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January is for Clarity, not Pressure

January arrives with a lot of noise.

New goals.

New habits.

New expectations.

Everywhere you look, there's a message telling you to hurry up and become someone "better."

At *Perspective Ed*, we believe something different.

You don't need a new you.

You need a clear one.

Before you set goals.

Before you make plans.

Before you decide what this year should look like—

January is an invitation to pause and listen.

[Check out our YouTube short video on living a life that matters.](#)



Begin with Honesty, not Resolutions

Instead of asking
*“What should I
change this year?”*

Try asking:

- What felt aligned for me last year?
- What quietly drained my energy?
- What am I no longer willing to carry forward?

These questions don't demand action.

They create awareness.

And awareness is where clarity begins.

[Read more](#)

Intentions, not Resolutions

Consider the power of language as an intention for 2026. Could you change “should” to “want”? Notice how often “should” appears in your thoughts and self-talk. I should be further along. I should do... I should know what's next. I should want more. “Should” sounds responsible—but it often carries pressure, guilt, and expectations that aren't truly yours. It is a “heavy” word. Try this gentle shift: Replace “should” with “want” or “choose”. I want more ease in my days. I choose to explore what excites me now. I want a life that feels like mine again. This isn't about forcing motivation. It's about honoring desire. When your goals come from wanting instead of obligation,

they become sustainable. When your chores become wants, they feel lighter and more motivating. They help you achieve goals and get things you want!

Here's a simple way to plan the year ahead. Most plans fail because they try to map an entire year at once. But you and your circumstances change. Planning an entire year can be overwhelming. Your energy shifts. Life responds. That's why at Perspective, we work in seasons. Instead of asking, "What do I want this year?" Ask: "What do I need in the next 90 days?" Winter is not a season of pushing. It's a season of Reflection, Simplification, and Reconnection. Here's a simple January practice: Choose one word for the next season of your life. Not a goal. Not a checklist. A word. Clarity. Ease. Courage. Rest. Curiosity. Let it guide decisions—not demand perfection.

Searching for this kind of Clarity?

The Clarity Course & Camp was created for women in transition—those sensing a shift, even if they can't yet name it.

Over four months, we guide you through:

- Understanding who you are now (not who you used to be)
- Releasing outdated roles and expectations
- Reconnecting with your values, desires, and direction

The journey culminates with a five-day retreat in France—where clarity becomes lived, embodied, and shared in community.

This isn't about fixing your life.

It's about **finally hearing yourself again.**

If January has stirred something in you—a quiet knowing, a question, a longing—trust that.

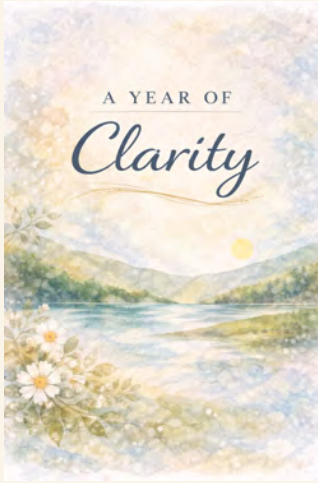
Clarity always begins with readiness.

We're here when you are. Reach out to us for more information on *The Clarity Course & Camp*.

With warmth and belief in you,

Theresa Leiser & Colleen Dupont

The 2026 Clarity Workbook



Spend the year with us! Our 2026 Clarity Workbook is here! Each month, explore a different aspect of gaining Clarity. Take some time to reflect and review. For a deeper dive, join our monthly Clarity Sessions to discuss each topic in a live, virtual group.

[Clarity Workbook Waitlist](#)

Paris Tour with Les Frenchies

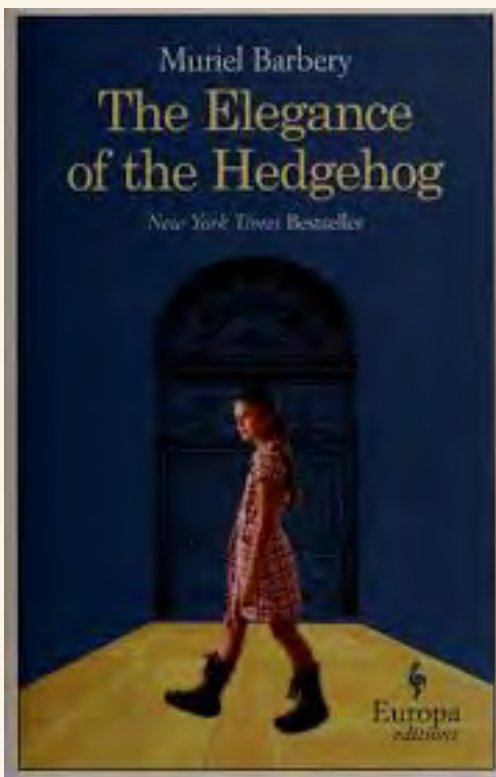


Just For The Ladies - April 19-26, 2026

It's no secret—Les Frenchies know all the essential sites, scents, and sweets that make Paris irresistible. Now, it's your turn to experience the magic! Join a group of like-minded women as we step into the world of

Les Frenchies Essentials of Paris—a journey filled with enchanting châteaux, world-class art, delicious wine, delectable pastries, and the famous fragrances that define French allure. From iconic landmarks to charming local gems, this is Paris at its most delicious, dazzling, and distinctly French. Just a few spots remain; reserve yours today!

[Learn More](#)



January Club is here. Our virtual meeting will be on January 25th! The Ladies of Les Frenchies are reading *The Elegance of the Hedgehog*. Join us online for virtual meet-ups on 1/25, see all the details at Les Frenchies Female Traveler on FaceBook.

[Buy the book here](#)

Things We Love

We've curated lists of services and products we love and think you will, too!



Welcome Pickups is our go-to for all things transportation. To or from the airport, within town, anywhere you want to go. Welcome Pickups greets you with timely service, clean vehicles, and friendly drivers!

[Reserve your Car](#)



Don't travel without a converter. This two-pack gives you tons of options. Each one has a grounded plug, an ungrounded plug, and multiple plugs for all your cables. You won't want to leave home without it.

[Find it Here](#)

Coming in February:

February is all about self-love and being present in your own life. Join us as we dive into learning to trust and respect yourself.

Don't miss another newsletter; email theresa@thatperspective to join our mailing list!

Follow us for more information & insights



Perspective Education

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