CAMILLE STYLES

EDIT



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OVERSIZED FRAYED LINEN NAPKINS
SOL SIDE TABLE
RECYCLED GLASS TUMBLERS













VISION BOARD KIT
LARGE SOLSTICE MUG



SOL COFFEE TABLE
SMALL EVERYTHING BOARD
HANDCRAFTED WOOD SALAD BOWL



Refresh & Refine

LEFT:
MESA RECYCLED CARAFE AND GLASS

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Photograph by Michelle Nash

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RESET
REALIGN
REIGNITE

WINTER 2025


I am grateful for...
What would make today great
Daily affirmation
Highlights of the Day
What did I learn today?







From the Editor



IN ALIGNMENT

After a season of packed schedules, holiday indulgences, and lots of socializing, I'm ready for some balance. How about you? January always seems to arrive at just the right moment—a calm friend urging us to slow down, simplify, and pause to consider what's next.

And in that pause lies so much potential, which we're diving into with this first WELLNESS issue of Camille Styles EDIT. For me, January is about manifesting our dreams and feeling our best. But not in the usual "lose five pounds and crush your goals" mindset that all too often accompanies New Year's resolutions. Instead, it's about getting clear on what truly matters and taking small, meaningful steps that add up to something bigger.

This issue's theme is ALIGN. We want to do more of what reflects our priorities and let go of what doesn't. When our work, relationships, and activities align with our values, we feel fulfilled—they resonate with who we are and what we stand for. And the more we invest in them, the more we feel that deep satisfaction at the end of each day that reflects a life well lived.

This month's cover story features Mari Llewellyn, one of the most authentic women I know. Her personal mental and physical transformation proves that lasting change starts from within. A top wellness podcaster and successful entrepreneur, Mari's calm presence reflects her clear sense of purpose—she knows exactly who she is and what she's meant to do.

We're also tapping professional organizer Shira Gill on how to do a "Life Audit"—practical steps to lay the foundation for our most aligned, impactful year yet. I'm personally doing this exercise to kick off the year, and I can't wait to see how it helps me simplify and focus on the different areas of my life.

Since our health is essential to how we show up in the world, this issue is packed with tips to feel our absolute best. Our wellness editor Edie outlines strategies for boosting winter vitality—a welcome lift during these shorter, colder days—and I'm sharing my go-to nourishing soups that keep me cozy all season.

I'm just gonna say it: 2025 is your year.

The year you experience more passion, purpose, and living each day with intention.
The year you take a bold first step.
The year you start living life fully—vibrant and alive.
The year you don't hold back on becoming exactly who you're meant to be.

Lots of love,

Camille

Editor-in-Chief


SURF
TRIBE
become exactly who
you're meant to be

CONTRIBUTORS

THE QUESTION

What is your 2025 *goal* or *intention*?



Camille Styles
Editor-in-Chief

AUSTIN
TEXAS

In 2025, I want to be more in my feminine energy. For me, this means breaking away from constant productivity, and instead listening to my intuition and leaning more into my creativity. I want to spend time truly connecting with my inner self and making sure that what I'm doing feels aligned with who I authentically am and what I truly desire, outside of achievement.



Isabelle Eyman
Managing Editor

PORTLAND
OREGON

Live for myself. This year, I want to focus on living a life that *feels* good vs. *looks* good. That means getting clear on how I really want to spend my time and what it feels like to truly live in alignment.



Brittany Chatburn
Design & Content Marketing Director

AUSTIN
TEXAS

I intend to stop feeling bad about my neck. I'm turning 40 this month, and it feels like drawing a line in the sand in the very best way. I love who I am, and I'm embracing every bit of what that means.



Anna Decker
Social Media and E-Commerce Manager

AUSTIN
TEXAS

I'm stepping into 2025 with intention—living in the moment, stepping outside my comfort zone, and embracing whatever life throws my way. As I step into my first year as a "real" adult, I'm excited to do it all and create my most meaningful and fulfilling life.

CONTRIBUTORS



Edie Horstman
Wellness Editor

DENVER
COLORADO

Strengthen my pursuit of personal growth. I want to be more mindful of how (and where) I'm investing my time. Rather than constantly multitask, my goal is to slow down and embrace deep focus. I'm determined to prioritize my creative pursuits alongside the complex journey of motherhood, knowing that both require space to flourish.



Michelle Nash
Photographer

AUSTIN
TEXAS

I'm channeling a new level of focus. I want to take on more projects that energize me and focus on the relationships that are filling my cup. I also want to spend less time on my phone and more adventuring outside, working on creative projects, and being with people who matter to me.



Suruchi Avasthi
Food Editor

CHICAGO
ILLINOIS

To practice intentional kindness and be my most fun self. Perhaps that looks like picking up coffee and treats for my co-workers just because, giving truly genuine compliments to strangers, and sharing little doodles and notes of encouragement for people from our conversations. I want to lean into being my most silly self—and laugh a lot.



Julie Pointer Adams
Contributor

Continuing to lean into and trust in the flow of life. I found myself on a wild adventure this past year by saying yes, and, I can, to all sorts of previously unimagined possibilities, and I want to keep riding that wave in the new year.



Caitlin Creer
Contributor

My intention for 2025 is take time to plan and prepare in a more thoughtful way instead of feeling rushed and focused on the to-do lists. Hoping this will bring me more peace and allow me to find more presence and joy with where I am and what I am focused on.

We asked readers to share their own goals & intentions on page 45 ⟶


BLOOM
MILLI PROUST

INTENTIONS

WINTER 2025

LEAN INTO RESTORATIVE RITUALS

Light a candle in the morning and set your intention for the day. Carve out time to read a book you love. Take a mindful walk without your headphones, so you can soak up nature.

WARM UP WITH A WELLNESS LATTE

Treat yourself to a cozy Masala Milk or Spicy Cocoa Chai that gives an energy boost with added health benefits. Recipes on page 25.

MAKE A 2025 VISION BOARD

Think bigger than a checklist of New Year's resolutions—a vision board helps you create the life of your dreams. I'm sharing my process on page 47, plus some workshops I'm hosting this month.

BOOST YOUR IMMUNITY WITH NUTRIENT-RICH FOODS

Seasonal ingredients like squashes, beets, pumpkin, and spices like cinnamon and ginger provide vitamins and minerals to bolster your body's defenses during cold and flu season.

DIAL IN YOUR NIGHTTIME ROUTINE FOR BETTER SLEEP

Create an evening ritual that helps you wind down: dim the lights, put away screens, and listen to calming music to prep your body for deep sleep.

GIVE HEARTFELT COMPLIMENTS TO THE PEOPLE AROUND YOU

Next time you observe something positive about someone, don't keep it to yourself. Tell them, and watch the way it lights them up.

TRY A NEW CREATIVE OUTLET

Get out of your comfort zone and pick up watercolors, take a pottery class, cook a new recipe, write a poem. Let go of the pressure to make it "good" and just enjoy the process.

CLEAN UP YOUR BEAUTY DRAWER

Your body absorbs 60 percent of what you put on your skin, so it might be time to toss the toxic products. This month, replace just one product with a "clean beauty" swap. Baby steps!

Goal-Setting CALENDAR

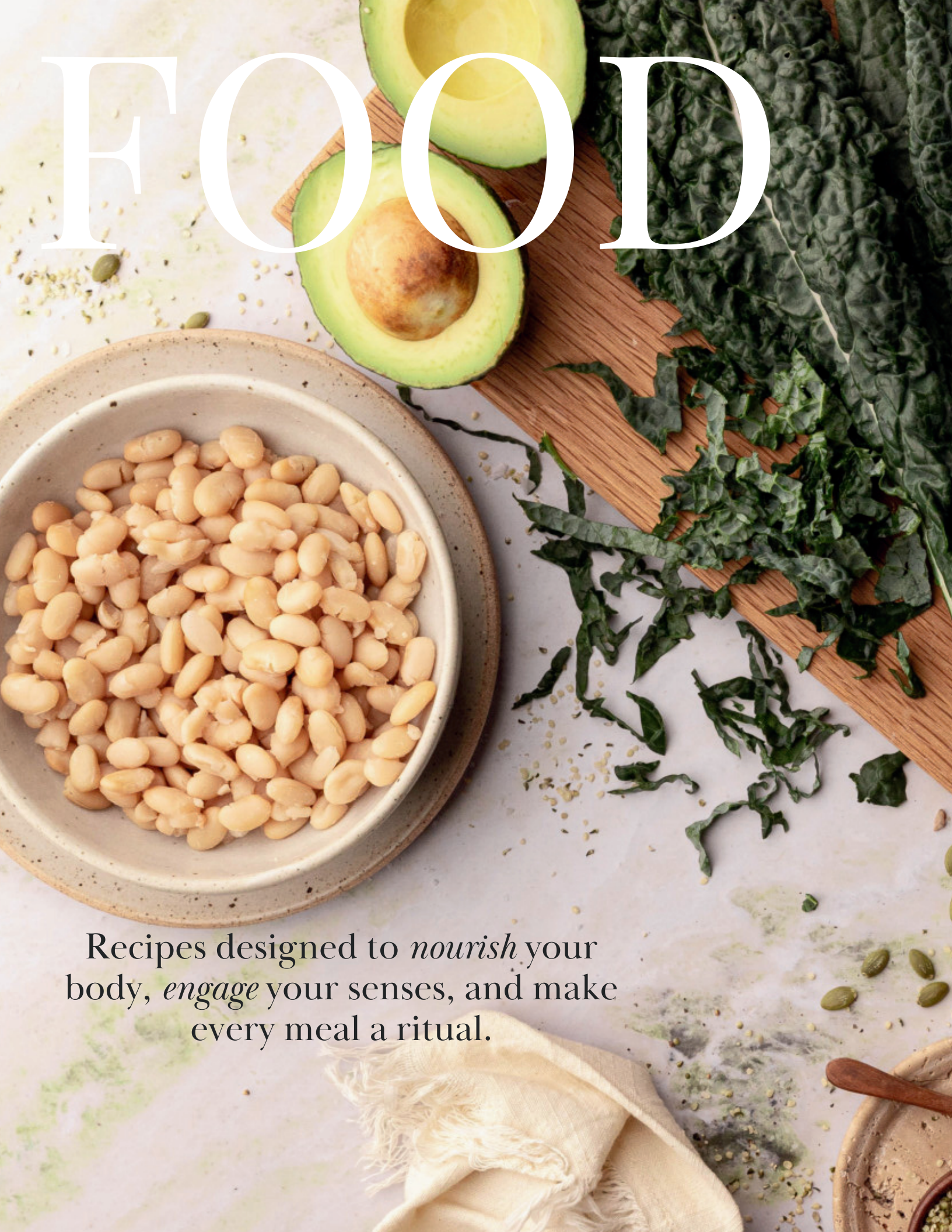
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Write down your top three goals for the month and why they matter to you.	2 Organize one small area of your home to create a fresh start.
5 Declutter your email inbox for a more focused workday.	6 Prepare a healthy meal that aligns with your wellness goals.	7 Reflect on one challenge you overcame last year and how it strengthened you.	8 Refresh a room with a new arrangement or decor piece.	9 Practice mindful breathing for five minutes to reduce stress.
12 Create a vision board for your personal and professional goals.	13 Try a new workout or movement practice to keep things fresh.	14 Dedicate time to learning something new that excites you.	15 Evaluate your progress and adjust any goals that feel misaligned.	16 Add a plant to your space for a natural energy boost.
19 List three things you're grateful for and reflect on why.	20 Host a casual get-together with close friends or family.	21 Spend 30 minutes organizing your workspace for clarity.	22 Commit to drinking more water and track your intake for the day.	23 Identify one habit holding you back and brainstorm alternatives.
26 Practice journaling to clear your thoughts and focus.	27 Attend a networking event or online workshop to grow professionally.	28 Create a playlist that motivates you and energizes your day.	29 Spend time outside and reflect on your progress so far.	30 Set a goal to work toward next month.

FRIDAY	SATURDAY
3 Schedule a coffee date with a friend to deepen your connection.	4 Take a 10-minute walk to clear your mind and boost energy.
10 Write a thank-you note to someone who has supported you.	11 Plan a small gathering or dinner to reconnect with friends.
17 Reach out to a mentor or peer for advice or feedback.	18 Take a screen-free evening to recharge and reset.
24 Rearrange a small area of your home to spark creativity.	25 Call or message someone you've been meaning to reconnect with.
31 Celebrate your wins from the month, big or small, and plan your next steps.	

What are my goals this year?

Moments of gratitude this month:

FOOD



Recipes designed to *nourish* your body, *engage* your senses, and make every meal a ritual.


EDIT

SOUP'S ON



IT'S THE TIME OF YEAR WHEN SNIFFLES AND SORE THROATS ARE MAKING THE ROUNDS. WHETHER IT'S THE DROP IN TEMPERATURES OR THE WHIRLWIND OF THE HOLIDAYS, MANY OF US ARE STARTING THE NEW YEAR RESOLVING TO GET HEALTHY.

WORDS AND RECIPES BY **CAMILLE STYLES**
PHOTOGRAPHS BY **MICHELLE NASH**

While we can't control everything, we can take steps to support our immune systems. Alongside prioritizing sleep, getting outside, and taking our supplements, let's not forget one of the most powerful remedies: food as medicine.

When it comes to fighting off illness, anti-inflammatory ingredients are a game changer. They can soothe symptoms, reduce inflammation, and strengthen our body's natural defenses. And there's no better way to harness their healing properties than with a warm, comforting bowl of soup. Nourishing and easy to digest, soups have long been a staple for recovery. In fact, the tradition of using chicken soup as a remedy for respiratory issues dates back to the 12th century. Today, brothy, nutrient-rich soups remain one of the best foods for easing cold and flu symptoms.

Whether you're battling a cold, a respiratory infection, or simply want to stay ahead of the season's germs, these immune-boosting soups are packed with the ingredients your body needs. Let's get cooking—and healing—with these delicious, restorative bowls.



BIG GREEN IMMUNITY SOUP

IMMUNE-BOOSTING SUPERPOWERS:

As the name suggests, this soup is a great way to pack an incredible amount of green veggies into one very delicious meal. Plus, you can just give the ingredients a rough chop since you'll be throwing them in the blender.

- 1 tablespoon. extra-virgin olive oil or coconut oil
- ½ onion, chopped
- 3 cloves garlic, sliced
- 6 asparagus spears, trimmed and cut into 2" pieces
- 2 cups broccoli (fresh or frozen), cut into bite-sized pieces
- 1" piece ginger, peeled and sliced
- 4 cups fresh spinach (or 1/2 – 1 cup frozen spinach)
- ½ cup cashews, soaked in water overnight or for at least 4 hours
- ½ cup soft fresh herbs (parsley, cilantro, basil, mint, dill, chives, etc.)
- 4 tablespoons coconut oil
- cups low-sodium chicken or veggie broth
- Zest and juice of 1 lemon or lime
- Kosher salt and freshly ground black pepper

1. Before getting started, make sure your cashews have been soaking for at least 4 hours.
2. In a large pot or Dutch oven, warm the oil over medium heat, then sauté the onion and garlic for a few minutes until it starts to soften.
3. Add asparagus, broccoli, ginger, spinach, and cashews, cover and cook gently over medium-low until vegetables are cooked through.
4. Transfer everything to a blender or food processor, add the coconut oil, lemon zest and juice, salt & pepper, and broth. Pulse into a chunky purée. At this point, you can add more broth if you want it to be thinner, but I like mine on the thicker side.
5. Serve topped with chopped nuts, seeds, nutritional yeast, chopped avocado, everything spice, more fresh herbs, whatever looks yummy!

Note:
This soup is delicious in the fridge for up to a week, or freezes well for up to 2 months.



PHOTOGRAPH BY
SURUCHI AVASTHI



ONE-POT VEGETARIAN CHICKPEA STEW

- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 5 garlic cloves, chopped
- 5 carrots, sliced
- 1 potato, peeled and cubed
- ½ head cauliflower, chopped
- 1 tablespoon cumin
- 2 teaspoon turmeric
- 1 teaspoon ground ginger
- 1 tablespoon tomato paste
- 1 14–ounce can diced tomatoes
- 1 quart vegetable broth
- 1 can chickpeas, rinsed and drained
- ½ teaspoon kosher salt and a few grinds pepper
- pinch red pepper flakes

for serving: fresh cilantro, lemon wedges, and flatbread, naan, or cornbread (optional)

1. Warm olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, garlic, carrots, potatoes, and cauliflower, and cook for 10 minutes, stirring occasionally, until beginning to soften.
3. Add cumin, turmeric, ginger, a pinch red pepper flakes, salt, pepper, and tomato paste. Stir until the spices get toasty and fragrant.
4. Add tomatoes, broth, chickpeas, salt and pepper. Bring to a boil, then reduce heat to low and simmer for 20-30 minutes until everything is tender and cooked through.
5. Sprinkle with cilantro and serve with lemon wedges and flatbread.



IMMUNE-BOOSTING SUPERPOWERS:

This Moroccan-spiced vegetable soup is packed with produce, plus spices like ginger and turmeric which have powerful anti-inflammatory properties.



CHICKEN TORTILLA SOUP

- 1 onion, chopped
- 4 celery stalks, thinly sliced
- 4 carrots, thinly sliced
- 5 cloves garlic, chopped
- 1 jalapeño pepper, chopped
- 1 tablespoon ground cumin
- 2 teaspoon ground coriander
- 2 large (or 3 small) chicken breast halves, bone-in, skin on
- 1½ quarts chicken broth
- 1 28-ounce can whole tomatoes in puree, crushed
- ¼ cup chopped fresh cilantro leaves
- 4 corn tortillas, thinly sliced
- olive oil

for serving: chopped avocado, tortilla chips, shredded cheese, limes, sour cream, cilantro, jalapeño

IMMUNE-BOOSTING SUPERPOWERS:

If your sinuses need a wake-up, this soup packs a kick that will help you get back to breathing. Coriander is a powerful anti-inflammatory, and the chicken and broth make this soup restorative and satisfying.

1. Coat the bottom of a large stockpot or Dutch oven with olive oil, then warm on the stove over medium heat. Sauté onion, celery, and carrots until they soften, about 8 minutes.
2. Add garlic, jalapeño, cumin, and coriander, and stir to combine. Sauté for another two minutes, then add the chicken breast halves. Season liberally with salt and pepper, then pour chicken broth and tomatoes over chicken to cover. If the chicken isn't submerged, add water to cover. Add cilantro and tortilla strips.
3. Bring to a boil, then reduce heat and let simmer for about 30 minutes. Cut into one piece of chicken to test for doneness. When the chicken is cooked through, remove from the soup pot and let cool on a cutting board for a few minutes. When cool enough to handle, remove and discard skin and bones, then use two forks to shred the chicken. Return shredded chicken to pot and rewarm.
4. Serve soup with all the garnishes and let everyone top their own soup. Eat!

Note:
Freeze leftovers! Thaw overnight in the fridge, then rewarm, covered, over low heat on the stove. You can also make this soup a full day or two ahead. I store it right in the Dutch oven I cooked it in, covered in the fridge and rewarm when ready to eat.

IMMUNE-BOOSTING SUPERPOWERS:

Garlic has a compound called allicin that can help the body fight viruses. Additionally, this Italian-inspired soup is packed with protein and nutrient-rich greens.

ZUPPA TOSCANA SOUP

- 8 ounces mild Italian sausage (1/2 pound)
- ¼ teaspoon crushed red pepper
- 1 large onion, chopped
- 2 carrots, chopped
- 2 tablespoon minced garlic
- 1 tablespoon Italian seasoning
- Kosher salt and freshly ground black pepper
- 6-8 cups chicken broth
- 2 Yukon Gold potatoes, cut into 1" cubes (about 3 cups) – or sub in sweet potatoes
- ½ head cauliflower, cut into 1" pieces (about 3 cups)
- ½ bunch lacinato kale, de-stemmed & coarsely chopped (about 2 cups)
- ½ cup milk
- ½ cup half-and-half (you can swap in coconut milk for all dairy)
- garnish with fresh thyme, lots of grated parmesan, and olive oil

1. Cook the Italian sausage and red pepper flakes in a Dutch oven over medium-high heat until the sausage is crumbly and browned, 10-15 minutes. Drain and set aside.

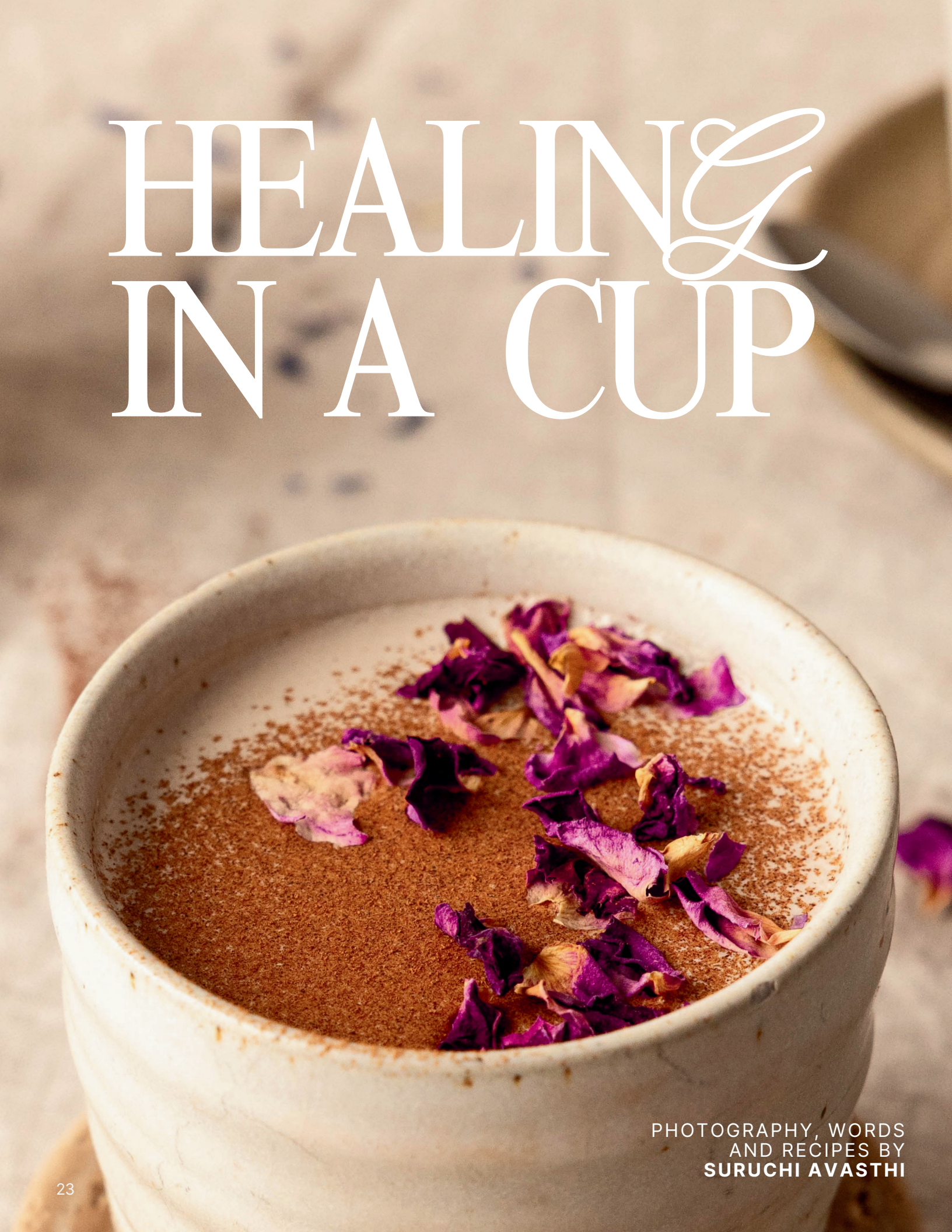
2. Warm a tablespoon of olive oil in a Dutch oven, then stir in the chopped onions, carrots, minced garlic, and Italian seasoning. Cook until the onions are soft and translucent, about 5 minutes.

3. Stir in the chicken broth and bring to a boil over high heat. Add the cubed potatoes, kale, and cauliflower and simmer until fork tender, about 20 minutes.

4. Reduce the heat to medium. Gradually stir in the milk, half-and-half, and cooked sausage. Cook and stir until the sausage is warmed through. Serve immediately topped with thyme, parmesan, and olive oil.

Notes:
Store in the fridge for up to a week, or in the freezer for up to 3 months. This soup is gluten-free, and can be made dairy-free by swapping the milk and half-and-half for a non-dairy substitute like coconut milk.

HEALING IN A CUP



PHOTOGRAPHY, WORDS
AND RECIPES BY
SURUCHI AVASTHI

Every winter, I love leaning into the coziness with warming drinks. And for me, it's all about the flavor. Whole, fresh ground spices are my go-to for making sure that my latte-style drinks are super satisfying. Each of these recipes is made as a single serving, perfect for relaxing mornings or evenings in. My go-to approach for lattes is to taste and adjust as I'm craving at the moment, so use these recipes as your guide but feel free to have some fun, too!



TAHINI ASHWAGANDHA LATTE

With a nutty and slightly savory flavor, this latte is my go-to nightcap during the winter months.

1-1 ½ cups milk of choice
1 tablespoon tahini
1 tablespoon maple syrup
1 teaspoon ashwagandha
Very small pinch of salt
Splash of vanilla (optional)

1. Heat milk until very warm.
2. In a mug, add the tahini, maple syrup, and ashwagandha. Stir together until thick. Slowly add your milk to the mug, stirring to combine until smooth. Taste and adjust sweetness as needed.

CHAI MASALA HOT CHOCOLATE

This hot chocolate has a wonderful depth of flavor from the spices while still satisfying your chocolate cravings.

1 cinnamon stick
1 star anise
4-5 cardamom pods
3-4 cloves
3-4 black peppercorns
1-1 ½ cups milk of choice
1 tablespoon sweetener of choice*
2-3 tablespoons cocoa powder

1. Add all of the spices to a pestle and mortar and crush into big pieces. Add to a stovetop pot and bring to medium heat. Cook for a minute or so until the spices are fragrant.
2. Lower heat to medium-low and add milk. Simmer for a few minutes, stirring occasionally. Remove from heat. Add optional sweetener.*
3. Stir the milk into the cocoa powder a little at a time to keep the cocoa from clumping, straining out the spices.
4. Serve hot with whipped cream if you prefer and a sprinkling of cinnamon and extra cocoa powder.



DOODH MASALA

Filled with warming spices and ground nuts, doodh masala (milk masala) is my favorite flavor from growing up. It's perfect for those looking for a caffeine-free drink that still feels special. Feel free to experiment with the ratios of nuts and spices based on what flavors you like best, and make a batch of this ahead of time to add a spoon to your hot milk whenever the craving strikes.

3 tablespoons raw unsalted pumpkin seeds
2 tablespoons raw unsalted almonds
2 tablespoons raw unsalted cashews
1 tablespoon shelled raw unsalted pistachios
½ teaspoons cardamom seeds
½ teaspoon fennel seeds
¼ teaspoon ground nutmeg
Pinch of saffron (optional)
1–2 tablespoons granulated sugar
Small pinch of salt

1. In a stovetop pan, add the pumpkin seeds, almonds, cashews, and pistachios. Toast on medium-low heat until they just start to become fragrant. Be careful not to burn them!
2. In a spice grinder, add the toasted nuts/seeds and all of the spices with the sugar and salt. Grind until you have a very fine powder, scraping down the sides to avoid clumping.
3. Store masala in an airtight container in the fridge for up to a week.
4. To serve, heat milk of choice until hot. Add 1–2 tablespoons of the masala to the milk, and stir to enjoy.



WELLN



Your guide to aligning mind, body, *and* spirit with practices that foster balance and encourage intentional well-being.


ESS
MAKE YOUR HOME
YOUR RETREAT
EDIT

MARI LLEWELLYN

IS PROOF THAT TRANSFORMATION IS MORE THAN SKIN DEEP

FROM A ROCK BOTTOM MARKED BY BORDERLINE PERSONALITY DISORDER, ALCOHOL, AND SELF-HARM, MARI TALKS ABOUT THE TRANSFORMATION THAT LED HER ON A PATH TO HERSELF—AND THE RIDE OF A LIFETIME .

BY CAMILLE STYLES

PHOTOGRAPHED BY MICHELLE NASH





jeans MOSCHINO
boots ARIAT

Mari Llewellyn radiates an inner light. And as I've gotten to know her over the past year, I've seen firsthand that her glow is so much more than skin deep—it comes from a genuine kindness and a heart for others. It would be easy to try putting Mari in a box (she's beautiful, blonde, and has 1.5 million followers on Instagram), but within five minutes of meeting her, you pick up on the type of depth that speaks to lived experience. Mari has faced struggle and overcome challenges, and her story is proof that true, lasting change is an inside job.

When Mari and her husband Greg moved to Austin last year, they were searching for a slower pace, somewhere they might like to start a family in the near future. In addition to growing their successful supplements brand, Bloom Nutrition, Mari's podcast *In Pursuit of Wellness*, was topping wellness charts (it's one of my own weekly must-listens), and she and Greg both landed on Forbes' 30 Under 30 list. But beyond her achievements, Mari embodies a grounded, feminine energy—she's a self-proclaimed "horse girl," bakes sourdough, collects eggs from her backyard chickens, and openly shares her dreams of becoming a mother.

In our conversation, I was moved by how Mari's unique story and struggles propelled her to create the inspiring, fulfilling life that she's living. We sat down for a heart-to-heart at Swedish Hill on the first chilly day of fall to chat about her transformation, career, and—of course—her horse, Red.

Camille Styles: Mari, for those new to your story, can you share a bit about your journey and what inspired you to make such big changes in your life?

Mari Llewllyn: Sure. Let's go back to my rock bottom. My parents divorced my senior year of high school, and I'd already been struggling with mental health. Having grown up in a tumultuous household, college became an escape that was filled with partying, drinking, and unhealthy ways to cope.

Things got really bad at school—I was failing every class and ended up dropping out just before graduation. I moved home with my dad in New York, and I had a big reality check: I was the reason I was in this position. I couldn't keep pointing fingers or being a victim. Fitness was my first step to getting control back. I wanted to keep my own promises to myself and learn to face things head-on.

CS: So fitness was about reclaiming control, not just weight loss?

ML: Exactly. It was about showing myself I could do something hard. My whole life, I'd been avoidant and numb to pain. Going to the gym daily, cooking my meals, and learning about nutrition was my way of pushing myself. In the beginning, I really isolated myself from friends and just focused on changing my life. I ended up losing 90 pounds, which wasn't even the main goal. My goal was to see what my full potential could be. I had this feeling it would lead to something more, even though I didn't know what. And it ended up being my whole career.

CS: Your transformation was about so much more than physical.

ML: Yes! People see me as a "before and after" weight loss story, but I don't think of myself that way. That time was an overhaul of who I really am, letting go of trauma and finding myself. The weight loss was a side effect.

CS: I just listened to a podcast with a guy who's a big investor in some of the most successful startups. He said that one of the main things that he looks for in potential entrepreneurs is whether they invest in is their physical fitness. He wants to find those people who have the discipline to stick to their health goals because it shows him they have the mental toughness to make a commitment and stick to it.

"My goal was to see what my full potential could be. I had this feeling it would lead to something more, even though I didn't know what. And it ended up being my whole career."

ML: It's less about being the smartest person in the room and more about being someone who can withstand stress in a healthy way. My husband's a great

example. He's in incredible shape, and when he enters a meeting, people pay attention. He commands a room because he takes care of himself and can do hard things.

CS: Okay, so on tough days, are there any mindset shifts you learned over time?

ML: Yes, it's always evolving. The mindset I had to have then isn't necessarily the same now. At first, developing a sense of discipline was the most important thing, because I didn't have it before. During my fitness journey, I committed to working out every day, no excuses, unless I was ill. I went on snow days, holidays—nothing stopped me.

Doing that for a year changed my brain chemistry. I don't think I'd have a business now if I hadn't taught myself discipline. It's this concept of showing up, no matter what. I still believe in that, though I've since leaned into a bit more flexibility. Sometimes, I was too hard on myself. Now, if I have a big event that's nerve-wracking, I remind myself: I can do hard things because I've done them before.

CS: Aside from fitness, what are some daily wellness rituals you swear by?

ML: I love red light therapy. I did it this morning, and my dogs love it too. They lay in front of the light. I think it's a biological sign of how good it is for us. Red light is great for my acne scarring and offers a chance to sit and meditate.

I also use the Superhuman app by Mimi Bouchard. It's more activation than meditation, streaming positivity on various topics like gratitude and fertility. I'm a big supplement fan—colostrum, electrolytes, creatine, you name it. I went through a big gut health and acne journey and take colostrum every day.

For me, movement is essential—whether it's weight lifting, Pilates, or walking outside. Animals are also a huge part of my wellness. Seeing my horse is something nothing else can replace. It's grounding.

I think getting steps is more powerful than people realize. It's about getting in bite-sized moments throughout the day. Like if I have a work break, I'll hop on the treadmill, or I'll go walk outside.

And I like to eat dinner early. I usually eat around 5-6 pm,, then go to bed around 8-8:30 pm and wake up with the sun. It feels amazing.

Community is also really important, and since moving to Austin, focusing on relationships has brought so much joy. It was a missing piece for me for a long time.

"Learning something new as an adult is a challenge because you're more aware of the risks. But riding has unlocked something in my brain, and it's given me an outlet."

CS: Let's talk about your horse journey—what inspired you to start riding?

ML: I've been obsessed with horses my whole life. I remember being seven years old and telling my parents I was saving my allowance for a horse. It was only five pounds a month, but I was determined. Horse culture was big. I grew up in the UK, where we'd go to farms—polo matches and hunts- and my sister and I rode a bit while growing up. When I moved to America when I was 10, I had to stop riding because it's a lot more expensive in the US. But my love for horses never went away.

Later, when I was living in LA, I got to a point where all I did was work and work out—I felt fried and realized I wasn't doing anything purely for enjoyment. Greg and I took a trip to Jackson Hole and went on a four-hour trail ride. It was the highlight of my year, and I thought, "I could do this forever." When I got home, I knew I had to start riding again.

When I got back to LA, I found a barn in Orange County, and after one lesson, I was hooked. Eventually, I bought my first horse and started doing jumping and English riding. It's something I've stuck with, though I have to catch myself from getting too competitive. Riding has become an addiction; I'm obsessed. Learning something new as an adult is a challenge because you're more aware of the risks. But riding has unlocked something in my brain, and it's given me an outlet. When you're riding a horse, you can't think about anything else.

CS: It truly is this beautiful form of self-care for you. Okay, let's talk about food because I know it's such a big part of your life. Tell me about your approach to nutrition these days.







sweater FORM jeans PAIGE
shoes STUART WEITZMAN

ML: On my health journey, I've gone through different phases with different diets. I tried keto, was paleo for a while, and my acne dictated a lot of what I ate. I was so afraid of eating the wrong thing and how it would affect my skin, that I ate extremely clean. Now that my skin's clearer, I feel more freedom.

Here's what a typical day of food looks like for me:

In the morning, I wake up, walk the dog, work out, and then eat breakfast. I'll have two to three eggs from my chicken coop, a slice of sourdough, and berries. I like to cook in ghee, butter, or tallow. I've learned from podcast interviews that cooking with oils at high heat isn't great, so I stick to these fats.

Around 11, I'll have a snack, like a protein shake or bar. I'm obsessed with these RAW bars—they're amazing and have 20 grams of protein. For lunch, we've been meal-prepping, so I'll do a protein-centered meal like a rice bowl with steak, chicken, or fish.

For dinner, Greg and I always eat together, and it's usually a balanced meal like steak, potato, and vegetables. I used to be gluten and dairy-free, but now I'm trying both again. The one thing I don't do well with is sugar; it gives me brain fog.

CS: I love how nourishing and balanced that sounds. For me, restriction often leads to cravings, but when I nourish my body fully, I don't crave things like sugar.

ML: Exactly. Anytime I restricted or ate super clean, especially in LA, I'd get obsessive about food. I've learned through trial and error what works for me. In the beginning, I imitated other fitness influencers' diets, thinking I'd look like them if I ate like them. That's not how it works. We're all built differently and come from different origins, which I believe plays into what works best for each of us.

CS: That's the only way to explain why different diets work for different people. You really do have to explore what's right for you.

ML: Yes, try different things and see how you feel. Your energy and mood can guide you.

CS: Let's talk a bit about your career. Your brand has grown so much. What advice would you give women who want to turn their passion into a career?

“Don’t wait for permission [...] just start.”

ML: Right now is the best time to turn any passion into a business. I see people on TikTok making bikinis, soap, knitting—it’s the perfect time to build a community. The blueprint I followed was to build a community first, see what they asked for, and fulfill those requests. I shared my passion for health and fitness candidly, without airbrushing or showing just the finished product. People want to see the process and the ups and downs—that’s how you build trust.

Recently I got to speak at Harvard, and I shared that I started my business with a $5 workout PDF I made at Barnes & Noble. I emailed it to people manually, and they paid me $5 on PayPal. It ended up being more successful than I ever thought possible, and it taught me that if you have knowledge to offer, put it out into the world. Make it affordable and accessible, give out free information, and build your community. Don’t wait for permission. Many people feel they need a qualification to start a business, but you don’t—just start. Even if it’s not perfect, at least you’ve started.

CS: I always say, if I’m not cringing when I look back at what I was creating a year ago, I haven’t grown enough.

ML: Exactly! I cringe so hard when I look back at my first Bloom product label, but at least we did it.

CS: It’s all about evolution. Okay, last question: what’s next for 2025? What’s your vision for the year ahead?

ML: The podcast has become a big part of my career, and it’s something I find very fulfilling. I see it expanding beyond just my show—I have big ideas for what I want to do in women’s health and podcasting. Bloom just launched a sparkling energy drink, and it’s doing amazing. We’re in Target now and will be in more retailers in 2025. Personally, I want to have a baby. I talk about this everywhere, but I’m praying to be pregnant next year.

CS: I have a feeling 2025 is gonna be a great year. ■



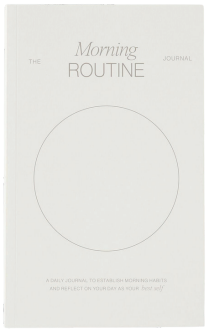
Journaling Toolkit

prompts & picks for your most inspired journal session yet

01 What are 10 things that bring me joy?
02 What is my body craving at the moment?
03 What have I learned to forgive myself for?
04 What are new ways I can measure progress this year?
05 What do I want to invite more of into 2025?
06 What is standing in the way of reaching my goals?
07 What do I know to be true today that I didn't know a year ago?

Click items to shop!

01



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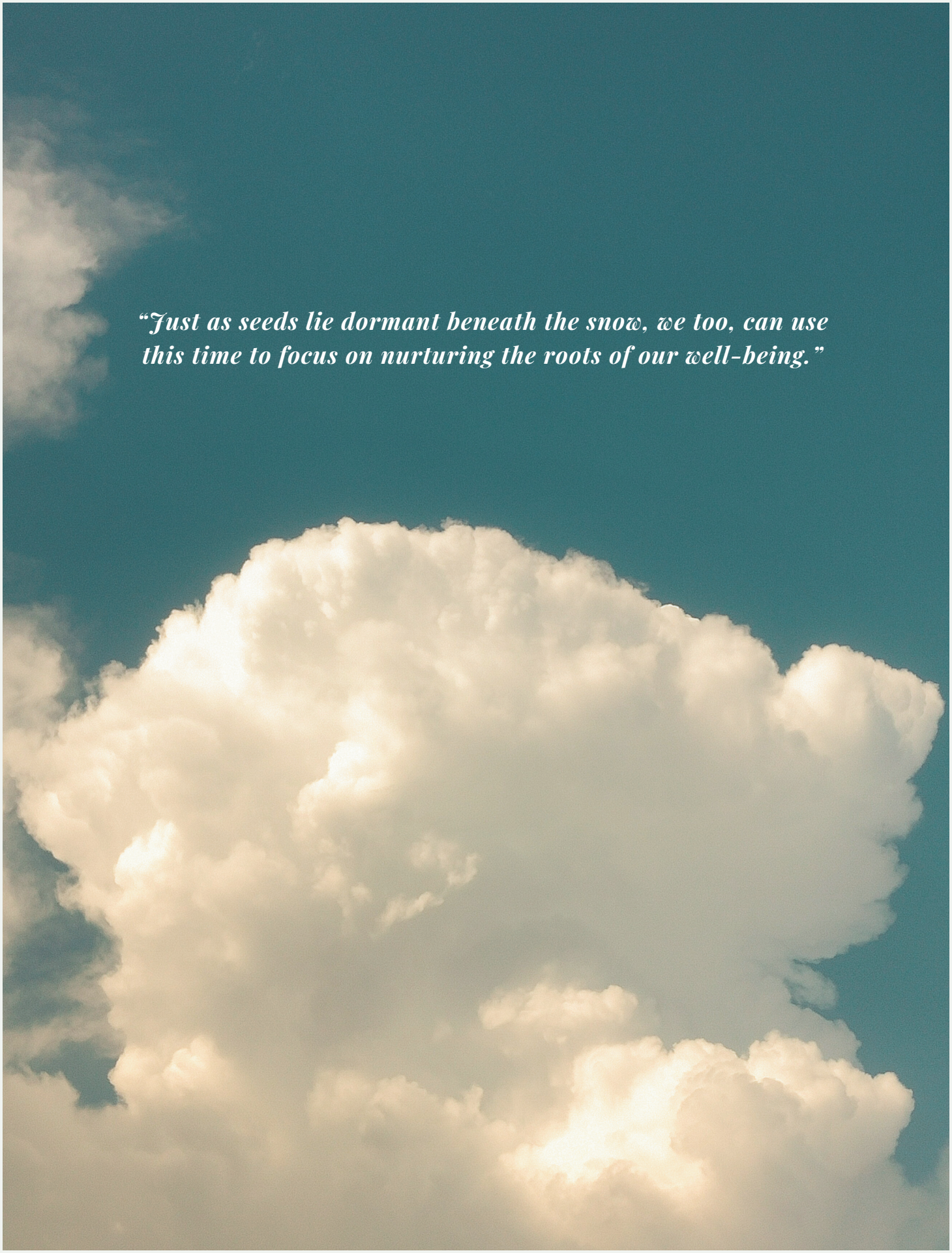
09



01 Wilde House Paper 'Morning Routine' Journal: $28; **02 U Brands 6ct Ballpoint Pens Soft Touch Monterey Cottage Core**: $18.99; **03 Apple AirPods 4:** $179.99; **04 Casa Zuma Daybreak Candle:** $54; **05 Intelligent Change Mindful Affirmations Deck:** $30; **06 Oversized Solid Bed Throw:** $79; **07 Casa Zuma Large Solstice Mug:** $40**; 08 Schneider Job Pastel Highlighters:** $17.26; **09 Casa Zuma Vision Board Kit:** $199


“Just as seeds lie dormant beneath the snow, we too, can use this time to focus on nurturing the roots of our well-being.”

WORDS BY EDIE HORSTMAN

TIME to THRIVE

Wellness practices for your most nourished season yet.

January arrives with a rush of ambition: lofty goals, bold resolutions, and an immediate urge to reinvent ourselves. We're driven by the belief that a new calendar page resets our lives. But (spoiler alert!) Mother Nature's narrative follows a completely different path. While we're busy feeding into new year, new me, the natural world is moving at a slower, more deliberate pace. Animals retreat, trees stand bare, and the earth exhales a quiet sigh.

By taking a cue from winter, we realize this season isn't a race to self-improvement. These months aren't about frantic beginnings or hurried transformations. They're about reflection and energy conservation. More than anything, it's a season of gentle preparation for an ongoing evolution.

Just as seeds lie dormant beneath the snow, we too, can use this time to focus on nurturing the roots of our well-being. Rather than sprinting toward change, we can honor a steadier pace. We can allow small, intentional steps to shape our future.

With that in mind, let's explore healing habits to feel grounded, restored, and ready for the season ahead. Now's the time to simply set the stage for spring's renewal.

The Essence of Vitality

When you tap into vitality, you're fully engaged with life. You wake up with purpose. You move through your day with (relative) ease. You're fueled by your own potential. You're energized and driven by a deeper sense of fulfillment. In essence, vitality extends far beyond our physical health and spills into our emotional and spiritual well-being.

During winter—when motivation dips and the couch calls—maintaining our vitality requires a bit more effort. But here's the thing: nurturing our winter vigor doesn't come from pushing ourselves harder. In fact, it's quite the opposite. This season is an invitation to be gentle with ourselves. Instead of running out of the gate with strict resolutions and punishing workout routines, what if we leaned into cozy, restorative rituals instead? Here are a few practical and empowering ways to nourish your vitality during winter.

1. LEAN INTO RESTORATIVE RITUALS

Embrace this season's invitation to reconnect with yourself. Where to start? Light a (non-toxic) candle in the morning and set an intention for the day. Carve out time to read a book that inspires or comforts you. Write a gratitude list of what brought you joy this year. Take a mindful walk outdoors without your headphones in. Consider making self-care practices, like warm baths with Epsom salts, herbal teas, and essential oils (like cedarwood), part of your weekly routine. These small acts of self-kindness can help ease the sense of pressure always to be "on" and productive. They remind us that rest and recharge are productive—something that's often forgotten amidst the hustle culture of the new year.

2. NOURISH YOUR BODY FROM THE INSIDE OUT

In the colder months, our bodies naturally crave heartier dishes. Focus on seasonal, nutrient-rich ingredients that support immune health. These provide essential vitamins and minerals to help bolster your body's defenses. Foods like squashes, beets, pumpkin, and warming spices (cinnamon, ginger, cardamom, etc.) can fuel your vitality while keeping you cozy and nourished through the season.

Also, don't forget foods rich in antioxidants, probiotics, and healthy fats. A cup of turmeric-spiced bone broth, a spoonful of raw honey in your tea, a handful of pomegranate seeds with yogurt, a forkful of kimchi with eggs, or a sprinkle of omega-3-packed seeds (like chia) can go a long way. Lastly, don't underestimate the power of staying hydrated. Even in winter, consuming enough electrolytes is crucial for maintaining energy levels and preventing that sluggish, tired feeling.

3. EMBRACE GENTLE MOVEMENT

Rather than throw yourself into a punishing regimen, celebrate your health with exercises that energize. Consider how you can move your body in a way that feels grounding (instead of depleting). Take a hot yoga class, stretch with a foam roller after a long walk, and—if it calls to you—incorporate strength training into your winter wellness routine.

Ultimately, focus on exercises that connect you with your breath and help release tension. And if you're feeling low on energy, remember that discipline isn't about forcing more activity. It's about dialing it back (or taking a different approach) in the name of sustainable progress.

4. PRIORITIZE SLEEP AND DEEP REST

Winter is a season of hibernation. Bearing this in mind, prioritize getting enough sleep (for most of us, that's 7-9 hours). Create an evening ritual that helps you wind down: dim the lights, put away your screens, and perhaps listen to calming music or binaural beats to promote deeper sleep.

Our culture glorifies productivity, but we often overlook the value of rest. Winter can be a time to reclaim that balance, allowing for longer, restorative sleep that supports your overall vitality. Trust that giving yourself permission to rest will actually set you up for *more* creativity. If you can, establish a mid-day mindfulness activity. Take a few minutes to close your eyes, breathe deeply, and focus on closing the (many) open tabs in your mind. Doing so can refresh your energy levels and help you feel more rested for the rest of the day.

5. SET YOUR INTENTIONS WITH PURPOSE, NOT PRESSURE

We're all familiar with the pressure to start the year strong—to set ambitious resolutions and dive into all things self-improvement. But what if we've been getting it wrong all along? Instead of forcing yourself into a new beginning in the depths of winter, consider using this time for reflection and gentle goal-setting. Allow yourself to get clear on what you truly want before taking action.

The Beauty of a Slow Winter

In our fast-paced world, we've forgotten how to truly slow down. I'm guilty as charged! But winter, with its quiet, unspoken beauty, offers an opportunity to reconnect with ourselves. By embracing the natural rhythms of this season—rest, reflection, and nourishment—we can truly thrive. Let this be the winter where you choose rest over hustle, reflection over resolutions, and self-compassion over self-improvement. Because perhaps, in slowing down, we find exactly what we've been searching for all along: a sense of peace, simplicity, and true vitality.



A few practical ways to start the process of reflection and clarity:

Journal for clarity

Take some quiet time to write down your thoughts. Ask yourself questions like, What feels energizing to me? What drains me? What are my core values? Let your pen flow freely. Don't judge, just observe.

Create a vision board

Sometimes, words don't capture the essence of what we want. A vision board can help visually align your goals. Gather images, words, and symbols that resonate with your ideal life, and place them in a way that feels inspiring to you.

Explore your Enneagram type

Take a quiz or read up on the nine types to discover which resonates with you most. Knowing your type helps you identify patterns in your behavior, how you respond to stress, and what truly motivates you. This self-awareness can bring clarity to what you want from this season and guide you in setting goals that align with your authentic self.

Reflect on the past year

Take a moment to reflect on projects you delivered or events/experiences on your calendar. What did you learn? What worked well, and what didn't? Identifying patterns and lessons can offer valuable insights into what you might want to focus on in the year ahead.


What are your 2025
INTENTIONS?

Embodiment. Elevate. Freedom. I always carefully choose 3 intention words for the year ahead. I think about them right about this time of season and eventually narrow down to my top 3. It's SO empowering and amazing to see how those intentions help direct the year.
—Taylor B.
San Diego, CA

My 2025 intention is to be present and thankful in each moment! It so often try to look ahead or become too nostalgic, but I'm grateful to where God has led me and need to be more intentional about relishing in and thanking Him for those moments!
—Mary W.
Austin, TX

I'd love to step back into my own power, to know my own worth. As a mid-thirties lady, I've had one of the most transformational/life lesson-able/heart growable kind of year. It took me a (regrettably) long time to understand that I deserve to set boundaries, I deserve love I don't have to prove my worth for, and I can love the path that I'm on. So I guess my intention and goal would be: find people that allow me to relax into love. ❤️
—Alexandra D.
Phoenix, AZ

I want to be more deliberate in how I invest in my relationships and make a more conscious effort to nurture my creativity.
—Amy B.
Austin, TX

After 10 years working in design I am dreaming about pursuing music again. I have been writing music and developing my skills in the background and now I want to take the very (scary) step to start putting music out there again. ❤
—Eva T.
Amsterdam, NL

Intentional friendships, prayer and Bible habit with my husband, and present mothering.
—Jenn J.
Austin, TX

Acceptance and fun.
—Kami C.
Los Angeles, CA

In 2025, I'll fully embody my creation energy—birthing my book, my baby, and my own becoming.
—Natalie N.
Snoqualmie, WA

Discipline and structure are my words for 2025. I want to show up for myself consistently in my daily habits next year.
—Hannah H.
Austin, TX

To stay present and soak up a season I've been praying years for. To continue to grow in confidence and patience. —Jenn W., Austin, TX

To learn how to be a mom 🤍
—Shelby G.
Austin, TX

Learn how to find rest in my everyday. Not sitting doing nothing, but living a life that doesn't need to be taken a vacation from. Also get strong again!
—Rachel N.
Austin, TX

Launch my long term project which is a data initiative to support families with children who have disabilities from cradle to career
—Mindy A.
Charleston, SC

My word of the year is ✨CURATE✨: curate my house, my friends, my time...
—Christine D.
Amsterdam, NL

I could think of a lot of new goals and intentions, but when it comes down to one thing, it would be this: it's not necessarily the big things in life that bring you joy and happiness (money, career, expensive belongings). It's little things like holding babies, taking time over morning coffee, walks with friends, baking special recipes, etc. Those are the little things I intend to keep doing, which really become the big things.
—Jane W.
Ft. Worth, TX

Be a better version of myself!
—Catalina R.
Austin, TX

Stop playing small, live a full, bigger life to serve more, create more and impact more. —Dee T., Illinois

To get to my goals by living slower, saving money slow and steady, to go on vacations and places that bring peace, being around people who are calm and steady, to find out what brings me joy, not what society says.
—Arlene A.
Canada

Focus on being present with those right alongside me—family, friends, and nutrition clients.
—Tori W.
Austin, TX

My goal for 2025 is to create the time and space to *truly* connect with my kids. I want to spend one-on-one time with them, engaging in the activities they love—even if they don't always align with my own personal interests—and having meaningful conversations about everything from school to family to relationships to the meaning of life.

I aim to be fully present, embracing them with pure acceptance for who they are. I also want to integrate Mel Robbins's "let them" philosophy into every aspect of my life, especially with my kids—allowing them the freedom to be themselves without judgment or interference, while supporting them as they navigate their unique journeys.
—Anne C.
Austin, TX

Refresh and renewal.
—Danielle C.
Dallas, TX

My 2025 goal is to break free from a fixed mindset—the belief that certain things just aren't "me." I've often told myself I'm not a morning person or that being crafty with my kids isn't in my wheelhouse. But I'm starting to realize that this way of thinking holds me back from discovering what's possible. In 2025, I want to challenge those self-imposed limits, step out of my comfort zone, and see what's on the other side of simply trying. Who knows? Maybe I'll surprise myself.
—Millie R.
Las Vegas, NV

Intentionally create more fun moments with my kids. I want to say yes to their playful ideas and let the magic of childhood reign over the chores, school and routines.
—Lauren M.
Kilgoris, Kenya

To take care of myself, from the inside out, and to be intentional in my actions, my thoughts, my words, my interactions with others and how I give of myself and my time.
—Lisa P.
Atlanta, GA



MANIFEST YOUR DREAM LIFE

The *Ultimate* Guide to Creating a *Vision* Board

HOW INTENTION AND RITUAL CAN SET VISUAL REPRESENTATION TO YOUR GOALS FOR A YEAR LIKE NO OTHER

story by CAMILLE STYLES photography by MICHELLE NASH


SURF
TRIBE

I used to be a big resolutions girl. Don't get me wrong, I still love the fresh energy that a new year brings, but for me, resolutions began to feel like a checklist of things I wanted to change about myself. And all too often, I found myself making the same resolutions year after year, which told me—it wasn't really working that well for me.

It wasn't until I shifted my perspective and began approaching the new year as a time to envision the life I wanted to be living that I started to see real change happen in my life. And I've learned that when I focus on how that life feels on the inside (energized, inspired, and purposeful) over how it looks on the outside, I have so much clarity around where to place my energy.

My favorite part of this yearly practice? Building a vision board that brings that feeling to life in a visual way. Vision boarding is a powerful tool that helps me clarify my goals and take a transformative step toward turning my New Year's intentions into my daily reality.



THIS IS NOT MAGICAL THINKING

A vision board is so much more than a collage of pretty pictures. It's a tool for visualization and goal-setting that keeps your dreams front and center where you can look at them daily. This intentional focus reminds you where to focus, and re-energizes you to take actionable steps toward your goals throughout the year.

For those of us who like to make concrete plans, the idea of "manifesting" can sound a little like magical thinking. But I've learned that, whether we realize it or not, we're already manifesting all the time. Every decision you make starts as a thought in your imagination. You dreamed it, and then you made it happen. Creating a vision board is about taking those dreams and putting them out into the world in a way that makes them feel more real. It's a big first step towards overcoming our self-limiting beliefs. When you combine this visualization with a tactical plan for reaching your goals, you'll begin to see real progress happen in your life (see I told you it wasn't magic!).






Tres Outdoor
SURF
TRIBE
STEPHAN VANFLETEREN
"HIKE INTO A HIDDEN WATERFALL, PADDLE THROUGH MANGROVES AND LAGOONS, SNORKEL AND DIVE THE PACIFIC REEFS AND SURF"

DREAM IT, SEE IT, MANIFEST IT

Quite simply, a vision board is a visual representation of your goals. It's a collection of images, quotes, and words that reflect what you want to manifest in various areas of your life. Unlike a mood board—which focuses on aesthetics—a vision board is about getting clarity around what's most important to us, and it serves as a daily reminder of our intentions for each of those priorities.

For example, you might include pictures of the dream home you want to create, quotes that inspire the relationships you'd like to have, images that reflect your style muse, or symbols of the career milestones you're aiming for. Whether physical or digital, a vision board can help you focus on what matters most.

Here's the real key for me: vision boards are not just about manifesting dreams; they're about making them actionable. In the process of visualizing your ideal life, you're creating a mental roadmap for how to get there. Studies have shown that when athletes or musicians visualize their ideal performance, their actual performance improves. The same is true for us.

LET'S GET STARTED

Before you start creating your vision board, it's key to spend some time reflecting on your goals and gaining clarity around your own unique vision for your life.

1. Set Your Intentions: Journal about what's most important to you right now. Ask yourself questions like:

- What area of my life could benefit from a change?
- How do I want my career, relationships, or personal life to look in five years?
- What habits or routines will help me live my ideal day?

2. Gather Inspiration: Collect images, quotes, and words that resonate with your goals. You can cut them out from magazines or search for visuals on Pinterest. Choose things that evoke a sense of excitement and possibility.

3. Create Your Board: Arrange your images and text on a linen pinboard (highly recommend this one) or use a digital platform like Canva to design a virtual version. Group related goals together—for example, career aspirations in one corner and personal growth goals in another.

4. Place It Strategically: To keep your vision board top of mind, place it somewhere you'll see it daily. This could be on your desk, by your bedside, or even as your phone's background.



MAKE IT A RITUAL

Creating a vision board is so much more than an art project—it's an investment in your future. By taking time to visualize your dreams and align your actions with your goals, you're paving the way for a life that's fulfilling, aligned, and truly authentic.

If you want to dive deeper, I created **this Vision Board Kit** that has everything you need to craft your own vision board, including a workbook to guide you through the process of designing your dream life. I'm also hosting a workshop in the coming weeks that I'd love for you to join! You can get your ticket to the **Virtual Vision Board Workshop here**.

So here's your first action step: get out your calendar and book a couple of hours with yourself to focus on the year ahead. Grab your materials and carve out that time to let yourself dream without limitation. I truly believe that 2025 is your year—for more passion, more purpose, and living each day with intention.

GARANCE DORÉ'S TOOLKIT

Chic and *sophisticated* to the core, our *favorite* French girl reveals *all*.

1



Clean French beauty at its best, La Crème is the perfect essential for my skin. I use it along Le Cleanser.



2





3 a perfect red with such nice packaging.



4

1. DORÉ LA CRÈME ALL IN ONE DAILY MOISTURIZER, $36

2. RAER 04 CEDAR+GINGER, $161
"My favourite, I share it with my husband and I keep giving it to friends who love it. It's clean and really gorgeous."

3. LBR ROUGE À LÈVRES21 SATIN, $45

4. TRONQUE IONIC DRY BODY BRUSH, $70
"This dry brush is so minimal and chic, and the feel is perfect ≈not too hard, not too soft."

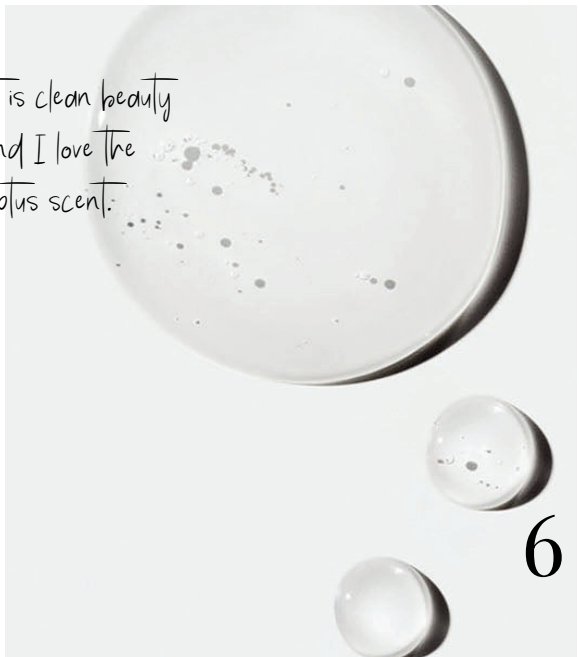
5. DORÉ LE DISQUE, $22
"The perfect tool for my cleanser, for a gentle rub—I love to use it under the shower, because I basically have an everything shower everyday."

6. NÉCESSAIRE THE DEODORANT GEL, $20

This deodorant is clean beauty and it works, and I love the discreet eucalyptus scent.



5



6



for EFFORTLESS FRENCH BEAUTY

A savior for everyday! Doré Le Baume, always in my bag.



7



8

A classic perfectly balanced mix of citrus scents.



9





10



7. DORÉ LE BAUME, $12

8. ROGER & GALLET EAU DE COLOGNE, $43

9. MARVIS TOOTHBRUSH, $6
"A good, stylish, simple toothbrush."

10. ROUGE BAISER EYEBROW PENCIL, LIGHT BROWN, $12
"I've used this brow crayon for years, it's super dry so it stays on and the color is perfect for a dark brunette like me, without being too brown or too dark."

12. BULY SCENTED BATH SALTS, $28
"I love a bath, and I love love Buly!"

12. DORÉ LE CLEANSER, $26

Click items to shop!

11

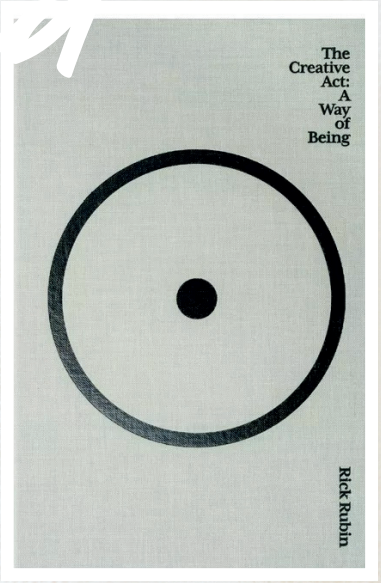




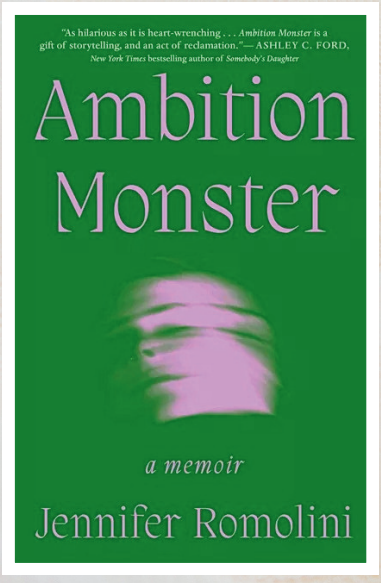
12

What to read right now

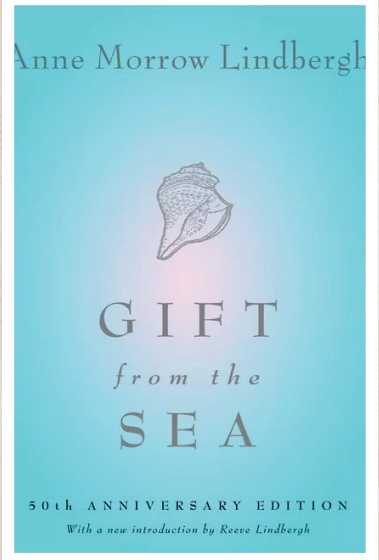
As we begin the new year, aligning our mind, body, and spirit becomes an essential practice for navigating the months ahead. This season's reading list encourages us to explore alignment in every form—whether through creative expression, personal growth, or cultivating inner peace. These books offer insights on how to ground ourselves in the present moment, release perfectionism, and embrace our true selves.



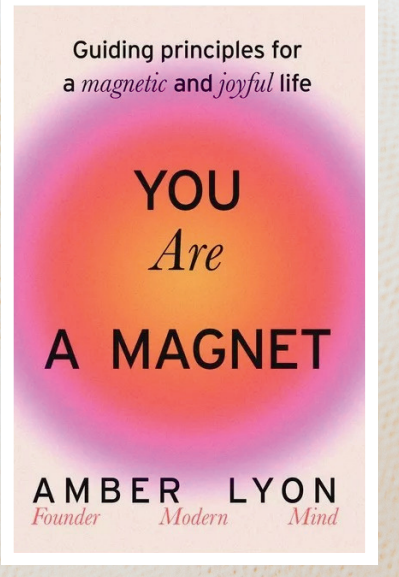
inspirational, transformative, insightful



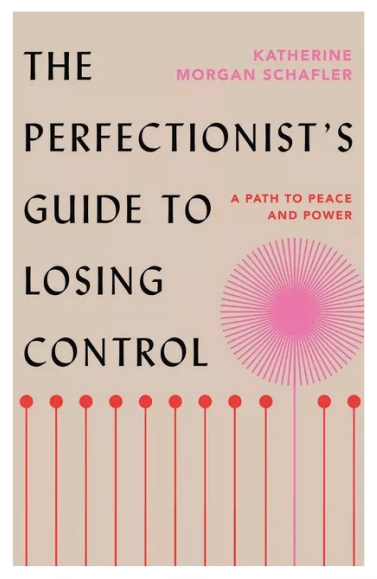
candid, empowering, relatable



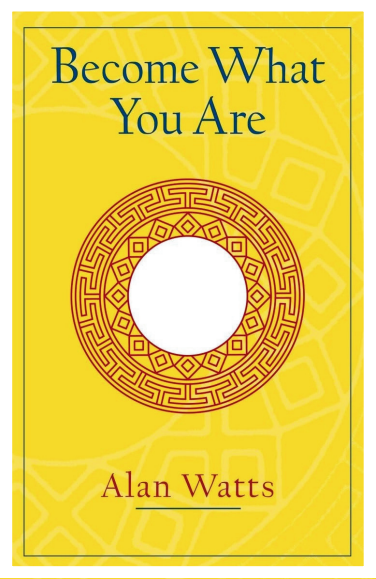
timeless, reflective, poetic



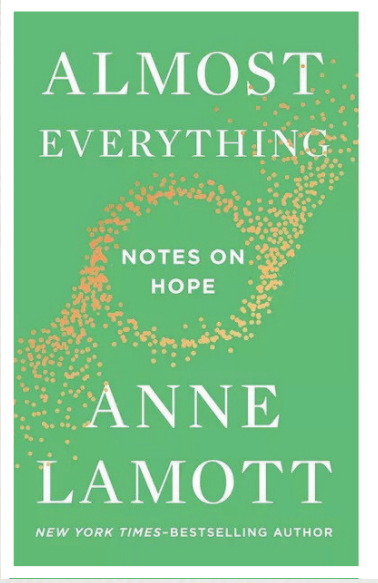
joyful, uplifting, grounding



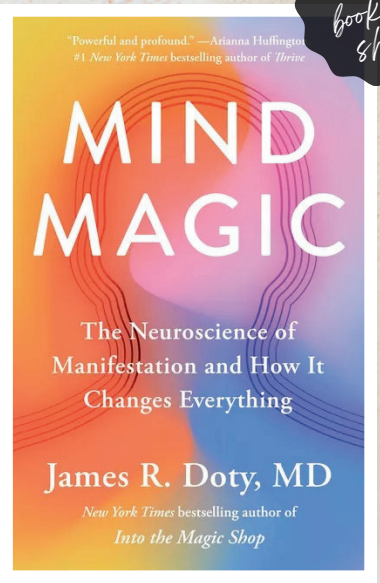
compassionate, liberating, expansive



philosophical, contemplative, accessible



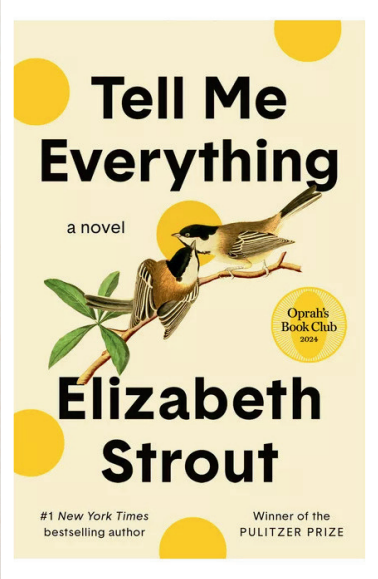
heartfelt, witty, empathetic



healing, enlightening, motivational



charming, resilient, introspective



hopeful, poignant, intimate

A Life Audit Is the Most Impactful Way to Prepare for 2025

As we dive into the new year, taking the time to reflect on our lives and assess where we stand can offer clarity and direction. Organizing expert Shira Gill invites us to take a thoughtful, intentional approach to goal-setting by conducting a "life audit"—a simple yet impactful process of evaluating key areas of our lives, from career and finance to hobbies and personal growth. By honestly ranking these areas and identifying where we need to focus, we gain the insights needed to align our energy with our true priorities.

In this exclusive excerpt from her new book *LifeStyled*, Shira Gill shares her personal process for conducting a life audit each year, offering a clear method for identifying what matters most and where to focus our efforts in the coming months. Her simple yet powerful framework encourages us to reflect, prioritize, and take intentional action, all while embracing the practice of self-compassion and realistic goal-setting. Read on for Shira's actionable steps and insightful prompts to kickstart a transformative year.

"LifeStyled" Copyright © 2024 by Shira Gill. Photographs copyright © 2024 by Vivian Johnson. All rights reserved. Published in the United States by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York.

Every year on New Year's Eve, I sit down and rank each area of my life on a scale of 1 to 5, based on level of fulfillment and overall satisfaction. Once I've ranked each area, I'll jot down some quick reflections, and note a thing or two I can do to improve each area for the following year. This exercise only takes me about thirty minutes and always helps me clarify where I want to focus my time, energy, and effort for the coming season, or even the coming year. Overachievers, take note—the objective here is not to get a perfect score of five in each area of your life. In fact, it's the opposite. This process is designed to help you make intentional decisions about which areas can hang out on the back burner, and which areas need your attention most urgently. It's about making thoughtful, clear, and concrete decisions about what you can let go of (for now) instead of trying to do everything, and inevitably failing.

Career and Finance

Score: 4
Notes: Love my career, thriving creatively, need to start adulting with finances.
Priority: Bank account management.
Little step: Look at my bank account once a week to review income and expenses.

YOUR TURN

Let's do a quick audit of each area of your life to determine what needs the most care and attention right now. Just as a physician can't write a prescription without a clear diagnosis, you must assess how each area in your life is functioning before embarking on a plan toward transformation or change. You can use the broad categories I'll be outlining in the upcoming chapters (health and wellness, relationships and community, career and finance, home and environment, personal development) or create your own.

Next, rank each category from 1 to 5, jot down any insights that arise, and take a little time to reflect so you can determine which area you want to invest in improving.

True story. The first time I took myself through this process, I ranked this category as a big fat 0, and, if I'm being honest, it's still my most neglected area. In a culture that rewards achievement and celebrates being frenetically busy, it can be far too easy to forget to create space for relaxation. I realized that I need to schedule it to make it happen—to get that big boost in the mental health department and energy for the next big thing I want to cross off my to-do list.

Leisure and Recreation

Score: 1
Notes: Total rubbish at leisure, always working, no hobbies to speak of!
Priority: Add a relaxing activity.
Little step: Read for an hour in bed every Sunday morning before breakfast with the family.

STEP ONE: Jot down your broad categories (ideas include health, relationships, career, finance, environment, personal development, and spirituality).
STEP TWO: Rank each category from 1 to 5, based on level of satisfaction. These rankings are totally subjective— be honest with yourself.
STEP THREE: Jot down any notes or insights.
STEP FOUR: Pick ONE area to invest in improving right now.
STEP FIVE: Write down any first little steps you'd like to take to feel better about that area in your life.

If you feel stuck or unsure, try the following prompts:

- Which area of my life feels the most neglected?
- What is calling out for my attention?
- Which area do I most want to improve?
- What is my deepest need right now?
- What about the lives of others makes me feel the most envious?

The most important thing is to gain clarity about where you want to invest your precious time, energy, and resources on purpose.



DESIGN

Inspired ideas and expert tips to transform your home into a fresh, inviting *haven*.


N
EDIT

WOVEN I

Weave in some natural elements & bring nature home.



RATTAN STUDIO STOOL, $175
Use it as side table, next to the bed, or in the bathroom—it's a versatile piece that adds warmth to every space.

MAUDE RATTAN SCALLOP PENDANT, $395
Light up your table, hallway, bathroom, or cozy reading nook.



Click items to shop!



TEXTURA BENCH, $1,095
Bring high-texture to an entryway, the foot of the bed, or even as a coffee table in your living room.



SOL SIDE TABLE, $395
We love to place this side table next to a chair as a resting place for a coffee cup or glass of wine.



HACIENDA DINING CHAIR, $595
This woven dining chair invites long, lazy meals that stretch into the late hours.



PUEBLA COFFEE TABLE, $895
Warm, earthy and grounded, this piece merges the beauty of natural materials with Mexican-inspired weaving traditions.



HEALDSBURG WICKER SIDE TABLE, $745
Woven by hand, the sculptural silhouette is reminiscent of mid-century waterfall tables.
.



AUGUSTA RATTAN TABLE LAMP, $895
Place next to your coziest chair for an instant reading nook.



TROPICAL WOVEN PLACEMAT, $52 FOR 4
Ethically woven from tropical jungle fibers, this unique material stands up to all kinds of spills.


WELCOME TO
Ezrall Cottage



OLD-WORLD ELEGANCE MEETS BOLD DESIGN IN THIS CALIFORNIA COTTAGE TRANSFORMATION.

Tucked away in the heart of Sonoma Valley, surrounded by vineyards and ancient oaks, stands a two-bedroom cottage that feels like it's been plucked from a storybook and reimagined for modern living. Designed by Austin Carrier and Alex Mutter-Rottmayer of Hommeboys, a Sonoma-based luxury design firm, the cottage embodies a seamless blend of traditional English charm and contemporary sophistication. Set on Alex's family compound, the home's intimate size allowed the designers to go all-in on luxurious materials and thoughtful detailing, resulting in a space that feels both timeless and refreshingly bold.

The design process was rooted in honoring the homeowner's old-world taste while introducing modern elements to create a space that feels fresh and inviting. From rich color palettes inspired by the surrounding landscape to custom cabinetry crafted in their Haus of Hommeboys studio, every detail was considered with care. By layering organic textures with bold, modern pieces and vintage finds, the designers created a home that feels collected, personal, and deeply connected to its environment.



One of the most transformative elements was the use of traditional painted wood paneling throughout the home, adding character and depth to the once-blank canvas. In the bathrooms, they pushed boundaries, treating each space as a jewel box with intricate marble mosaics, ornate wallpapers, and unlacquered brass fittings that will age gracefully over time. The result is a home that doesn't just reflect its history but also celebrates the evolving art of design—melding tradition with innovation in every room.



Q: What was your initial vision for this project, and how did you balance the homeowner's old-world taste with contemporary design elements?
A: Our client is a retired interior designer, with a real appreciation for rich, bold colors, patterns and textures. She really trusted us to transform what was a very blank space with no architectural details, into a cozy and charming cottage. We love utilizing organic materials in innovative ways and this project also allowed us to play with traditional concepts, balancing that classic English style with more contemporary silhouettes and fabrics.

Q: How did Sonoma's natural landscape inform your design choices for the cottage?
A: Our studio is based in Sonoma and we were inspired by the nature that surrounds us. We brought that into the cottage with our color and materials choices, opting for deep earthy tones and natural stone throughout.

Q: You incorporated custom cabinetry and millwork from your Haus of Hommeboys studio. Can you tell us more about the process and inspiration behind these bespoke pieces?
A: This is a very small home and we wanted every detail to be really intentional and ornate, but also needed to consider the impact. We updated a traditional profile in the kitchen by dividing the panels with cuts instead of overwhelming the space with so many individual panels. This modern tweak really works for the space and also offers the client a kitchen that is truly bespoke.



In the bathrooms, we wanted each to be a little jewel box. We went all-in with the details and materials, taking them from forgettable and functional, to real stand-outs in the home.



Q: Tell us more about your process in designing the bathrooms. What were the key considerations in transforming these smaller spaces and giving them a luxe feel?
A: Our design ethos really focuses on the marriage of form and function and art as object. It's important for us to provide our clients with designs that are authentic to them and also the home itself. Working within a traditional lens, we reimagined intricate detailing you may see in an older English home within modern silhouettes. We designed a custom mixed-marble mosaic flooring to complement the ornate wall coverings and richly hued wood cabinetry. Vintage glass lighting and unlacquered brass fittings were the jewelry to finish off the design.



We got to be playful here with maximalism that isn't overwhelming, especially with the fluted detailing that carries from the vanity cabinet to the marble sink.

Q: Murano glass lighting adds a feminine touch to the space. What role do lighting and accessories play in achieving the layered, collected feel of the interior?
A: Just that! Lighting and accessories are key to achieving a layered and collected feel in an interior, as well as opportunities to bring in different materials and textures. We always use these finishing touches to continue to create a level of personalization, authenticity and hominess for our clients. The Murano lighting we selected for the cottage is a nod to our client's love of feminine touches and to the playfulness of her personality.

Q: Looking back on the project, is there a specific room or design feature that best encapsulates the heart of the home and your overall vision?
A: Committing to paneling all of the walls and ceilings was the greatest transformation for the home and informed all our other design choices. It added architecture and personality that was completely lacking prior and allowed us to create a truly moody, cozy interior inspired by the English snug room.



Austin Carrier and Alex Mutter-Rottmayer from Hommeboys, Photograph by Annamae Bafia

Design with Intention

In An Intentional Home, Caitlin Creer invites us to approach our living spaces with mindfulness, merging beauty and function to reflect the lives we want to lead. Her philosophy goes beyond surface aesthetics, urging us to craft environments that support the quiet rituals and vibrant connections that define our days. Whether it's the warmth of a morning routine or the gathering of loved ones in a well-designed room, Creer reminds us that our homes should be a reflection of our values, dreams, and personal stories. This is not just a guide to decorating—it's a thoughtful exploration of how to live intentionally, starting with the spaces we inhabit.



I love having a designated spot in my home to start my day. I pull back the linen drapes in our formal living room to let in the early morning light, and with a cup of rosehip tea and a crackling fire, I settle into my deep-seated sofa and get a head start on my to-do list. One morning I might send a follow-up email to an architect, put the final touches on a client's room plan, and finalize a collection for my store, while the next morning I might get on a conference call with a client and contractor on the East Coast. Balancing my nationwide design business with a retail store and website is no small task as a mom of five, so I love these quiet moments before the pitter-patter of tiny feet begin to make their way down the stairs. I designed this room intentionally to support me in these quiet hours, with task lighting, handy surfaces on which to set a teacup or a laptop, and a woolen cream-colored throw draped over the sofa. I also designed this room to support moments with my children; after all, they do eventually make it down the stairs!

My very first conversation with a new client is a discussion about intentions: What speaks to you? How do you want your home to feel? What moments do you want to experience in your home? Intentionally creating spaces to support those endeavors is the heart of my philosophy. In this book I will take you through each step of mindfully selecting every option for your home with an end in mind. If you aren't sure about the end yet, I'll help you discover that, too.

Take a step into any of my projects and what sets the space apart is not necessarily the hand-carved millwork or bespoke throw pillows (although those certainly make an impact). What makes a home feel special—at any size or budget—is the intentionality behind what we have selected and the story we are telling. In my experience, I have found that people begin "imagining home" long before they actually set out to create a home of their own. It may only be glimpses, but I have seen how clarity about the way we want to live can come to us in fleeting moments or experiences. It can come to us in color palettes, textures, materials, or specific items—even places. You may not realize it, but you've likely been collecting pieces along the way, and I will help you, just as I help my clients, stitch all of those together to create a home.

I recently traveled to Ireland with a group of other architects, designers, and builders to explore the rich history and beautiful landscape. I tend to be someone who veers toward a light and fresh aesthetic, so I was delighted—and a little surprised—to discover how captivated I was with the rich woods, delicate carving, stonework, and heavy velvets and tweeds. They felt comforting to me, and I was inspired to find ways to bring this storied look to my own home. This doesn't necessarily mean I'm lining my walls with mahogany paneling or hanging a family crest, but it did push me to expand my limits of how and where I incorporate deeper and richer colors and materials into my designs. This may translate as a herringbone blanket, a velvet piece of upholstery, or an antique piece with years of patina. What makes our spaces and our lives interesting is how we choose to integrate what speaks to us.

You are the authority on how you want to live, and it is within your power to create a home that supports you. I wish I had the bandwidth to embrace every project that comes my way, but I have intentionally kept a rotating roster of select projects that is manageable by my small team and me. This book is an invitation to use what I've learned in my years of experience to help you explore what resonates with you and to know how to integrate it into your life and home.

Creating a home is as much about the books on our shelves and the art on our walls as it is about the architecture and finishes. There is an art to crafting the details around us and true creativity is reinventing familiar concepts in novel or unexpected ways. When we find that intersection of what makes sense for our lives and what is appealing to the eye, we've created something special. At times the scales may tip toward the form or toward the function but, maintaining that sense of intention is what creates a beautiful and livable home. Let's create yours.



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How to design *with* intention this year

GET CLEAR ON YOUR VISION. Pick a direction for a specific project, improvement, or vibe you want to incorporate.

KEEP IT SIMPLE. Define attainable goals for what you want to tackle. Actually seeing improvements and the tangible results of what you are working on is motivating and will keep you going. Taking on too much will burn you out.

THINK HIGH LEVEL. Look beyond the physical things in your space and think about the overall feeling and experience you are setting out to create in your home. Start there instead of just with a finished look. A bigger vision will help your space to feel soulful and bring more purpose to the design.

DON'T BE AFRAID TO BE INDIVIDUAL. You know what you love, you know how you live, you know what's right for you. Put your own signature into your home and think about elements and details that set you apart and will make your home experience memorable and specific to you.

BREAK DOWN YOUR LIFE STYLE. A well-designed home not only looks purposeful, it lives purposefully. Think about your routines and habits and the daily rituals of your life. When you understand this, work from there to process how your home facilitates how you are using it. If it doesn't do that very well, make adjustments so that your home will be a supportive resource to your daily life.





Creative *ideas* and thoughtful *inspiration* to help you host gatherings that foster connection, warmth, and *meaningful moments* this season.


RINGS
EDIT



THE BIG POWER OF SMALL GATHER-INGS

How intimacy deepens connection.

STORY BY ISABELLE EYMAN

PHOTOGRAPHY BY MICHELLE NASH



In a world that often prioritizes large gatherings and social media-driven interactions, the power of intimate connections is easy to overlook. But spending time with just one or two close friends offers a rare opportunity to deepen our relationships in meaningful ways. These smaller, intentional gatherings create a space for vulnerability, honest conversations, and the kind of emotional reset that's hard to achieve when we find ourselves in larger groups. They remind us that true connection isn't measured by the number of people present but by the depth of the shared experience.

Whether it's a cozy dinner at home, an afternoon coffee date, or a walk in the park, intimate gatherings can strengthen bonds and I help us feel more grounded in our relationships. These moments allow us to step away from the noise, truly listen, and engage in thoughtful conversations. Ahead, learn why these intimate connections are essential for fostering deeper relationships and discover creative ways to make them happen.

the benefits of
INTIMATE GATHERINGS

Intimate gatherings create an environment where connections deepen through our shared presence. They foster a sense of trust and openness, encouraging meaningful and thoughtful conversations. This setting allows friends to focus on one another without distraction. Intimate gatherings can also be restorative, allowing people to fully show up as their authentic selves. This promotes not only stronger relationships but also a greater sense of emotional well-being.

Deepening our relationships doesn't require grand gestures—it's often the simple gatherings that build the most meaningful bonds. Whether it's a shared meal, a creative project, or a mindful walk, these smaller moments create space for honest conversations and genuine connection.

Embracing these smaller gatherings helps create a deeper sense of connection and intentionality. By slowing down and engaging one-on-one, we prioritize genuine presence, helping ground us amid life's chaos. These moments of intentional connection not only strengthen our bonds but also offer clarity and emotional balance, aligning us more closely with our values and the relationships that matter most. In a fast-paced world, these smaller gatherings serve as a powerful way to reconnect—both with others, as well as ourselves.



easy HANGS

HOST A SIMPLE DINNER FOR TWO

Keep it low-pressure by serving a favorite dish and keep the focus on the conversation.

PLAN A COFFEE DATE AT HOME

Brew your favorite coffee, light a candle, and enjoy an uninterrupted chat with a friend.

START A MONTHLY CATCH-UP RITUAL

Commit to a regular one-on-one meeting, whether it's brunch or a phone-free dinner.

HAVE A PICNIC INDOORS

Spread a blanket, set out snacks, and enjoy an intimate meal with relaxed conversation.

ORGANIZE A BOOK OR FILM DISCUSSION

Invite a friend to read the same book or watch a film, then meet to discuss over a cozy meal.



easy ACTIVITIES

GO FOR A HIKE TOGETHER

Walking side by side encourages deep conversations while enjoying the peace and relaxation of nature.

COOK TOGETHER

Choose a new recipe to try, making the process collaborative and fun, with plenty of time to talk. After all, many friendships are built in the kitchen.

WORKOUT & BREAKFAST MEETUP

Start with an energizing workout followed by a nourishing breakfast to connect and recharge together.

INVITE A FRIEND FOR A CREATIVE SESSION

Whether it's painting, journaling, or crafting, working on creative projects sparks connection.

CREATE A VISION BOARD TOGETHER

Gather magazines, markers, and paper to set intentions for the year ahead while discussing dreams and goals.

CLOSE *for* COMFORT

In her beautiful book, *Wabi-Sabi Welcome*, Julie Pointer Adams captures the heart of gathering as a practice rooted in authenticity, connection, and imperfection.



Her reflections transform the act of hosting into an opportunity to foster intimacy—whether by inviting friends into a cozy nook, embracing candid conversations, or congregating in the kitchen despite its messiness. She celebrates gatherings as moments that prioritize human connection over perfection, where shared experiences become more meaningful in their spontaneity and sincerity. Her approach encourages us to cultivate spaces and interactions that feel warm, relaxed, and real.

Adams' words remind us that the beauty of coming together lies in the bonds we create, not the details we try to control.

BEING CLOSE BRINGS COMFORT

Invite openness and belonging through intimate spaces

Growing up on the central coast of California has convinced me that warm, Mediterranean climates help us get close and let loose–sharing a blanket at the beach or lounging in a backyard hammock with a friend is the kind of situation that enables me to be myself and open up. Likewise, when we gather with just a few people, tucking in around a small table, sitting shoulder to shoulder on a bench, or eating picnic-style, we feel more connected to one another.



These intimate wabi-sabi spaces, which are by nature small and private, encourage us to sit close and interact more naturally. When we let comfort and closeness be our guides to hosting, all of our decisions become simpler and more carefree.

Whether it's a party of two or twenty-five, experience has shown me that people become comfortable when they are relaxed, welcome, and content, and being in cozy, low-key, personal spaces enhances those feelings. When you invite friends over, opt for a snug space to gather in. Eat in the tiny breakfast nook instead of the formal dining room, or bring dinner onto your laps on the porch. Drag a small table into the garden and eat surrounded by flowers and weeds. If you're an apartment-dweller, invite others over for gatherings on the stoop, the rooftop, or even the fire escape. Moments shared in unconventional places make for more interesting memories and, I believe, more lasting connections.

Here are some elements of California living that have shown me how to encourage a spirit of openness and a sense of belonging among my guests on any occasion. I'm certain they can do the same for you.

THE INTIMATE HOST

Kind and candid

We've all crafted a way of portraying ourselves in public, filtering our words so we don't reveal too much about ourselves, and trying to say the perfect thing to leave the right impression. But I've found that being candid, as hard as it is, is much more rewarding. It's about being vulnerable and letting people into your life even when it feels inconvenient or messy.

Those days when you're exhausted, furious at your boss, or feeling let down by your spouse are the ones when you most need a friend. Not a text, not even a phone call, but a real-life friend to commiserate with and to console you.

Being candid also goes hand in hand with being kind. Kindness is listening more than talking, acting gently, and being considerate of others' feelings. Showing



hospitality lets us practice empathy in super-practical ways, like inviting a friend who's lost someone to come over for a big pot of soup, and sending him home with leftovers. Or making time to see a loved one for breakfast before work when you know she's having a tough week. The joy of no-strings-attached kindness can be just as gratifying for you as it is for your guests, and it makes hosting feel more like a privilege than a chore.

Interacting so openly and directly can seem a little overwhelming at first, but I think the best way to begin is to ask questions and not be afraid to share yourself. *How are your parents doing? What was challenging at work (or with your kids) this week? What's something you're looking forward to this month? How are you adjusting to being married/being single/being a parent/having a new job?* Simple, heartfelt questions can go a long way, and you'll be surprised at how much closer you'll feel to the people around you when you ask them–and answer them yourself.



CONGREGATE IN THE KITCHEN

In most cultures, the kitchen was once a part of the house that guests wouldn't enter, let alone flock to while food was being prepared. In some parts of the world, like China and regions of South America, it's still off-limits for company that isn't family. For many of us, however, the kitchen is one of the coziest spaces in our home, a place we gravitate to because it's where the action is. The vibrant smells, tastes, sounds, and colors of the kitchen draw us together. Standing over the stove or sink inspires casual conversation, and letting guests share in the preparation–even if they're just the designated taste-testers–makes the enjoyment of the food that much richer.

I learned to cook in various California homes by observation and then through trial and error, so for me the kitchen conjures up memories of fresh, fragrant rosemary and cilantro; the scent of citrus; open





windows; a place to chat and gather; stacks of cookbooks; and something roasting or baking in the oven. In contrast, for many years I lived in a studio apartment with a kitchen the size of a small walk-in closet. It was not an easy space to make meals in, let alone leave room for others to join me. Even so, during parties, book club meetings, or casual dinners, it was inevitably where people wanted to hang out. I didn't understand why they'd want to cram into this tiny space with me while I banged cupboards and clanged pots, but the proportions actually created the perfect-size space for close, comfortable encounters.

Beyond just providing a low-key place to gather, welcoming guests into the kitchen forces you to be okay with letting people see your mess. This means your company might see piles of eggshells in the sink, potato skins on the counter, or dried red lentils spilled all over the floor. Allowing friends, family, or even new acquaintances to enter this space in spite of minor chaos encourages a sense of immediate transparency. The intimacy of wabi-sabi requires relatability. There's relief in knowing that the people we spend time with have cooking disasters once in a while, too. It's by allowing familiarity in these ordinary moments that we feel most closely tied to our company.

DON'T SWEAT THE SMALL STUFF

Coastal Californians excel at hanging loose. I think it's a combination of the weather, the water, and the warmth that instills this knack for slowed-down, chilled-out living. While we can't all enjoy year-round beach-lounging weather, there is something of this spirit that I think anyone can learn to embody. At its heart is the belief that everything is going to work out in the end–there's no point in getting hung up on details that are inconsequential to the big picture.

In wabi-sabi terms, this mode of living is what might be called *acceptance of the inevitable*. This describes a world perspective that accepts that people and things have flaws and will fade. It not only allows for imperfection but actually embraces it. It means saying to yourself, *Whatever will be, will be. Calm down and mellow out.*

"MOMENTS SHARED IN UNCONVENTIONAL PLACES MAKE FOR MORE INTERESTING MEMORIES AND, I BELIEVE, MORE LASTING CONNECTIONS."

Having a laid-back spirit doesn't merely help you to enjoy yourself more fully, it lets your guests relax, too. More often than not when guests appear at my door, I am still sweating in the kitchen, buzzing around in a minor panic trying to pull everything together. The simpler, more wabi-sabi approach would be to Zen out, so to speak, and to let things unfold naturally. But what if the cake is inedible and the toilet is overflowing? Zenning out at this moment is extremely difficult. The only reasonable thing to do is to give yourself some grace and remember that these things happen. Maybe this means eating half an hour later than you planned to or picking up Thai food to replace the chicken you accidentally burned to a crisp. In the long run, these kinds of trivial setbacks or changes in plans amount to very little indeed. Laugh when you want to cry and soon others will be laughing, too.

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What's your emotional wellness superpower?

Answer the questions below and write down the letter of each answer. When you're done, check the results to discover your emotional wellness superpower.

When you're feeling overwhelmed, your first instinct is to:

- **A** Take a few deep breaths and focus on the present moment.
- **B** Call a trusted friend or family member to talk it out.
- **C** Write down ideas or brainstorm ways to solve the issue.
- **D** Get active—exercise or take action to shift your energy.

How do you prefer to unwind after a busy day?

- **A** Meditating or spending quiet time alone.
- **B** Talking things through with someone close to you.
- **C** Engaging in a creative hobby or learning something new.
- **D** Moving my body—dancing, walking, or working out.

Which of the following phrases resonate most?

- **A** "Stay grounded, no matter what."
- **B** "We're stronger together."
- **C** "There's always a new way to see things."
- **D** "Keep moving forward."

How do you usually help a friend in need?

- **A** Stay calm and help them find their balance.
- **B** Listen deeply and offer emotional support.
- **C** Help them brainstorm creative ideas to overcome their challenges.
- **D** Motivate them to take action and stay positive.

When I feel my best, it's because:

- **A** I'm balanced and in control.
- **B** I'm connected to others.
- **C** I'm inspired and creating.
- **D** I'm energized and taking action

You're faced with a big decision. How do you approach it?

- **A** I pause to weigh all my options.
- **B** I seek advice from people I trust.
- **C** I brainstorm ways I can solve the problem.
- **D** I follow my gut and take quick action.

A:

the PEACEMAKER

MOSTLY A's

Your Emotional Wellness Superpower is calmness. You radiate tranquility and help others find their center, even in chaotic moments.

You have a natural ability to maintain your composure in even the most challenging situations. Your superpower is calmness—you offer peace and balance to both yourself and others, acting as a rock when the storm hits. You've mastered the art of grounding—helping everyone around you find a sense of calm.

the EMPATH

MOSTLY B's

Your Emotional Wellness Superpower is connection. Your gift for understanding and compassion makes you a beacon of emotional support.

You are a natural empath who always knows how to support others, whether through a listening ear or words of comfort. People turn to you for emotional support because you make them feel heard, seen, and loved. Your gift lies in your ability to nurture relationships and bring emotional healing to those around you.

the VISIONARY

MOSTLY C's

Your Emotional Wellness Superpower is creativity. You see challenges as opportunities and inspire others with your innovative mindset.

Your emotional strength lies in your creativity and ability to think outside the box. You approach emotional challenges with an open mind and a willingness to explore new possibilities. By tapping into your creative side, you can process complex emotions and find innovative solutions to life's hurdles. You inspire others with your unique perspective and encourage them to find their own creative outlets.

the ENERGIZER

MOSTLY D's

Your Emotional Wellness Superpower is action. You bring enthusiasm, positivity, and a can-do attitude to any situation, lifting others up with your energy.

You have an incredible drive to move forward and take charge of any situation. Whether it's tackling problems head-on or shifting your mood with physical activity, you channel your energy into positive change. Your enthusiasm and resilience inspire others to take action and overcome obstacles in their path.

Now that you've discovered your superpower, embrace it! Each superpower brings a unique strength to your life and the lives of those around you.

SOURCEBOOK

COVER

Pullover Sweater – FORM; Laurel Canyon Bootcut Jean – Paige; Cashmere Fisherman Sweater – Jenni Kayne; The Effortless Pant – Aritzia; Solstice Mug – Casa Zuma

PAGES 1
Mesa Recycled Carafe and Glass Set – Casa Zuma; Max Shirt – Sezane

PAGES 8-9
Cashmere Rib Knit Wide Leg Pants – Haven Well Within; Vision Board Kit – Casa Zuma

PAGE 12
Gwyneth Ivory Boucle Swivel Chair by goop – CB2; Las Flores Vase – Casa Zuma; From Seed to Bloom by Milli Proust – Target; Monty Slides – Tkees

Food Edit PAGES 16-27

PAGES 18-19
Oversized Frayed Linen Napkins – Casa Zuma; Sabre Teak Flatware – Casa Zuma; Linen Table Throw – Casa Zuma

PAGES 24-27
Solstice Mug – Casa Zuma; Linen Table Throw – Casa Zuma

PAGE 24
Playa Dinner Plate — Casa Zuma

Wellness Edit PAGES 28-57

PAGE 30-37
Laurel Canyon Bootcut Jean – Paige; West Bound Western Boot – Ariat; Eva Leather Kitten-Heel Pumps – Neiman Marcus

PAGE 44
Balance Legging – Haven Well Within; Curly Sherpa Sleeveless Hoodie – Haven Well Within

PAGE 46-51
Vision Board Kit – Casa Zuma; Max Shirt – Sezane

Gatherings Edit PAGES 72-83

PAGES 74-76
Solstice Mug – Casa Zuma; Oversized Frayed Linen Napkins – Casa Zuma; Small Salt Spoons – Casa Zuma; Hand-Thrown Antipasto Bowls – Casa Zuma; Playa Dinner Plate – Casa Zuma; Sabre Ivory Flatware – Casa Zuma; Sharing Platter – Casa Zuma; Recycled Stemless Wine Glass – Casa Zuma; Ritual Mug – Casa Zuma




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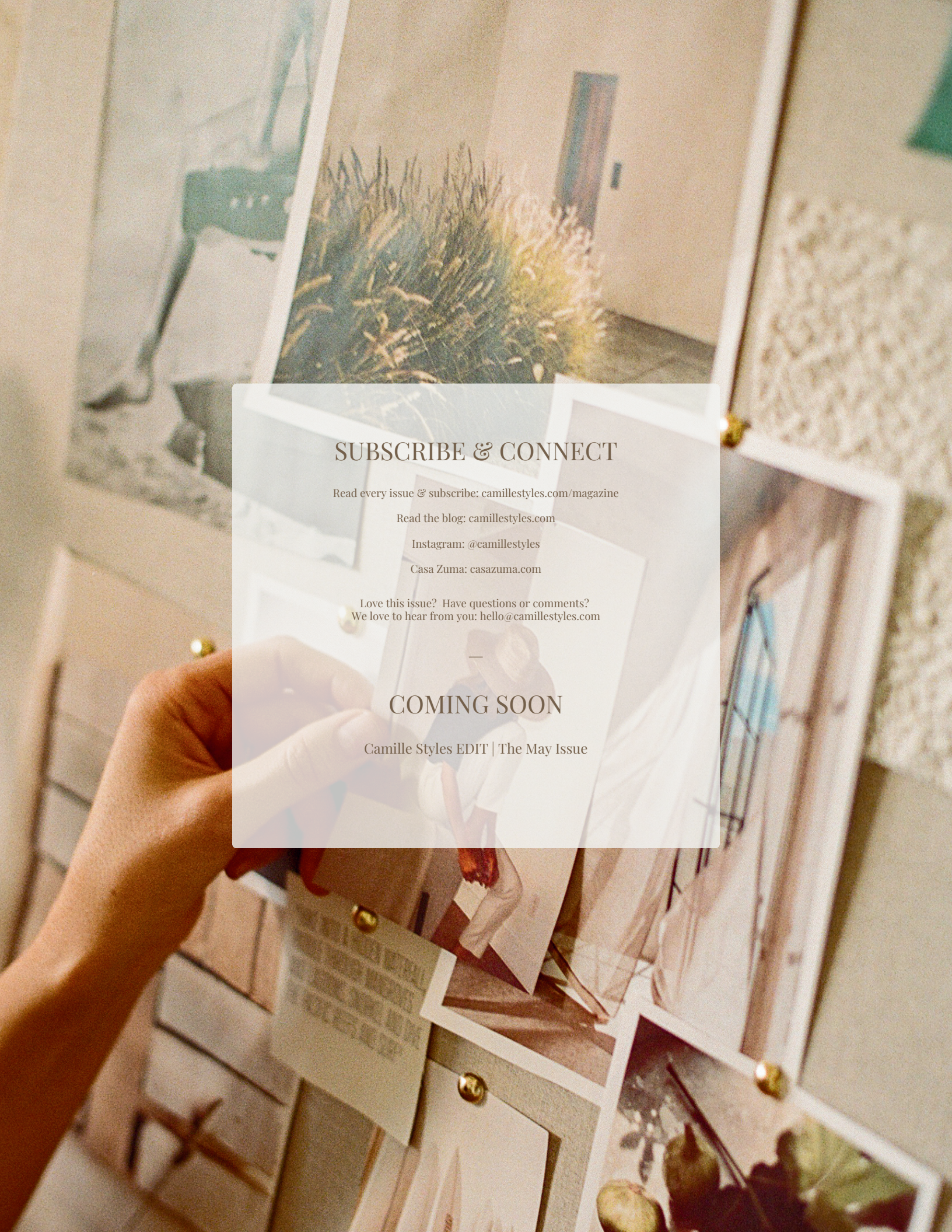

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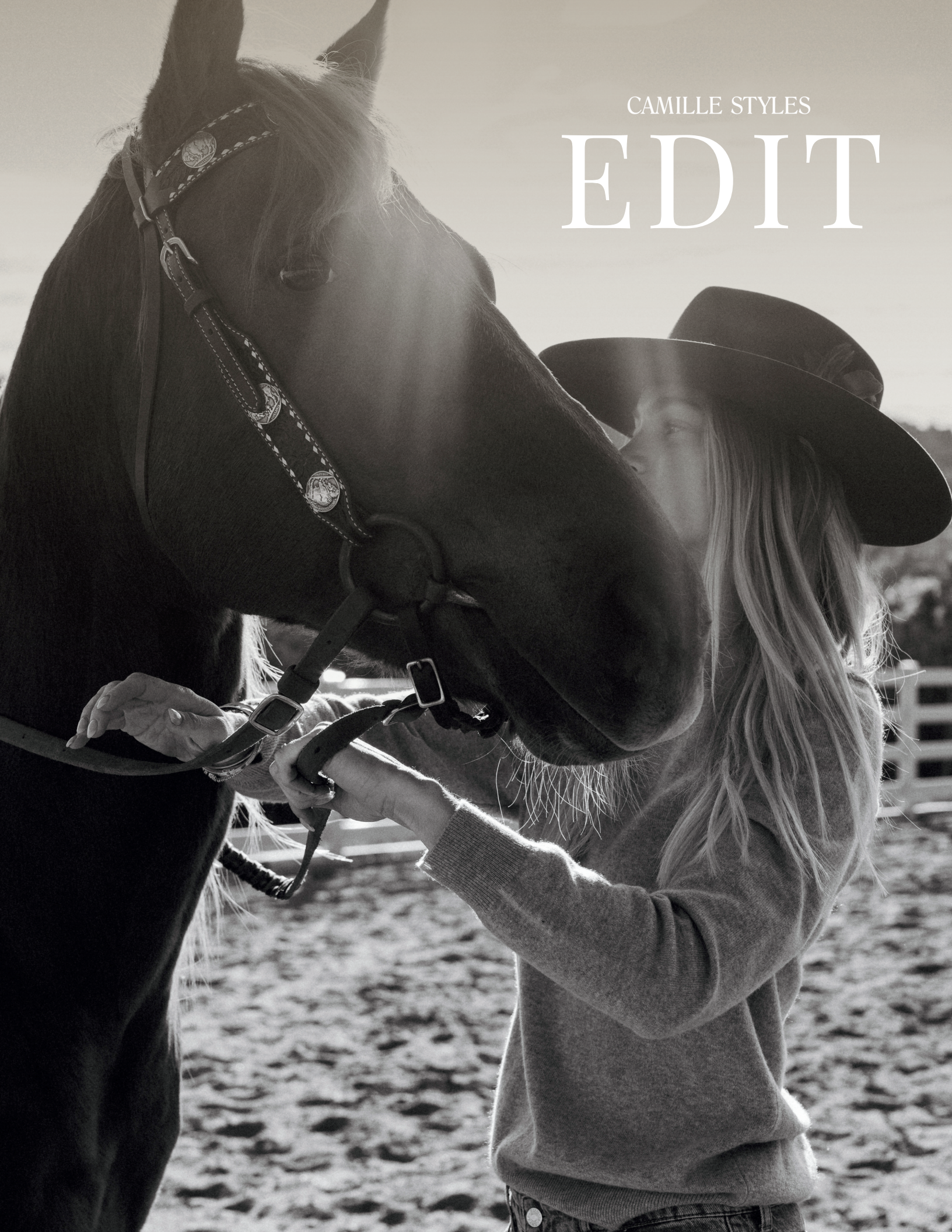
COMING SOON

Camille Styles EDIT | The May Issue



CAMILLE STYLES

EDIT