

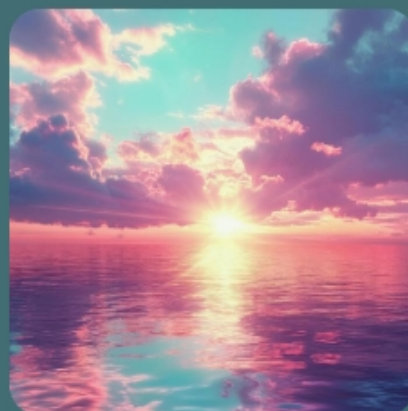
JANUARY 2026

Newsletter

A moment of calm to begin the New Year

Hello everyone! I'm glad you're here. Before reading your first newsletter, I want to invite you to pause for just a moment. Take a slow breath in... and a long breath out.

With such an exciting, and possibly stressful holiday season, I hope this newsletter offers you a space for slowing down, reconnecting with yourself, and practicing mindfulness in way that fits your individual life.



A Gentle Reflection

"By small and simple things are great things brought to pass" ~ Alma 37:6
Throughout my life it has been the small and simple stepping stones that had brought great change in my life.

A Small and Simple Practice

Once a day pause and ask yourself:
"What do I need right now?"
Notice what comes up without judging it.



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A New Year From One Word

Several years ago, my husband Jason pitched the idea of choosing one meaningful word for a New Year's resolution instead of a list of unattainable goals that always end in disappointment. Like when we all sign up for that gym membership that only lasts till February, or thinking we are going to cut out sugar for a whole year... It's not happening!

Being all about small and simple things, I loved the idea of taking one word and simply applying it to everything in your life, rather than confining yourself to a bunch of small boxes. The first year, my family and I painted our words on canvas. And although we haven't done that every year, we always find ways to visualize it. A few years back, I chose the word "**Grace**", which happened to be the year my sister was sick and passed from cancer. I had no idea how big that word was going to show up during that time. Without knowing my word, my dear friend Angela gifted me a bracelet that was titled, Grace. I wore that bracelet, and it served as a constant reminder of the word I chose as I navigated through my sister's experience and graduation onto the next life. It really worked!

I believe that God knows the beginning from the end and that He knows exactly what we need, and what we need doesn't come to us by coincidence. This year, as you choose your word, pray for direction and think of something you would like to work on. Your word will come! Write it down, paint a picture, or find a bracelet! Let Him guide your life.

Happy New Year,
So much good is coming your way.

Want to Learn More?

If you would like support building a consistent meditation practice or help navigating life with clarity and more peace, I am doing a 2-day retreat in February. For more information you can check out my Instagram: **thesmallandsimple** or check out my website: **thesmallandsimple.com**



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