.

What to Leave in 2025

To move into 2026 fully, these narratives and habits have served their purpose and can now be retired:

- ❖ The "Demoted" Label at work
 - ❖ Moving away from the fear that others see you as "retarded" or "disabled" after the accident.
 - ❖ Shrinking/Fear of Rejection
 - ❖ Explicitly letting go of victimhood and the identity defined solely by the trauma.
- Control & Perfectionism – Especially regarding your voice and relationship outcomes.

2026 Vision - Lessons to Carry Forward

These are the insights gained from both the "flowing" and "stuck" moments of 2025:

- ❖ **Intuition is the Compass**: I learned to trust my gut and "listen for what truly fits" rather than forcing career or relationship outcomes.
- ❖ **Boundaries Protect Peace**: Maintaining distance from toxic behaviors was essential for my nervous system regulation.
- ❖ **Presence Over Perfection**: Choosing to be present in my body, even with its limitations, allowed I to "welcome happiness and normalcy back".
- ❖ **The Power of Ritual: Rituals** – old and new – helped me process trauma and celebrate milestones.

2025 Recap

January

January was intentional re-entry. I balanced medical realities with hope, accepted a slower pace, and let reconnection happen organically. Home steadied me while daily practices restored trust in my body and voice. I chose presence over perfection and gave myself credit for how far I've already come. I honored my "tenacity," embraced intuition, and began to welcome happiness and normalcy back into my life. The mind-body-spirit connection was undeniable; progress in one area often depended on attention to another. I'm learning to live in the present, honor my values, and trust my gut—teaching my boys to do the same.



Key Events

1/3: Logan's birthday at Extra Virgin with Wade, Jenny, Triston, and Alex (first time together since the accident)
1/4: Record snowstorm canceled OKC Thunder vs. Celtics trip; school closed for a week
1/8: First Digital Workspace meeting after medical leave—project was not in a good place, emotional return
1/14: First day back in the office after the accident—emotional reunions, healing conversations
1/27–1/31: Karthik in KC after a long gap; exchanged Christmas gifts and celebrated his birthday

Health – Mind, Body & Spirit

- ❖ **Mind:** Meditation was a daily anchor, with frequencies focused on stress relief, healing, and emotional processing. I noticed how mental anxiety and stress were deeply intertwined with my physical symptoms—especially neck tightness and blood pressure. I journaled about boundaries, self-worth, and the impact of my mom's behavior. I set intentions to reduce stress and prioritized mental health as much as physical.
- ❖ **Body:** Physical healing was a daily priority: treatments for my voice, scar, neck, and overall recovery. I started new supplements, continued essential oils and chiropractic therapy, and began massage (Cranial Sacral and Myofascial). I tracked my healing routines closely—yoga, stretching, Pilates, walking, and strength work as weather allowed. No show-stopping medical conditions; cleared to return to yoga and physical activity.
- ❖ **Spirit:** I leaned on intuition and asked the Universe for redemption and happiness. I reflected on the importance of accepting happiness back into my life, not just healing from trauma. I used astrology and spiritual practices to frame my intentions for the year, focusing on balance, self-compassion, and living in the present.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

- ❖ Reconnected with family at Logan's birthday—first time together since the accident, with Alex joining for the first time.
- ❖ Emotional reunions with colleagues; healing conversations in the office.

Reflected on shifting dynamics with my boys, Karthik, and my mom—gratitude, grief, and boundaries.

Home & Environment - *Flourished*

- ❖ Home was a place of rest, healing, and gradual re-entry into routines.
- ❖ Snowstorms brought both disruption and an opportunity to focus inward.
- ❖ Created a safe space for self-care rituals, meditation, and physical treatments.

Finances & Security - *Flowing*

- ❖ No major financial events noted.

Career & Purpose - *Flowing*

- ❖ Gradual return to work, balancing ambition with caution and self-care.
- ❖ First Digital Workspace meeting after medical leave—felt sad and out of place.
- ❖ Set intentions to check in on progress at the six-month mark.

Joy, Creativity & Play - *Flowing*

- ❖ Small joys in daily routines: meditation, journaling, and moments of self-reflection.
- ❖ Noted the importance of nurturing my inner child, even in the midst of healing.

Education & Learning - *Flowing*

- ❖ Continued learning about healing modalities, supplements, and the mind-body connection.

2025 Recap

February

February was an intentional bridge between recovery and what comes next. I leaned on daily meditation and bodywork, accepted a slower cadence at work, and protected my peace at home. Relationships required boundaries and grace—especially with family and with Karthik at a distance. I stayed focused on healing my voice and neck tension while letting astrology and journaling help me frame endings and new beginnings. The month reminded me to choose alignment over speed and to trust the unfolding.



Key Events

- ❖ Two snowstorms (2/12–2/13 and 2/18–2/19) in KC; school cancelled once; I worried about EJ driving.
- ❖ 2/22: EJ slid off Crooked Rd.; bumper needed replacement but the car was drivable.

Health – Mind, Body & Spirit

- ❖ **Mind:** I meditated daily (frequencies focused on intuition, visualization, awareness, stress relief) and journaled about feeling disconnected and redefining my life after the accident.
- ❖ **Body:** I prioritized healing my voice, neck tension, and scar adhesions—returning to yoga, breath and fascia work, cranial sacral therapy, and my first myofascial appointment.
- ❖ **Spirit:** I used astrology as a reflective frame (Mars retrograde going direct, 222 portal, Full Moon in Leo) to process endings and invite a new chapter.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

- ❖ Karthik and I felt distant at times; I focused on boundaries and self-love.
- ❖ I kept distance from my mom and protected my peace.
- ❖ Gratitude after EJ's accident—he was safe and supported.

Home & Environment - *Flourished*

- ❖ Home was my sanctuary during the storms—safe, quiet, and restorative.

Finances & Security - *Flowing*

- ❖ Nothing notable this month.

Career & Purpose - *Stuck*

- ❖ I revisited my career plan and visualized a path aligned to Associate Experience.
- ❖ Work felt misaligned at times; I accepted a slower pace to gain clarity.

Joy, Creativity & Play - *Flowing*

- ❖ Vivid imagery during cranial sacral therapy reconnected me to KC and places I love.
- ❖ Yoga brought small moments of joy and strength.

Education & Learning - *Flourished*

- ❖ I re-read Yung Pueblo's **The Way Forward** and explored breathing and nervous-system work.
- ❖ I tracked astrology and timing as a lens for reflection.

2025 Recap



March

March was a recalibration. Burnout surfaced alongside a desire for joy and a fresh approach. I honored my limits, replanned my health routines, and let the eclipse frame what needed to end and what I was ready to invite in. Skai's adoption steadied me and gave me purpose. Career questions stayed open, and I chose patience while I listened for what truly fits.

Key Events

- ❖ Meredith and EJ adopted Skai (3/15)
- ❖ Spring training trip cancelled (3/17)
- ❖ Royals home opener (3/27)

Health – Mind, Body & Spirit

- ❖ **Mind:** My meditations focused on positive energy, self-dialogue, creativity, and connecting with the universe; I journaled about burnout and the need for a reset.
- ❖ **Body:** Physical limitations still shaped my days; I replanned routines for exercise, supplements, and medical check-ins, aiming to feel "normal" again.
- ❖ **Spirit:** The eclipse season became a lens for acceptance, letting go, and opening space for what's new.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

- ❖ Skai's adoption was a bright spot and a new chapter for our family.
- ❖ Travel and social plans were pared back; I honored my limits.
- ❖ Karthik and I navigated uncertainty and distance.

Home & Environment- *Flowing*

- ❖ Home remained the base for routines and healing.

Finances & Security- *Flowing*

- ❖ Nothing notable this month.

Career & Purpose - *Stuck*

- ❖ I questioned fit and belonging; meeting with Sarah clarified concerns.
- ❖ I considered what to release to make room for aligned opportunities.

Joy, Creativity & Play- *Flowing*

- ❖ Meditation and cranial sacral work rekindled creativity and inspiration.

Education & Learning- *Flowing*

- ❖ I used astrology and journaling to understand transitions and to set checkpoints (bloodwork, doctor visits).

2025 Recap

April

April was action and preparation. I set clear intentions, traveled for the first time since Maui, and lined up the medical steps I believed would help my voice and neck.

Honest conversations and small rituals of self-care helped me feel ready. I kept my eyes on forward motion while staying gentle with myself.



Key Events

- ❖ 4/10: Car accident on the way to therapy.
- ❖ 4/15: Movework conference in San Jose—my first flight since Maui.
- ❖ 4/22: EJ's birthday dinner at Extra Virgin with Alex and Meredith.
- ❖ 4/28: Follow-up with doctor; surgery scheduled for 5/8.

Health – Mind, Body & Spirit

- ❖ **Mind:** I set New Moon in Taurus intentions, focused on confidence and reinvention, and processed new information about medical treatment and compensation.
- ❖ **Body:** I prepared for vocal-cord injection and scar-adhesion removal—kept up straw phonation, stretching, soaking, and Incrediwear.
- ❖ **Spirit:** Astrology (Mercury direct, Venus shifting, Mars trine) framed a sense of forward motion after months of healing work.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

- ❖ EJ's birthday dinner was meaningful time together.
- ❖ I spoke honestly with Karthik and explored working on AX together.

Home & Environment - *Flowing*

- ❖ I started "nesting" toward surgery day and grounded myself at home.

Finances & Security - *Flowing*

- ❖ The car accident introduced tickets/court logistics I began to manage.

Career & Purpose - *Flowing*

- ❖ I pitched unified engagement leadership participation in Digital Workspace and traveled to Moveworks conference. It was my first flight since Maui.

Joy, Creativity & Play - *Flowing*

- ❖ Nothing notable this month.

Education & Learning - *Flowing*

- ❖ Nothing notable this month.

2025 Recap

May 2025

May felt like turning the page. Surgery closed a long chapter, and my routines—neurofeedback, yoga, supplements, movement—signaled a fresh start. I grew professionally through learning and design thinking while choosing acceptance over control in relationships. Confidence returned in noticeable ways.

MAY 28

My Daily Vibe: Wednesday

Today, or any day you're facing a new challenge, believe that you have a safety net underneath you – in the form of your innate strength, skills, and knowledge. Remember that the ultimate goal is to continue learning in life – it doesn't really matter what path you take.

Key Events

- ❖ 5/8: Surgery—scar adhesion removed; vocal cord bulked.
- ❖ 5/20–5/21: Confrontation with Sarah in KC.
- ❖ 5/29: Last day of school.
- ❖ 5/30–6/1: Branson Big Cedar Lodge family trip (with Skai).

Health – Mind, Body & Spirit

- ❖ **Mind:** I declared this my "comeback"—resetting routines and letting go of needing my voice to be perfect. Design thinking and AI study supported my confidence.
- ❖ **Body:** Surgery was a non-event and felt like closure; I began neurofeedback, facial yoga, and built supplement/exercise plans.
- ❖ **Spirit:** New Moon in Gemini intentions focused on feeling normal, self-love, peace, and personal power.

Circle of Life Moments that Mattered

Relationships & Social Life- *Flowing*

- ❖ I accepted uncertainty with Karthik and let go of control.
- ❖ Family trip to Branson was relaxing and restorative.

Home & Environment- *Flowing*

- ❖ I "nested" ahead of surgery and cared for the essentials at home.

Finances & Security - *Flowing*

- ❖ I scheduled auto-body work for the Honda.

Career & Purpose- *Flowing*

- ❖ I advanced unified engagement and architecture workstreams and started an AI course; I questioned whether to stay after the confrontation.

Joy, Creativity & Play- *Flowing*

- ❖ Haircut and personal transformation rituals; the Branson trip brought joy.

Education & Learning - *Flourished*

- ❖ I listened to an HBR design-thinking audiobook and pursued AI coursework; I completed a brain assessment.

2025 Recap

June 2025

June felt lighter. Visibility at work returned, travel boosted confidence, and my daily "serves my energy" practice helped me leave stress and overthinking behind. I trusted myself more—professionally and personally—and kept building momentum around employee experience.

Key Events

- ❖ 6/4: State of the Companies—official re-entry and visibility.
- ❖ 6/9: Honda fixed
- ❖ 6/24–6/26: Atlanta Microsoft Digital Workspace Workshop
- ❖ 6/24: Mazda fixed
- ❖ 6/27–6/29: Chattanooga trip.

Health – Mind, Body & Spirit

- ❖ Mind: I asked daily "what serves my energy today?"—choosing relaxation, self-love, and trusting my instincts.
- ❖ Body: I kept consistent self-care (stretching, exercise, sleep, supplements, neurofeedback, massage, chiropractic) and started using a vibration plate and weighted vest.
- ❖ Spirit: I invited career opportunity, a relationship that works, and jobs for my kids under the New Moon in Cancer and Jupiter cazimi.



Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

Travel weekends brought connection and calm; I let the right people in.

Home & Environment - *Flowing*

I packed and "nested" for comfort and security; chores focused on essentials.

Finances & Security - *Flowing*

Both cars were repaired from earlier accidents.

Career & Purpose - *Flourished*

I led/participated in the Microsoft workshop and advanced my AX vision and dream-job pursuit.

Joy, Creativity & Play - *Flowing*

Branson and Chattanooga offered simple joy and reset

Education & Learning - *Flowing*

Nothing notable this month.



2025 Recap

July

July was quiet momentum that culminated in the WIL event. Music, collaboration, and vulnerability wove together my past and present. Speaking publicly about my recovery marked a turning point—I felt seen, proud, and ready for the next chapter.



Key Events

- ❖ 7/3: HaHa Tonka with Molly and Tyson;
- ❖ 7/4: Fourth of July at Nicole's.
- ❖ 7/10: Court date for accident
- ❖ 7/14-7/16 - Onsite with Sarah and Darren—good meetings; Karthik joined.
- ❖ 7/24: Mumford & Sons with Trevor
- ❖ 7/26: The Lumineers with EJ
- ❖ 7/29: WIL National Leadership Event—fireside chat; I shared my recovery story publicly for the first time.

Health – Mind, Body & Spirit

- ❖ **Mind:** I prayed, journaled, and let go of fear, judgment, and control as I prepared to speak.
- ❖ **Body:** I kept exercise light and intentional—walks, Pilates/yoga as I felt able.
- ❖ **Spirit:** New Moon in Leo focused me on joy, inspiration, and planting seeds tied to my purpose.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flourished*

Onsite collaboration felt full-circle; concerts and the WIL event deepened connections.

Home & Environment - *Flowing*

I cleaned/organized for comfort and focused on creating supportive spaces.

Finances & Security - *Flowing*

Nothing notable this month.

Career & Purpose - *Flourished*

The WIL talk opened doors and affirmed a new leadership identity around experience and engagement.

Joy, Creativity & Play - *Flourished*

Music and storytelling brought magic; sharing vulnerably was healing.

Education & Learning - *Flowing*

I used journaling and reflection to prepare and integrate lessons from the WIL event.

2025 Recap

August



August was a celebration. I marked milestones, welcomed people back into my space, and found magic in reconnection. Professionally, I contributed meaningfully and aligned my work with my manifest felt like life was rhyming—and I was ready to sing along.



Key Events

- ❖ 8/11–8/15: Bentonville trip (Skai, EJ, Meredith, and Karthik surprised us).
- ❖ 8/12: Accident anniversary
- ❖ 8/13: Anniversary of Dad's passing
- ❖ 8/14: My birthday;
- ❖ 8/16: Backyard party—"Bring My Batons to the Backyard".
- ❖ 8/18–8/20: Digital Insurance Connect—facilitated an Employee Experience roundtable
- ❖ 8/21: The Avett Brothers with EJ
- ❖ 8/28: Gregory Alan Isakov with Karthik
- ❖ 8/27: Digital Workspace launch celebration
- ❖ 8/30: Royals game

Health – Mind, Body & Spirit

- ❖ **Mind:** I honored the one-year anniversary with rituals—writing my manifesto, making baton trophies and mugs, and opening up on LinkedIn.
- ❖ **Body:** I kept movement accessible (walks, vibration plate, biking when able) and listened closely to my energy.
- ❖ **Spirit:** The month shifted from memorialization to celebration—reconnection, gratitude, and the power of collaboration

Circle of Life Areas

Relationships & Social Life - *Flourished*

- ❖ I let people back into my home and heart; the backyard party and Royals game were joyful reconnections.
- ❖ Bentonville with family (and Karthik's surprise) was deeply healing.
- ❖ EJ and I went back to NICA practice.

Home & Environment - *Flourished*

I cleaned and prepped the house intentionally—the first gathering at home in over a year.

Finances & Security - *Flowing*

- ❖ Nothing notable this month.

Career & Purpose - *Flourished*

- ❖ I facilitated a roundtable, advanced an Agentic AI deck for leadership, and completed IDEO U's AI/design-thinking course.

Joy, Creativity & Play - *Flourished*

- ❖ Designing/gifting batons and mugs, acknowledging the anniversary and expressing gratitude, concerts, games, and travel reignited joy.

Education & Learning - *Flourished*

- ❖ IDEO U course shaped my view: AI as a companion, not a replacement.

2025 Recap

September 2025

September blended reconnection and resolve. I honored how music moves me, celebrated EJ's race, and upgraded my environment to support my voice. Conferences and intentions rekindled purpose. I kept choosing peace and practical steps toward abundance.



Key Events

- ❖ **9/2:** Upgraded HVAC for better air quality—vital for my voice.
- ❖ **9/6–9/7:** NICA race in Jefferson City—EJ finished 7th (B race); Skai became team mascot.
- ❖ **9/11–9/15:** Bourbon & Beyond festival
- ❖ **9/16–9/18:** Workday Rising—great conference; I learned a lot and felt energized.

Health – Mind, Body & Spirit

- ❖ **Mind:** I journaled intentions to climb out of a "hole"—manifesting peace, purpose, and focus; I tracked planned vs. actual on daily habits.
- ❖ **Body:** I kept yoga, pilates, stretching, sauna, and supplements/nutrition in rhythm; the HVAC upgrade supported my voice.
- ❖ **Spirit:** Music was medicine—Third Eye Blind, Dawes, Goo Goo Dolls brought release and love; I set new-moon intentions for abundance and healing.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flourished*

NICA reconnection felt like "old days"; festival connections were soul-stirring. I set intentions to nurture family bonds and keep regular contact with Meredith.

Home & Environment - *Flourished*

New HVAC improved air quality and comfort; I stayed organized at home.

Finances & Security - *Flowing*

I set intentions to clean up finances and met with GoodLeap about financing.

Career & Purpose - *Flowing*

Workday Rising boosted motivation to lead in People Systems, AI, and business architecture.

Joy, Creativity & Play - *Flourished*

Festival moments and EJ's race success brought joy and emotional release.

Education & Learning - *Flowing*

Conference learning and ongoing health routines informed my growth.

2025 Recap

October

October was a reset. I let go of an old identity, clarified my goals, and did meaningful work that aligns with my purpose. Quiet time away with Skai helped me listen inward. I'm learning to protect my energy and to lead from values.



Key Events

- ❖ **10/6–10/8:** K&J AI presentation to HR in Chicago.
- ❖ **10/28–10/31:** Warsaw, MO reset trip with Skai; visited dad's grave on the way home.
- ❖ **10/31:** Halloween with Nicole; updated my career plan to a holistic format; created HIVE Kickoff deck.

Health – Mind, Body & Spirit

- ❖ **Mind:** I released the "accident era"—letting go of victimhood, practicing boundaries, and advocating for myself.
- ❖ **Body:** I kept daily health habits—exercise, supplements, and self-care—and listened to what truly serves me.
- ❖ **Spirit:** Full/New Moon reflections guided me to accept my job as it is and manifest peace, purpose, and protection.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flowing*

I set intentions to improve trust with EJ and Meredith; Halloween and time with Skai grounded me; visiting dad's grave honored my roots.

Home & Environment - *Flowing*

The Warsaw trip provided a break and productive space; I tended to home projects.

Finances & Security - *Flowing*

I made progress on debt and planning; refinanced my house.

Career & Purpose - *Flourished*

I led the AI presentation, advanced BA/AI methodology, updated my career plan, and prepared for HIVE due diligence.

Joy, Creativity & Play - *Flowing*

Reading, walking, and low-key celebrations for my 10 year anniversary in my house brought simple joy.

Education & Learning - *Flowing*

Nothing notable this month.

2025 Recap

November

November felt like gratitude embodied. I tracked how far I've come since April, enjoyed relaxed time with Karthik, and reclaimed joy at home—especially cooking. Professionally, I kept building confidence and momentum. I'm proud of the progress and open to where it leads.



Key Events

- ❖ **11/1:** ACT test; 11/7–11/9: EJ Broadcasting State Competition.
- ❖ **11/14–11/16:** Deloitte Workday Phase 0 planning; 11/18–11/20: Fort Smith, AR trip.
- ❖ **11/27–11/30:** Three Thanksgiving meals (with EJ, Logan, and Karthik).

Health – Mind, Body & Spirit

- ❖ **Mind:** I reflected on April's Taurus New-Moon intentions under the November Full Moon—tracking real progress and gratitude.
- ❖ **Body:** Neck tension and scar adhesion healed; voice improved (not 100%)—I continued nebulizer, SOVT exercises, supplements, and dietary changes.
- ❖ **Spirit:** Gratitude practices and intentions (confidence, balanced work/life, love and support with Karthik) grounded me; I envisioned helping others with my story.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flourished*

Fort Smith time with Karthik was chill and nourishing; holidays were gentle and intentional.

Home & Environment - *Flourished*

Relaxed dietary restrictions invited joy—I opened my heart back up to cooking and home rituals.

Finances & Security - *Flowing*

I managed bills and planned as needed.

Career & Purpose - *Flourished*

BA/AI methodology, HIVE due-diligence, and career planning advanced; reputation and self-confidence grew; new talks scheduled.

Joy, Creativity & Play - *Flourished*

Walking Skai, reading *Wintering*, and cooking again felt like reclaiming joy.

Education & Learning - *Flowing*

I integrated lessons from the Taurus cycle and work planning; I imagined books or a documentary to help others.

2025 Recap

December

December was gratitude and closure. I felt normal again—changed, but grounded. Confidence grew through meaningful work; peace showed up in small joys like cooking and TV nights. I set clear intentions for 2026, chose boundaries with love, and celebrated with the people who matter most. What a way to end the year – “redemption”.



Key Events

- ❖ 12/1–12/5: Karthik in KC
- ❖ 12/4: IT Leadership dinner
- ❖ 12/15–12/19: Lockton holiday dinners.
- ❖ 12/23–1/5: Vacation
- ❖ 12/25: Christmas – Karthik joined
- ❖ 12/26–12/28: Staycation.

Health – Mind, Body & Spirit

- ❖ **Mind:** Under the Full Moon in Gemini, I reviewed May's intentions—I feel more normal, more confident, and more at peace; I chose what to carry forward and what to let go.
- ❖ **Body:** Exercise and self-care stayed consistent; holiday cooking and traditions returned without rigid restriction—signs of healing.
- ❖ **Spirit:** I embraced authenticity, the present moment, and the Four Agreements—setting boundaries, living kindly, and planning a hopeful 2026.

Circle of Life Moments that Mattered

Relationships & Social Life - *Flourished*

Meaningful traditions with family, friends, and neighbors; a relaxed staycation with Karthik gave us hope for 2026.

Home & Environment - *Flourished*

Home was cozy and joyful—recipe books and shared memories made it special

Finances & Security - *Flourished*

Thoughtful budgets and gifts (including support for Logan's new home and graduation).

Career & Purpose – *Flourished*

Work on HIVE, Phenom, and Workday boosted confidence; I planned to formalize my role/team and start new committees in the new year.

Joy, Creativity & Play - *Flourished*

I returned to cooking and embraced holiday rituals, went “hog wild” on gifts—the scavenger hunt and gifting my recipes brought joy.

Education & Learning - *Flourished*

Reflecting on 2025's lessons and planning growth in 2026; sharing what I've learned through recipes and traditions.