



Katharine Giovanni

The Thriving Times

MONTHLY NEWSLETTER

January 2026

Here's what's waiting for you this month:

- **Katharine's Corner:** *We're Drowning in Inspiration and Starving for Instruction* by Katharine Giovanni
- **New Online Class!**
- **Katie Keeps It Real:** *Give 'em a Chance* by Katie Nall, Ph.D.
- **My Intuitive Friends Mastermind** - *we have facebook and Instagram groups now!*
- **Angel Notes:** *Reflections* by Paula Dice
- **A Little Good News**
- **Laugh Break!**

If Gmail cuts this email short, click "View Entire Message" so you don't miss the laugh breaks!



*Katharine's
Corner*

Reflections from someone who's been through quite a few life lessons and now wants a word with the Curriculum Office.

We're Drowning in Inspiration and Starving for Instruction

Every January, like clockwork, the internet transforms into a sparkly parade of well-meaning but utterly useless advice:

"Spread your wings and fly!"

"Step into your power!"

"Just be your best self!"

Fantastic. Love that journey for us.

One teeny tiny detail...

How?

Where are these wings everyone keeps talking about?

Are they in my Amazon cart?

Do I assemble them myself?

Are they in that junk drawer with expired dreams, tangled chargers, and the forgiveness I keep meaning to get to?

We are drowning in inspiration and starving for instruction.

Telling someone to “fly” without showing them how is the emotional equivalent of handing them a cake pan and saying, “Bake something! I believe in you!”

Meanwhile, they’re standing there with no ingredients, no recipe, and Chef Gordon Ramsay staring at them like he’s deciding whether to scream or call you an idiot sandwich.

This kind of advice doesn’t help, it just creates pressure.

When someone can’t magically love themselves, forgive their entire family by lunch, let it go, or manifest a yacht by Tuesday, they don’t assume the advice is incomplete.

They assume **they** are.

That’s where shame sneaks in.

And shame, my friends, is not a spiritual growth strategy.

It’s emotional quicksand.

So let’s skip the slogans and try this instead.

Where are you in your life right now?

Start with honesty. Clarity comes from truth, not fantasy.

What is one small shift you can make right now?

Keep it tiny. Your nervous system trusts small steps, not dramatic declarations. And listen I’ve tried the dramatic ones. They rarely work.

Maybe it’s taking a walk.

Maybe it’s going to bed twenty minutes earlier.

Maybe it’s giving up your ice cream habit.

Oh wait... that last one is mine.

The point is this: small shifts stick because your brain doesn't panic.

And forgiveness works the same way.

Is there someone in your life, or your past, who is incredibly **easy** to forgive?

Start there. Forgive an easy one. Then another. Then another.

Do not begin with the person who emotionally drop-kicked your childhood. That is not a starter project. Warm up with some easy ones first.

And here's what most people don't hear: forgiveness isn't about trying harder. It's about having a plan. When you know the steps, forgiveness feels less overwhelming and more doable, even with the hard stuff.

That's why I created my online forgiveness class.

Not to tell you to "just forgive," but to walk you through a simple, step-by-step process that actually works.

No bypassing.

No pretending.

No pressure to be "healed" by February.

Just clarity, relief, and forward movement, one manageable step at a time.

Because real transformation doesn't live in slogans. It lives in steps.

Ask yourself:

What version of me am I ready to become?

Your wings aren't lost.

They're just in the drawer with all the other things no one ever taught you how to use.

This year, let's change that.

With joy and peace,

Katharine

January doesn't need more pressure, it needs relief.

The Forgiveness Path is a 10-day, self-paced class to help you release emotional weight around others, yourself, and money.

Start anytime. Go at your pace. Feel lighter as you go.

[Click here for more information](#)

**KATIE
NALL,
PH.D.**

Katie Keeps It Real



<https://www.nalledgeco.com>

Welcome, 2026!

Everyone is shouting about all the newness! So, here's a new phrase for you to repeat over, and over, and over again: "***I'm exactly where I need to be.***"

Interestingly enough, as you repeat the phrase, celebrating who you are, where you are, and what you have become, your body will begin to believe that ***you are exactly where you need to be.***

And then your body will relax, knowing it isn't late, isn't behind, isn't deficient. Your body, your mind, and your spirit will believe and then know ***you are exactly where you need to be.***

When others taunt you with promotions, with suggestions, and with insults, remind yourself that ***you are exactly where you need to be.***

As it turns out, because ***you are exactly where you need to be,*** you become insulated to the expectations of others.

Every morning when you open your eyes to a new day (new week, new month, new year?), remind yourself "***I'm exactly where I need to be.***"

For this new year, it is highly recommended that every evening before you close your heavy eyelids, repeat your 2026 mantra "***I'm exactly where I need to be.***"

Katie



MY INTUITIVE FRIENDS
MASTERMIND

My Intuitive Friends Mastermind

Who do you talk to about the intuitive stuff? The signs, the nudges, the “*I just know*” moments? If you’ve ever wished you had a place to talk about it openly, come sit with us.

Or join our Facebook Group:

<https://www.facebook.com/groups/1920721398881093>

We also have an Instagram

group: <https://www.instagram.com/j/Aba2G7sPjFDI2gvi/>

[Click here to learn more about our Mastermind](#)



Reflections

Reflection is the quiet space between who we were, and who we are becoming. It is not about dwelling on the past or replaying old mistakes, but about understanding them. Listening to what our experiences are trying to teach us.

When we look back honestly, we begin to see patterns. Moments of joy reveal what truly matters to us. Moments of pain show us where we were stretched, challenged, or changed, every success carries clues about our strengths, and every failure carries information about what we need to do differently. The past, when viewed with clarity rather than judgment, becomes a guide instead of a burden. It could be a simple life lesson.

Reflection also requires courage. It asks us to face uncomfortable truths: choices we regret, words we wish we had not said, paths we stayed on too long. But within that discomfort is growth. We cannot improve what we refuse to acknowledge. Reflection turns self criticism into self-awareness, and self-awareness into intentional change.

Looking forward does not mean abandoning the past, it means carrying forward its lessons. Growth happens when we allow our experiences to shape better decisions, stronger boundaries, and deeper empathy. The person we want to become is informed by the person we once were.

Reflection is not a one time act. It is a practice. A pause. A moment to ask: What did this teach me? How did this shape me? What will I do differently next time ? When we reflect regularly, we move through life with a greater purpose instead of reaction.

In reflecting on our past and life lessons, we gain perspective. And looking forward, we gain direction. And using our past wisely, we give ourselves the opportunity to improve – not by erasing who we were, but by honoring it and building upon it.

Blessings,

Paula

A Little Good News

Because good news still exists.

Despite what your news feed suggests.

Finally Some Good News! China Says Giant Pandas Are No Longer Endangered - <https://www.npr.org/2021/07/09/1014593425/china-giant-pandas...>

Global treaty to end plastic pollution - <https://www.worldwildlife.org/our-work/sustainability/plasti...>

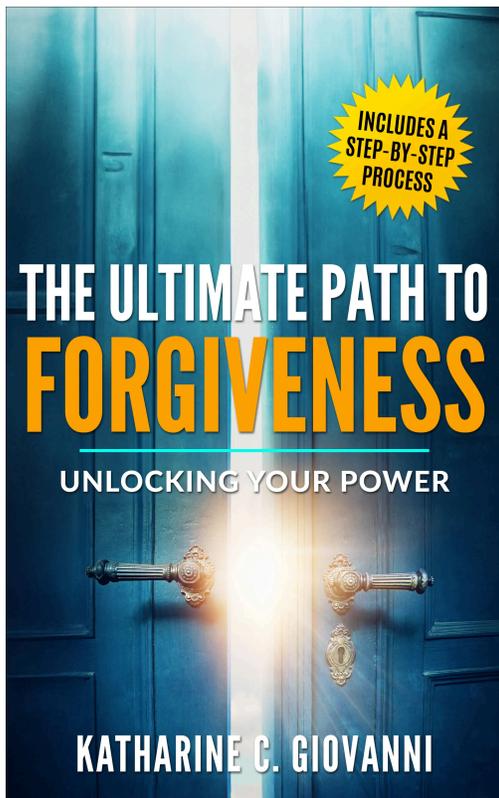
Think society is in decline? Research gives us some reasons to be cheerful - <https://www.positive.news/society/think-society-is-in-declin...>

Laugh Break!



I'm getting to that age where it is considered rude to pull out a bottle of ibuprofen, if you don't have enough for everyone. 🤔😂

Books



The Ultimate Path to Forgiveness

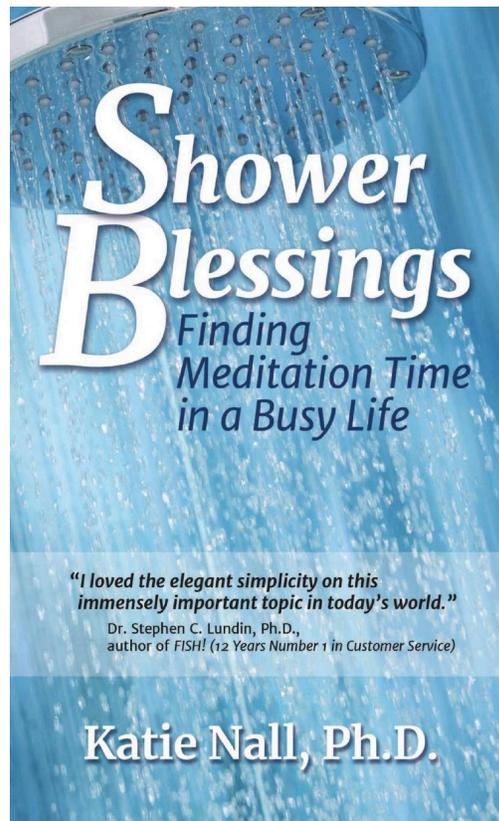
Everyone says to just say "I forgive you." But sometimes that's just not enough. They also never teach you exactly HOW to forgive right?

This book teaches you how.

To see Katharine's other books, please visit her website at www.KatharineGiovanni.com

\$14.95

Buy Now



Shower Blessings

Struggling with trying to find time to meditate, Dr. Nall found herself ALONE in her shower and decided the shower was the BEST place for meditation. Join her in the shower (figuratively!) as you experience different meditations to find peace in your life.

Please visit Katie's website to learn more at www.nalledgeco.com

\$11.95

Buy Now

Follow Katharine on Social Media



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