



Katharine Giovanni

The Thriving Times

MONTHLY NEWSLETTER

February 2026

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

- **Katharine's Corner:** *Why the Small Things Matter More Than You Think* by Katharine Giovanni
- **New Online Class!**
- **Katie Keeps It Real:** *Curiosity is Underrated* by Katie Nall, Ph.D.
- **Events coming up**
- **Angel Notes:** *Making Spiritual Connections* 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.

Why the Small Things Matter More Than You Think

We can all do the big things correctly.

Those are easy.

What actually stays with people are the small moments. The ones that quietly say *I see you* without needing recognition.

Years ago, I wrote about gratitude. At the time, I thought the lesson was simple: say thank you more often.

Now I know better.

It wasn't about the words.

It was about the relationship.

At home, this shows up in ordinary ways. If my husband is on a call and I've just made coffee, I'll bring him a cup. He doesn't ask. I don't announce it. It's simply care.

He does the same for me. Sometimes surprising me with my favorite Starbucks coffee for no reason at all.

After decades of marriage, do we still thank each other for dinner, dishes, and daily life?

Yes. Yes, we do.

Because people want to feel that what they do matters. Especially to the people closest to them.

That same awareness followed me into my work.

Whenever I taught workshops or spoke at events, I made it a point to thank everyone. Not just the organizers, but the people behind the scenes.

I remember one two-day workshop in particular. When it ended, I went looking for the staff and found them in another ballroom, setting up tables.

I thanked them.

They stopped.

They stared.

After a long pause, one man finally said, "Wow."

He quietly explained that in over ten years of working there, no guest had ever come back to thank them.

My heart broke.

What I didn't write about back then was what came after.

From that day on, they went out of their way for me without ever being asked.

- They remembered me.
- Brought me tea when I had a cold.

- Showed up with chocolate after a rough day.

And when I shared that I had breast cancer and wouldn't be training there as much... they cried.

That's when it clicked.

This wasn't about politeness.

It was about relationship.

So yes, say thank you.

But more importantly – see people.

See the ones behind the scenes.

See the people you live with.

See yourself.

Because when relationships heal, everything else tends to follow.

With joy and peace,

Katharine

The Forgiveness Path is my 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>

Curiosity is Underrated

As we are catching up with the year 2017, we are binge-watching “Stranger Things.” I’m not usually a sci-fi admirer. But the show captivates me with how middle school and high school students’ curiosity is used to discover issues and solve them while most of the adults stand around.

This show reminded me of the importance of curiosity in relationships – especially long-term ones.

We’ve been married over 50 years and I think I know everything about Hubbie. I know I’ve heard many of the same stories over and over and over. However, just the other day, Hubbie revealed a story I’ve never heard. I popped out of my zoned-out state to ask, “What did you say?”

He thought he had recounted this story multiple times and yet I had never heard it.

And the curiosity continues with things we think we already know. For instance, I know Hubbie doesn't care for my cooking (best compliment I get is "This one is edible!"). Yet, I still ask if he wants a bite. Sometimes, he'll acquiesce and taste to find out he really likes it! Now I no longer assume he'll hate my cooking. I've become curious to see if he'll eat it!

And the curiosity continues with myself as well. When I think I'm in a slump, I'll try being curious about my rigid thinking. I'll start off with, "What if..." and check to see if something new might work.

This month of love, consider being curious – about the relationship with yourself, with loved ones, with strangers. Discover what you might have in common. Use your curiosity to be open to love.

Katie

Events

**EVERYONE SAYS "LISTEN TO YOUR GUT."
NO ONE EXPLAINS HOW.**

Learn skills you can actually use when life gets noisy.

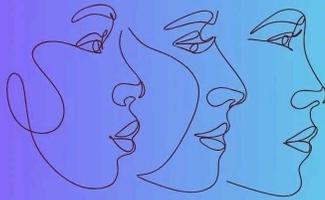


Katharine Giovanni *Katie Nall, Ph.D.* *Paula Dice*

The Intuition Workshop
February 27-28
Unity Spiritual Center of Vero Beach, Vero Beach, FL.
Details at www.GuidedTalk.com

The Intuition Workshop

February 27-28, 2026, Vero Beach, FL



MY INTUITIVE FRIENDS
MASTERMIND

Mastermind

A bi-weekly live mastermind

After years of private sessions, workshops, and podcast

"Listen to your gut" sounds great until you're overwhelmed or second-guessing yourself.

You're not ignoring your intuition.

You were never taught how to use it.

This immersive workshop shares practical tools to help you tune out the noise, trust your inner guidance, and move forward with clarity.

[Click here to learn more](#)

interviews, we kept hearing the same thing:

"I don't have anyone I can talk to about this."

"My friends think I'm weird."

"Will you be my friend?"

So... we said yes.

My Intuitive Friends was born from that very need. A space where your intuition isn't "too much," your stories make sense, and your energy feels seen.

Come join and meet new supportive friends.

[Click here to learn more](#)



Making Spiritual Connections

At a soul level, human beings are created for connection. Every encounter, every relationship, and every shared moment carries an energetic exchange that shapes who we are becoming. Spiritually, making connections is not random, it is part of a greater unfolding designed to guide growth, healing, and awakening.

Connections also remind us that we are never truly separate. Beneath physical form, there is a shared consciousness linking all beings. Through love, compassion, listening, and presence, we tap into this invisible web, strengthening not only our personal spirit, but the collective energy as well.

May this year give you the opportunity to make and share extraordinary connections.

Blessings,

Paula

A Little Good News

*Because good news still exists.
Despite what your news feed suggests.*

13-year-old Ditches Lifejacket and Makes 'Superhuman' Swim to Save Family Swept out to Sea: <https://www.goodnewsnetwork.org/13-year-old-ditches-lifejack...>

January 14th Marked the Longest Period Without a Nuclear Detonation Since the Atomic Age Began

<https://www.goodnewsnetwork.org/january-14th-marked-the-long...>

Minneapolis Restaurant Owner Opened Her Doors for Protesters Seeking Refuge: 'Come In, Come In'

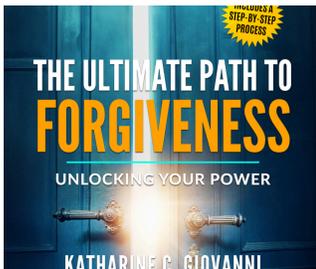
<https://www.today.com/food/news/minneapolis-restaurant-owner...>

Laugh Break!

They say 'the machines of the future' will be as smart as people...
OK, but WHICH people?
Because it kinda matters quite a bit.

ONE THING NOBODY EVER TALKS ABOUT BEING AN ADULT IS HOW MUCH TIME YOU DEBATE YOURSELF ON KEEPING A CARDBOARD BOX BECAUSE IT'S LIKE A REALLY, REALLY GOOD BOX.

Books and Products



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?

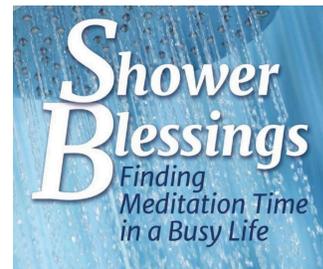
This book teaches you how.



The Forgiveness Path

Everyone says "just forgive," but no one shows you how.

This self-paced, 10-day class delivers practical forgiveness tools straight to your inbox. Through short lessons, videos, and exercises, you'll



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

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

\$14.95

Buy Now

release guilt, shame, and emotional heaviness with grounded guidance, real talk, and zero spiritual fluff.

\$79 - self-paced class

Start Here

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

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