

Hey friends! Oh my goodness, we did it! I can't believe that our time together has come to an end. And while this book club experience may have run its course, your journey and the connections that you have created and enriched through this experience have only just begun. As we witness the changing of the seasons in the natural world around us, so too do the seasons of our lives continue to cycle from one to the next. As you close out your time together as it relates to this book, I encourage you to reflect on your current season and how you might integrate this framework's critical practices moving forward. I also encourage you to explore the Seasonal Syncing Cycle of curiosity, clarity, compassion, connection, control, courage, and confidence and how that is playing out in your life in real time.

I pray that your journey through this book and with your book club has been enriching and life-changing in all of the best ways. May you keep this book on your nightstand to refer back to as you continue to write your life's story and may the relationships made with the other women in this group continue to be meaningful connections in your life. As you venture on, know that I will continue to keep you in my thoughts and prayers. Sending you love and hugs as your journey continues. Please don't forget to connect with me. I would absolutely love to hear about your experience with the Seasonal Syncing book and book club kit. And if ever I can be of further support to you on your journey, please don't hesitate to reach out. Hugs!