

Subject: Notes from Becky – November 2025 Newsletter

Hello and welcome to my monthly newsletter!

We're now on the cusp of the festive season. I love Christmas, although I'm aware it will be a little different for me this year, given the changes that have happened in my life over the past year. Yes, I will be diving head first into the excitement and anticipation as we get closer to the big day, but I am aware that Christmas week itself might not feel as jolly as usual and I'm expecting to feel a little reflective of Christmases gone by. But for me, instead of trying to ignore or push away any uncomfortable feelings, I plan to accept each feeling as and when it comes, because it means something and deserves to have space to be heard and felt... Every feeling reflects the rich tapestry of life – it's not always all jingle bells and glittery tinsel, but isn't that what makes life such a glorious adventure?

"You don't have to be positive all the time. It's perfectly ok to feel sad, angry, annoyed, frustrated, scared, or anxious. Having feelings doesn't make you a 'negative person'. It makes you human."
– Lori Deschane

Black Friday sale

I thought long and hard about whether to discount my workbooks for Black Friday as, not only do they offer great value at their usual price, I also believe that there is something about believing that you are worth the investment that can set the tone for working on yourself.

However, I also believe in supporting people to access support they need, and at this time of year, when financial strains can be more burdensome, I've decided to reduce all my workbooks by 50% for a limited time.

So if you're ready to learn more about yourself and would like some supportive guidance towards having more positive and fulfilling relationships in the future, these workbooks are for you.

The workbooks are:

- [30 Days No Contact](#): usually £20, now £10.
- [How to find The One and live happily ever after](#): usually £50, now £25.
- [How to the The One - lite version](#): usually £10, now £5.

The discount is only available until Tuesday 2nd December, but as each of these workbooks is designed for you to work at your own pace, you can buy now and wait until the new year to get started if that suits you better.

Pause For Thought

"So what if, instead of trying to figure your entire life out right now, you just focus on the parts you have control over. Improving on them one at a time. Just let your growth flow through time."
- Oladimeji Ajegbile

When we feel stuck or dissatisfied, the impulse can be to fix *everything in our lives all at once* (habits, relationships, routines, work, health, etc). But this pressure of a total transformation can leave us feeling overwhelmed and we end up changing nothing at all.

That's why focusing on one small, manageable area at a time can be so powerful. When we choose a single part of life that's within our control and make just a few simple improvements, we build confidence and momentum. This gentle, practical approach allows growth to unfold naturally, one bite-sized step at a time, and over the days, weeks and months, these tiny changes gradually reshape how we feel, how we cope, and how we live. We don't have to figure everything out today - we just have to take the next small step and let growth flow over time.

From The Archives

Blog post: [Why do people have affairs?](#)

Affairs can have a devastating impact on a relationship. In this blog post, I talked about the reason people have affairs and the impact it can have on all parties involved, as well as looking at how to move forward.

This Month I've Been...

Achieving daily goals: I've recently discovered an app called Finch (available to download for free), which is a gentle, fun, self-care-centred way of setting and achieving daily/weekly/monthly goals. It's based on caring for a little bird (rather like a Tamagotchi), and every time you achieve one of your goals or practice self-care, your little bird gains energy, grows, and sets off on mini adventures. Perfect for settling busy minds and for those who (like me!) are prone to procrastination.

Reminiscing: I've been sorting through some old family photos over the last couple of weeks. Not only do they offer a snapshot of memories of life and times gone by, but it also left me reflecting on the people in the photos who have since passed away. I miss them dearly and shed a few tears, but I was also reminded that the reason I miss them is because of the amount of love shared between us and the huge impact they had on my life when they were alive. How lucky I am to have experienced that!

Until next time,
Becky

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P.S. Hopefully you've found this newsletter interesting, but if there is anything in particular you'd like to see included in future newsletters, then please let me know!

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