

2026 Q2 | UNLOCKED

auntTEA

Issue no. 2

The Official Newsletter of Heyy, Neice!

A Letter from Your Favorite Auntie

Heyy, Niece!

Sometimes the biggest shifts in our lives do not come from adding something new. More often, they come from finally releasing the things we were never meant to carry. That might be old beliefs about who we are supposed to be, roles that once fit but no longer do, or the quiet habit of doubting ourselves before we even try.

That is what this season is about. It is not about becoming someone else. It is about unlocking the version of you that has been waiting underneath the noise.



This quarter we are clearing our minds, strengthening our confidence, and stepping into the freedom that comes from living life on our own terms. Many of us spend years thinking the doors to the life we want are locked. The truth is that the door was never locked at all. We simply had to realize that we already held the key.

Pull up a chair. Let's talk.

— Your Fave Auntie 💖

● In This Issue



Focus: UNLOCKED

This quarter centers on releasing what holds us back so the real version of ourselves can rise. It is difficult to unlock a new chapter when our mindset is still cluttered with outdated narratives, when our confidence depends on external validation, or when we are still asking permission to take up space in our own lives.

For that reason, this season moves through three intentional phases. First we clear the mind. Then we claim our confidence. Finally, we step into the freedom that comes from living in alignment with who we truly are becoming.

April – Spring Clean Your Mindset

April focuses on clearing internal clutter. Before confidence can grow, we must be willing to release the beliefs, habits, and emotional baggage that keep us stuck in old versions of ourselves. This month encourages honest reflection about the patterns that no longer serve us and the relationships or expectations that may have outlived their season.

During April we explore decluttering our emotional closet, recognizing self-sabotage patterns, and creating the space necessary for new joy and possibilities. Sometimes growth begins with the simple but courageous act of letting go.

Book of the Month: The Mountain Is You by Brianna Wiest

Auntie Reminder: You cannot unlock new doors if you are still carrying keys to rooms you have already left.



May – Confidence Unlocked

May shifts our focus toward confidence that grows from authenticity rather than performance. Real confidence does not require constant validation and it does not need to announce itself loudly. It shows up as quiet certainty, the kind that allows you to stand firmly in who you are without shrinking to make others comfortable.

This month explores quiet confidence, activating your main-character energy, responding to criticism without losing yourself, and strengthening boundaries as an act of self-respect. When confidence is rooted in self-trust, it becomes much harder for outside opinions to shake your sense of worth.

Book of the Month: The Gifts of Imperfection by Brené Brown

Auntie Reminder: Confidence is not about proving yourself to others. It is about trusting yourself enough to live honestly.

June – Freedom to Flourish

June closes the quarter with a focus on personal liberation. Once the mind is clearer and confidence is stronger, we begin to experience a different kind of freedom. We recognize that we have the right to use our voice, reclaim our time, and define our identity on our own terms.

Throughout this month we explore emotional liberation, releasing outdated rules that once shaped our choices, and intentionally choosing joy as a guiding force in our lives. Freedom often begins the moment we stop asking permission to be ourselves.

Book of the Month: The Light We Carry by Michelle Obama

Auntie Reminder: Freedom begins the moment you stop asking permission to be yourself.





FROM THE COMMUNITY

One reflection that continues to surface this season is simple but powerful:

“The hardest part was not changing my life. The hardest part was realizing I deserved something better.”

If that resonates with you, know that you are not alone in this work.

TOOLS FOR THIS SEASON

Consider spending time with the following reflection question from your journal:

“What part of my life would change immediately if I stopped doubting myself?”

Allow yourself to sit with the question without rushing to find a perfect answer. Growth often begins with the courage to be honest about what we already know.



WHAT'S HAPPENING IN THE HEYY, NIECE! WORLD

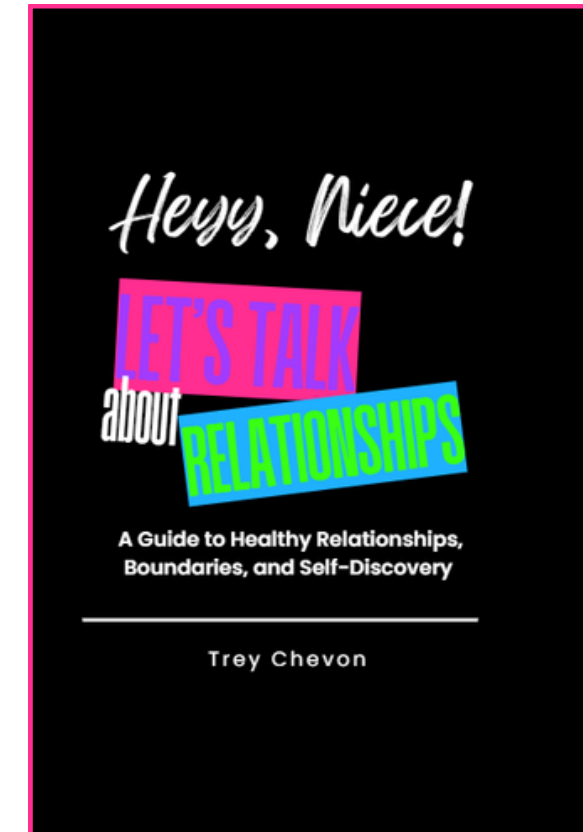
If you want to go deeper this season, the following are coming soon to purchase from our website:

- Hey, Neice! – Unapologetically YOU Journals
- Hey, Neice! – Unapologetically YOU Workbooks
- Hey, Neice! Pull Up Virtual Group Sessions (Summer 2026!)
- Unapologetically YOU 1:1 Coaching Sessions (Fall 2026!)

You're welcome to join when—and how—it feels right for you.

Visit www.heyyniece.com for more information.

Available NOW!
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Say this with me, Niece:

“I release what holds me back, trust my voice, and step fully into the life meant for me.”

Carry that into the rest of this season. I'm proud of you—especially for the work nobody sees.

Until next quarter,

Your Fave Auntie 💕