

THE PRESSURE OF NEW BEGINNINGS

IN JANUARY, I OFTEN FEEL AN IMMENSE AMOUNT OF PRESSURE. IT SEEMS THAT NOT ONLY I BUT ALSO THE WORLD AROUND ME EXPECTS ME TO HAVE A PERFECT OVERVIEW AND A CLEAR PLAN FOR THE UPCOMING MONTHS. THE NEW YEAR'S RESOLUTIONS, THE HIGH EXPECTATIONS, AND THE ANTICIPATION OF CHANGE CAN ALL BE OVERWHELMING.

YET, WHILE EVERYONE AROUND ME TALKS ABOUT NEW POSSIBILITIES, I OFTEN STRUGGLE TO PROCESS THE PAST YEAR. IT FEELS AS IF I'M TRYING TO LEAVE BEHIND THE CHALLENGES OF THE LAST MONTHS WHILE SIMULTANEOUSLY FEELING THE PRESSURE TO MOVE FORWARD AND GET EVERYTHING ORGANIZED.

SOMETIMES, IT'S IMPORTANT TO SIMPLY PAUSE, TAKE A DEEP BREATH, AND ALLOW MYSELF THE TIME I NEED. INSTEAD OF PUTTING PRESSURE ON MYSELF, I WANT TO GIVE MYSELF PERMISSION TO ENJOY THE MOMENT, REFLECT ON THE LESSONS FROM THE PAST YEAR, AND GRADUALLY GAIN CLARITY. IT'S OKAY NOT TO ALWAYS HAVE A PLAN. SOMETIMES, THE FIRST STEP TOWARDS CLARITY IS JUST BEING PRESENT IN THE HERE AND NOW.

January
20♥25

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