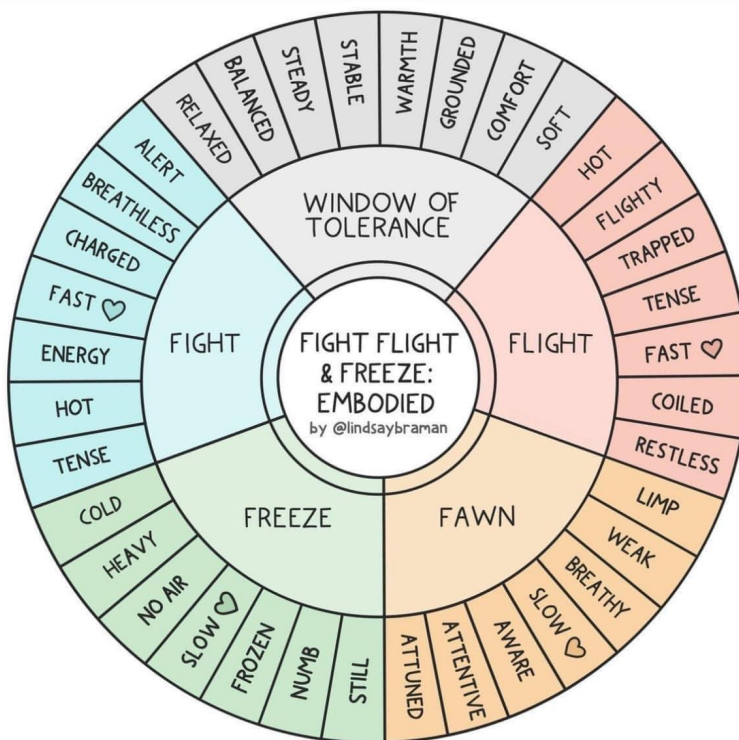


Hi @firstname !

I am a few days late for my goal of sending out an email each month. Planning to send two this month to make up for it...we'll see how that goes. It was a busy November gearing up for Thanksgiving, spending time with friends and family, and then starting to plan and prepare for winter holidays. I'll share that I was proud of myself for the way I showed up personally and professionally last month. There were of course ups and downs, days when I felt sad and lonely, and times when I said or did things which weren't kind or thoughtful. But, overall I leaned on my support network of friends and activities, shared feelings using 'I' language, set good boundaries for myself, took time to read before bed, and listened to lots of good music. How was your month? Do you take time each day or month to consciously reflect on these things too? Check out the amazing graphic below for a helpful tool to use when identifying if you are acting out of healthy and calm reflection OR out of scared and fearful reactivity.



For me and for many others this season is a great time for reflection, gratitude, and boundary setting. Are you reflecting on how you want to show up and feel this winter season? Are you filling your own cup with gratitude, time for yourself, and relationships that are fulfilling and juicy? Recognizing the opportunity to do things

differently requires energy and confidence. It is hard to ask for the space we need to lead authentic and genuine lives. It can be much easier to stay in our comfort zones, follow our well worn neural pathways, and play out the same negative cycles that leave us hurt and disappointed.

So, for this email my intention is to highlight the challenge and opportunity of the season. Are you acting out of habit or intention? What do you need to help reflect and choose healthy behaviors this month heading into the winter holidays?

With intention ([Simple Twist of Fate](#)),

-Dr. Dan

Please reach out to let me know how I can help and support you! Share [my website](#) with someone you know who may need support from a counselor OR book sessions yourself with [my online calendar](#). Available for daytime sessions and limited afternoon/evening sessions.