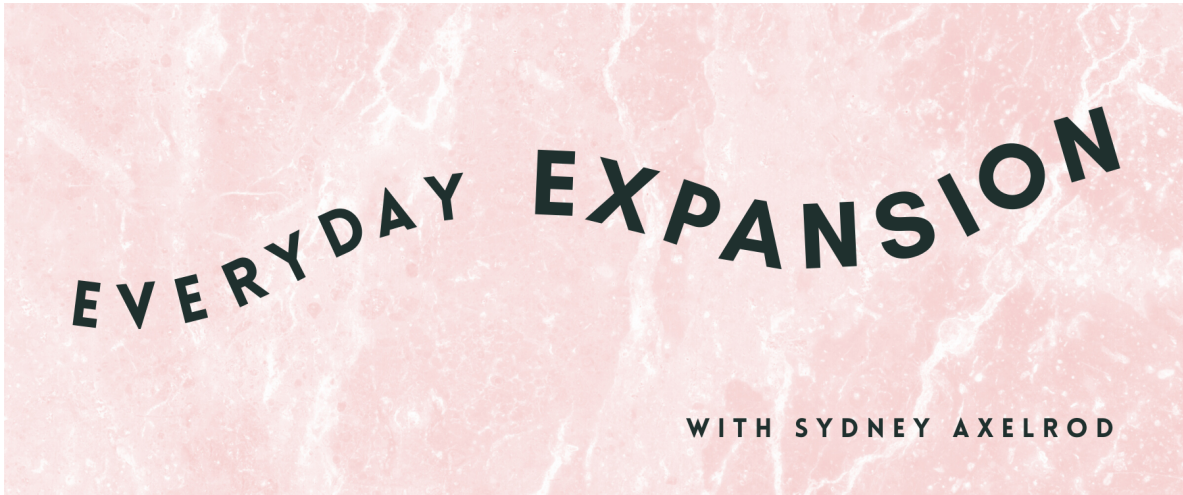

A roundup of resources to embrace a new season of life 🌸

1 message

Tue, Apr 6, 2021 at 1:31 PM



A biweekly newsletter to help you uncover what is holding you back,
get unblocked, and expand into a greater version of yourself.

Hi Ashley!

Welcome to spring! To me, spring is a time of planting seeds, of growth, of blooming. It's a time of tending to our gardens and cultivating growth and beauty. Spring represents the emergence from winter: a time of hibernation and healing. Spring is a time of hope and possibilities! It's a time of hustling, working towards your goals and building momentum.

My roundup today is a collection of resources to support you as you transition into a season of spring in your life. Where in your life are you emerging from a time of darkness and healing? Where in your life are you excited and determined to tend to new growth and possibilities for yourself and your future?

FROM THE ARCHIVES OF EVERYDAY EXPANSION



Your gremlin self
vs. your highest
self ✨

A reminder of your power to
choose between your inner
critic and inner advocate.

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02.23.21



Social media do's and don'ts ➡ 📱

How to set skillful boundaries with social media so you can be more present and confident.

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01.19.21



Where the magic happens... 🌼

The 3 zones: your comfort zone, stretch zone and panic zone. And how to find the sweet spot.

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12.22.20

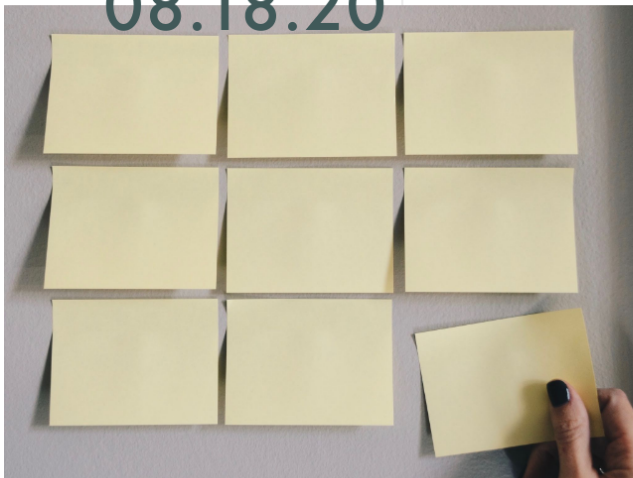


5 keys to manifesting your 2021 dreams 🌟

A grounded philosophy on
manifestation and a guide
to creating your dream
vision board!

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08.18.20



I am worthy! I am confident! I am beautiful! ✨

Do affirmations really work?
A deep dive into limiting
beliefs and how we can shift
them using positive self-talk.

READ MORE

THANK YOU

Life is full of transitions, and as a life coach I am here to help you navigate those transitions skillfully. Let's launch you into your season of spring together! You never have to do it alone.



Spring has sprung! What seeds are you planting?

Thank you so much for showing up today. See you in two weeks for our next session!

Sydney Axelrod

Don't want to wait two weeks for the next email? [Check out the Everyday Expansion archives.](#)

Are there any topics you'd like to see in future newsletters? Just reply to this email and let me know!

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