

# December's Community Challenge: The 5 Day Reflect and Reset Challenge



 **Dec 7 – Dec 11, 2025**

## HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Give yourself five days to slow down, reflect, and reset before the year ends 🎁🎉

Each session offers calm space to release what you don't need and reconnect with what matters, so you can step into what's next feeling clear and refreshed.

## PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a 🛍️ **\$25 gift card!**



SCAN ME

**CLICK  
HERE TO  
JOIN  
TODAY!**



# Join Us: December 2025's Community Events

Monthly Theme: **Reflect on Wins and Build a Strong Future**

Join our coaches in group coaching sessions, featuring meditations, dance sessions, and workshops.



## Featured Workshops & Meditations



### Let's Talk: Eating Better Without Obsessing About It

12:30 pm ET

*Join us for a real conversation about eating well, without guilt, stress, or rules*

[Register Here](#)



### Meditation: Letting Go of the Guilt This Year

3:30 pm ET

*A gentle meditation to release guilt, embrace self-forgiveness, and move forward with compassion*

[Register Here](#)



### Workshop: Owning Your Voice and Your Growth

3:30 pm ET

*A reflective workshop to honor your growth, find your voice, and carry quiet courage into the year ahead*

[Register Here](#)



### Workshop: A Vision Board for Your Next Chapter

3:30 pm ET

*Explore how to clarify your goals and create a vision board that brings your dreams to life*

[Register Here](#)



### Dance Cardio: Shake Off the Year

12:30 pm ET

*An energizing dance cardio session to move, groove, and shake off the weight of the past year*

[Register Here](#)



### Let's Talk: Sustainable Shifts, Not Quick Fixes

12:30 pm ET

*Say goodbye to all-or-nothing thinking with three small, powerful shifts that makes a big impact on well-being*

[Register Here](#)



### Meditation: A Pause to Celebrate You

12:30 pm ET

*A nurturing meditation to reflect, honor your growth, and celebrate the resilience you've shown this year*

[Register Here](#)



### Meditation: Solstice Heart Celebration

8:00 am ET

*A special meditation to honor the darkness, welcome the returning light, and reflect with gratitude on the year's quiet gifts and new beginnings*

[Register Here](#)



### Let's Talk: What I'm Not Bringing Into Next Year

3:30 pm ET

*Join an honest conversation on letting go of perfectionism, people-pleasing, and burnout—with intention and self-compassion*

[Register Here](#)



### Meditation: Reflecting on the Year with Gratitude

8:00 am ET

*A mindful meditation to reflect with gratitude on the moments, lessons, and growth that shaped your year*

[Register Here](#)

