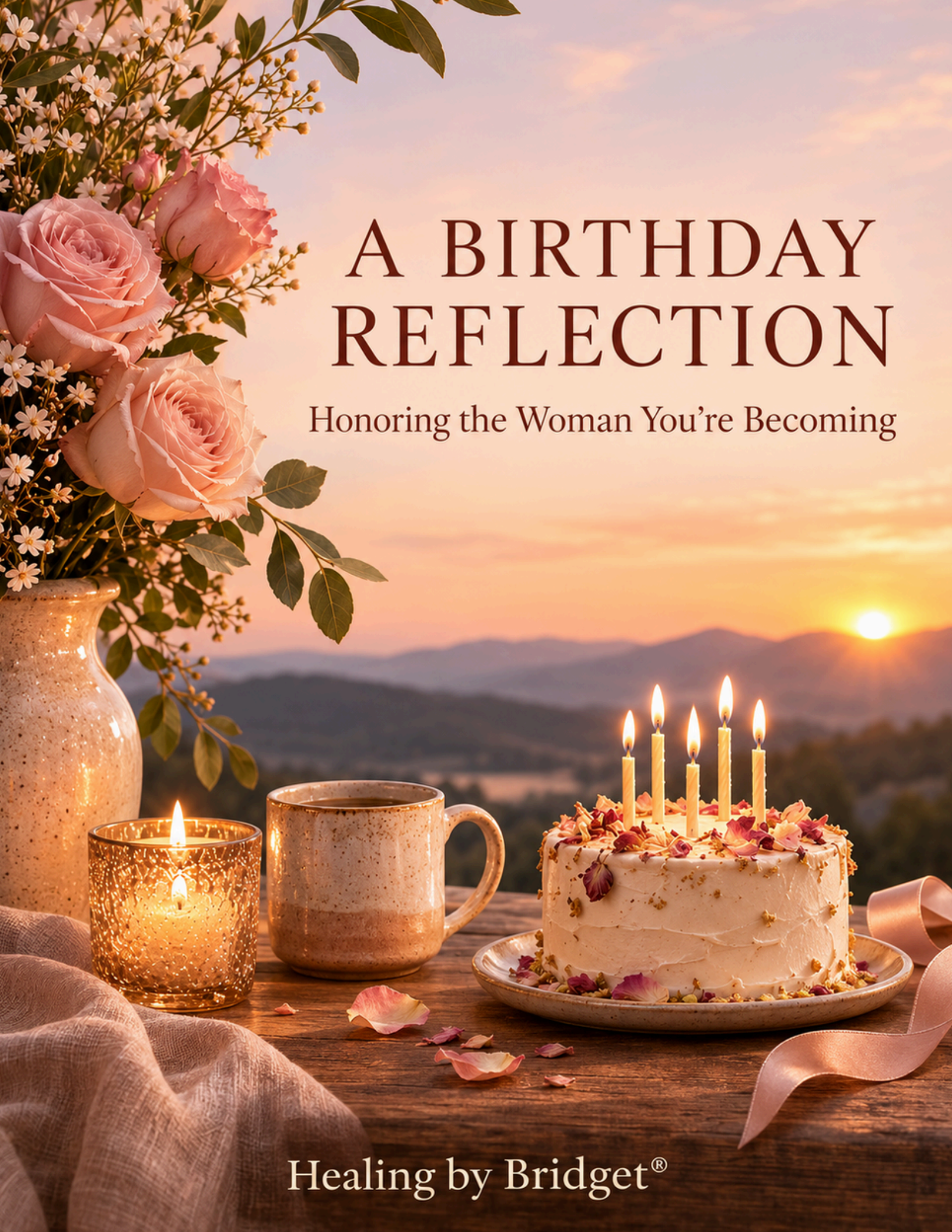

A BIRTHDAY REFLECTION
Honoring the Woman You're Becoming
Healing by Bridget®

# A Moment for You

A birthday can bring up more than one feeling. You might be excited to celebrate, a little tender about the year you've had, or surprised by what you're feeling today. There's room for all of it here.

For the next few minutes, give yourself some time away from whatever else the day holds. You might make yourself a cup of tea or find a quiet spot where you can sit with these pages.

As you look back, let yourself remember the ordinary moments alongside the big ones. A choice you made, a kindness you received, or a day you got through may be part of what you want to honor.

# Arriving at Another Year

Let yourself settle where you are. Notice one detail that brings you into this moment. It might be the warmth of a mug in your hands, the glow of a candle, or the light coming through a window.

Stay with that detail for a moment. When you feel ready, notice what comes up as you think about beginning another year of your life.

Write down whatever feels true today. A few words are enough.

*How does it feel to be here at the start of another year?*

# Honoring the Year I've Lived

Let yourself look back over the year since your last birthday. What do you remember first? It might be a change you saw coming, a surprise you're still making sense of, or an ordinary day you wish you could visit again.

Think of a moment that asked something of you. Maybe you started over, asked for help, or kept showing up when you were tired. Give yourself a moment to acknowledge what it took to get through that part of the year.

You can give a hard memory just a little space today. You can also linger with something that made you laugh or helped you feel like yourself.

***What from this past year deserves a moment of acknowledgment?***

# What I Want to Celebrate in Myself

Think of a moment this past year when you did something that mattered to you. Maybe you spoke up, tried something new, or gave yourself a break when you needed one. What did that moment show you about yourself?

*When did I show up for myself this past year?*

*What quality in me do I want to celebrate?*

# What I Want to Carry Forward

As you look toward the year ahead, think about what you'd like to keep close. It might be a friendship, a habit that helps you feel more like yourself, or something you learned about what matters to you.

*What do I want to bring with me into this next year?*

*What do I want to make more room for?*

# A Birthday Letter to Myself

*Dear me, as I begin another year of my life, here's what I want you to know…*

# A Birthday Blessing

Today, may you feel celebrated for who you are.
May you give yourself credit for the choices
no one saw, the laughter you made room for,
and the ways you kept coming back to yourself.

As you begin another year, I hope you find
more moments that feel like yours.
Happy birthday.

*I honor the woman I've been and*
*give myself room to become.*

With warmth,
Bridget

Find more moments to reflect in
Moon & Seasonal Rhythms.

