



Small & Simple Newsletter

MARCH 2026

As we move into March, it's a beautiful time to release what no longer serves you and welcome renewed intention. This month's reflections and events are designed to help you align with fresh beginnings, nurture your energy, and reconnect with your inner wisdom.



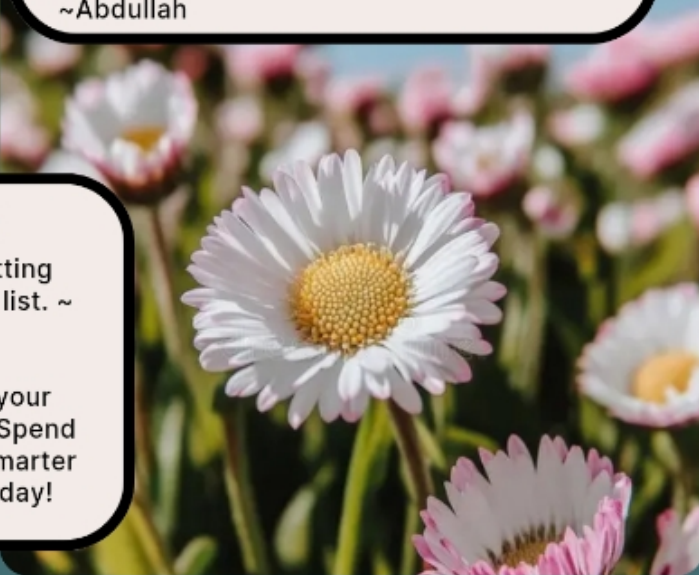
A Gentle Reflection

"Every morning when I get up, the first thing I decide is: What do I want? Misery? Blissfulness? What am I going to choose today? and it happens that I always choose blissfulness. It is my choice, it is my life."
~Abdullah

A Small and Simple Practice

"We need to do a better job of putting ourselves higher on our own 'to do' list. ~
Michelle Obama

What have you been avoiding on your personal 'to do' list? Take a break? Spend more time with loved ones? Work smarter and not harder? Prioritize them today!





Retreat Recap

Meditation Retreat

A quick shoutout for all of those who helped with the retreat this past weekend and all of those who attended. We had a fulfilling weekend with such a great turnout! Here are some snapshots that captured some of the memories!





Upcoming Events

Bites & Insights Potluck

This month we have the opportunity to hear from Bethany Stone, a mindset and life skills coach, speaker, and educator with over 20 years of experience. Mark your calendars for this month's Bites & Insights Potluck, **Wednesday, March 18th, 6-8:30pm.**

If you weren't able to make it to our last potluck, send me an email and we'll make sure you get all the details. Invite your friends and I hope to see you there!



Bethany Stone
Life Skills Coach

Potluck Theme:
Happiness is a Choice



G.I.G.O

Definition of an Affirmation - A positive statement that is declaring to you, to the universe whatever desired goal or change that you want and it is stated in the present-tense.

A year out of high school, I had finished cosmetology school and was working at a salon in Provo, Utah. This felt like such a hard time in my life. I was so down on myself, down on life and honestly so unhappy. The thoughts in my head and the words coming out of my mouth were incredibly negative. At the time, I didn't realize the massive impact that was having on my life.

One evening my Dad was in town and took me to dinner. I must have been saying some super negative things because I remember my dad saying, "Arianne, have you heard of GIGO?" (I had no idea). It stands for Garbage In Garbage Out. What you think and say, you create. That conversation jump started a new way of thinking using positive affirmations. I went home that night and on a yellow page notebook began writing;
I am Beautiful - I am enough - I am loved - I am thin etc...

Affirmations are simple but they are profound. As you repeat your affirmation consistently over and over again with conviction, the statements can actually influence your brain's neural pathways helping you change, re-programming the negative beliefs that you have. The more you hear something the more you start to believe it. I am so grateful for my dad loving me enough to call me out and help me gain awareness.

"You are under no obligation to be who you were 5 min ago, so if you want to change it, you can change it. It starts with the way you speak to yourself and think of the world." - Alan Watts

Be aware of your thoughts and what you say. Call yourself out and grab a yellow page notebook and start your affirmation journey. It will only lead to goodness in your life.

Jesus Loves you, I love you.

Arianne Spahr



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Owner of Small & Simple Meditation
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Want to Learn More?

If you would like support building a consistent meditation practice or help navigating life with clarity and more peace, check out my Instagram: **thesmallandsimple** or check out my website: **thesmallandsimple.com**