

The Official Newsletter of Heyy, Neice!

A Letter from Your Favorite Auntie

Heyy, Niece!

There comes a point in every woman's life when she realizes she's been waiting. Waiting until everyone else is okay. Waiting until she's done enough, accomplished enough, healed enough, or proven enough before she finally gives herself permission to do the thing she's been wanting to do all along.

The truth is, many of us have spent years living by rules we never consciously agreed to. Trust yourself after someone else confirms you're right. We learn to postpone our needs, our joy, and sometimes even our own voice while we wait for approval that never fully arrives.

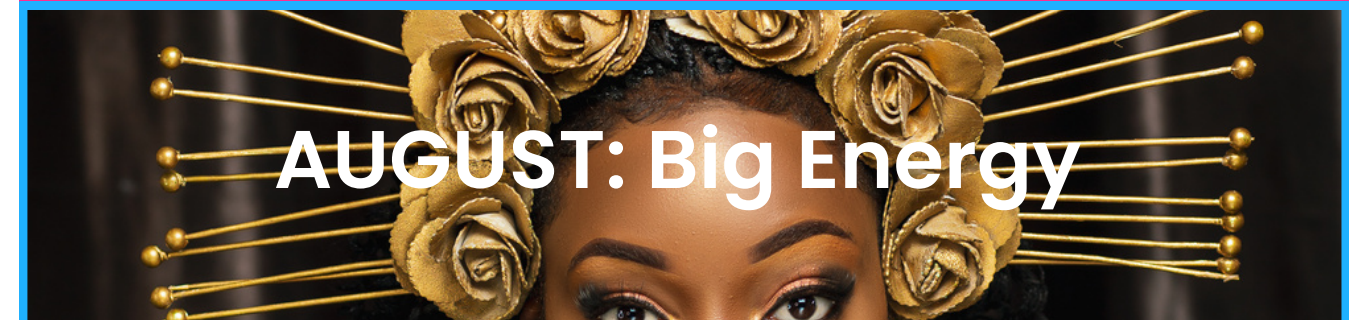


This quarter is about permission. Permission to rest without guilt. Permission to take up space without apology. Permission to know yourself beyond the roles, responsibilities, and expectations you've carried for so long. Because the life you're building doesn't begin when someone else says you're ready. It begins when you decide that you are.

Pull up a chair. Let's talk.

— Your Fave Auntie 💖

● In This Issue



Focus: PERMISSION

This quarter, we're letting go of the belief that everything we need must be earned. Too often, we wait for the right moment, the right circumstances, or someone else's approval before we allow ourselves to rest, celebrate, speak up, or choose differently. Permission is about recognizing that

many of the things we've been waiting for are already available to us.

The permission to pause. The permission to take up space. The permission to trust ourselves. Over the next three months, we'll explore what it means to release guilt, embrace authenticity, and reconnect with the woman beneath the expectations. Because sometimes the most powerful thing you can do is stop waiting and start allowing yourself to be exactly who you are.

July: Soft Girl Summer

Soft Girl Summer isn't about aesthetics—it's about permission. Permission to slow down, breathe deeper, and stop treating rest like something you have to earn. So many women have been conditioned to believe that their worth is tied to their productivity. This month, we're challenging that belief. Rest is not a reward for burnout. Joy is not something you have to justify. The goal isn't to do less simply for the sake of doing less. The goal is to create a life that feels sustainable, nourishing, and aligned with who you are becoming.

Book of the Month: Rest Is Resistance By Tricia Hersey

Auntie Reminder: You do not have to earn rest. You are worthy of care, softness, and recovery simply because you are human.



August: Big Energy

August is about showing up as yourself—fully and unapologetically. Not the version of you that seeks approval. Not the version that plays small to keep others comfortable. The real you. The one with opinions, dreams, boundaries, and desires. This month invites you to trust your instincts, celebrate your growth, and stop waiting for permission to take up space. Confidence isn't about being the loudest person in the room. It's about knowing who you are when you walk into it.

Book of the Month: Untamed By Glennon Doyle

Auntie Reminder: Stop shrinking to fit places you've already outgrown. There is nothing wrong with taking up the space that was always meant for you.

September: Self-Awareness Season

Growth requires self-awareness. Not the kind that leads to self-criticism, but the kind that creates understanding. September invites us to become curious about ourselves. Why do we react the way we do? What beliefs are driving our decisions? What stories have we accepted as truth without ever questioning them? Self-awareness is one of the greatest gifts we can give ourselves because it allows us to move through life with intention rather than habit. The better we understand ourselves, the better equipped we are to create the lives we actually want.

Book of the Month: What Happened to You? By Oprah Winfrey and Dr. Bruce Perry

Auntie Reminder: You cannot heal what you refuse to acknowledge. Give yourself permission to be honest, compassionate, and curious about your own story.





FROM THE COMMUNITY

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

“I spent so much time asking whether I could that I never stopped to ask whether I wanted to.”

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 myself have I been asking permission to become?”

Allow yourself to sit with the question without rushing to justify your answer. Notice where hesitation, guilt, or fear show up. Sometimes the things we desire most—rest, joy, boundaries, confidence, or change—are not waiting on better timing or someone else’s approval. They are waiting on our willingness to trust ourselves enough to choose them.



WHAT'S HAPPENING IN THE HEYY, NIECE! WORLD

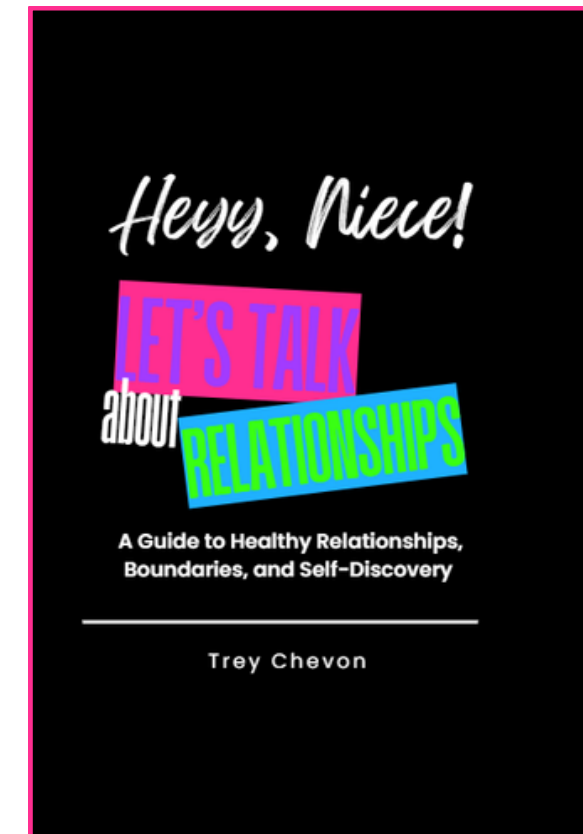
If you want to go deeper this season, the following are coming soon to purchase from our website:

- Unapologetically YOU Journal (August 21, 2026)
- Hey, Neice! Pull Up Virtual Group Sessions (Registration Open)
- Unapologetically YOU 1:1 Coaching Sessions (Booking Free Consultations until September 1)

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

Visit www.heyyniece.com for more information.

Available NOW!
amazon



Say this with me, Niece:

“I give myself permission to choose 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 ❤️