

The Official Newsletter of Heyy, Neice!

A Letter from Your Favorite Auntie

Heyy, Neice!

The start of a new year has a funny way of making us feel like we're behind before we've even begun. Everywhere you look, somebody's running, grinding, reinventing—and meanwhile, you're just trying to catch your breath. So let me say this plainly:

You don't need to rush your becoming.

This season isn't about doing more. It's about getting honest. Honest about what you want.



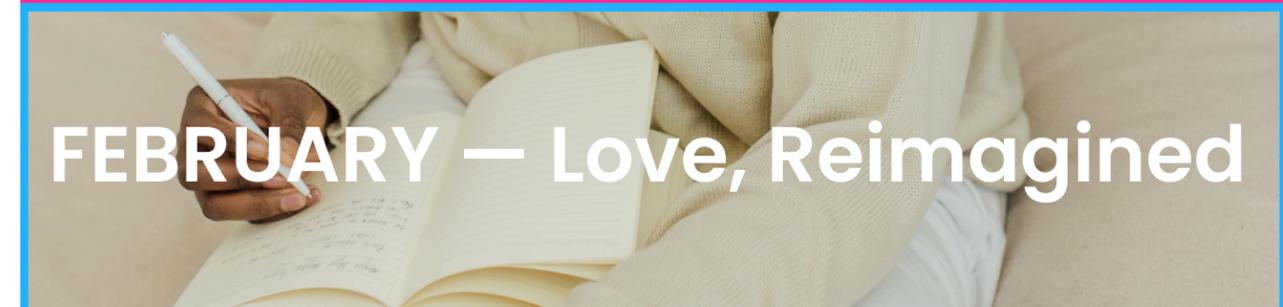
Honest about how you love. Honest about where your energy has been leaking—and what you're no longer willing to sacrifice for the sake of being "nice," "available," or "understanding."

This is your reset. Not the flashy kind—the real one. The kind where you pause, reflect, and choose yourself on purpose.

Pull up a chair. Let's talk.

— Your Fave Auntie ❤️

● In This Issue



Focus: The Reset Season

This quarter is about clarity, alignment, and protection.

You can't become Unapologetically YOU if:

- You don't know what you want
- You're loving from a place of self-abandonment
- You're overextending without boundaries

So we're doing this in order—slow, intentional, and rooted.

January – The Reset Era

Clarity Before Consistency

January asked one simple but powerful question:

“Girl... what do you actually want?”

Not what looks good. Not what sounds productive. What you want. This month focused on:

- Self-awareness over self-pressure
- Naming desires without judgment
- Letting go of habits that no longer fit who you're becoming

Auntie Reminder: You don't need a new routine—you need the truth.

FEBRUARY — Love, Reimagined

Love Without Self-Abandonment

February wasn't about romance—it was about alignment. We explored:

- Loving yourself loudly and consistently
- Recognizing green flags (and walking away from struggle disguised as passion)
- Checking in on friendships and dating dynamics
- Choosing standards over settling

Auntie Reminder: Love that costs you your peace is not love—it's a lesson.

MARCH — Boundaries in Bloom

Protecting Peace Without Guilt

March is where everything clicks. Once you know what you want and how you deserve to be loved, boundaries become necessary—not optional. This month centers on:

- Saying no without overexplaining
- Releasing responsibility for other people's reactions
- Rerouting when you've been too available
- Creating a peace budget for your time, energy, and emotions

Auntie Reminder: Boundaries aren't walls—they're instructions for how to love you well.





FROM THE COMMUNITY

A reminder we keep hearing this quarter:

“I didn’t realize how much I was carrying until I gave myself permission to put it down.”

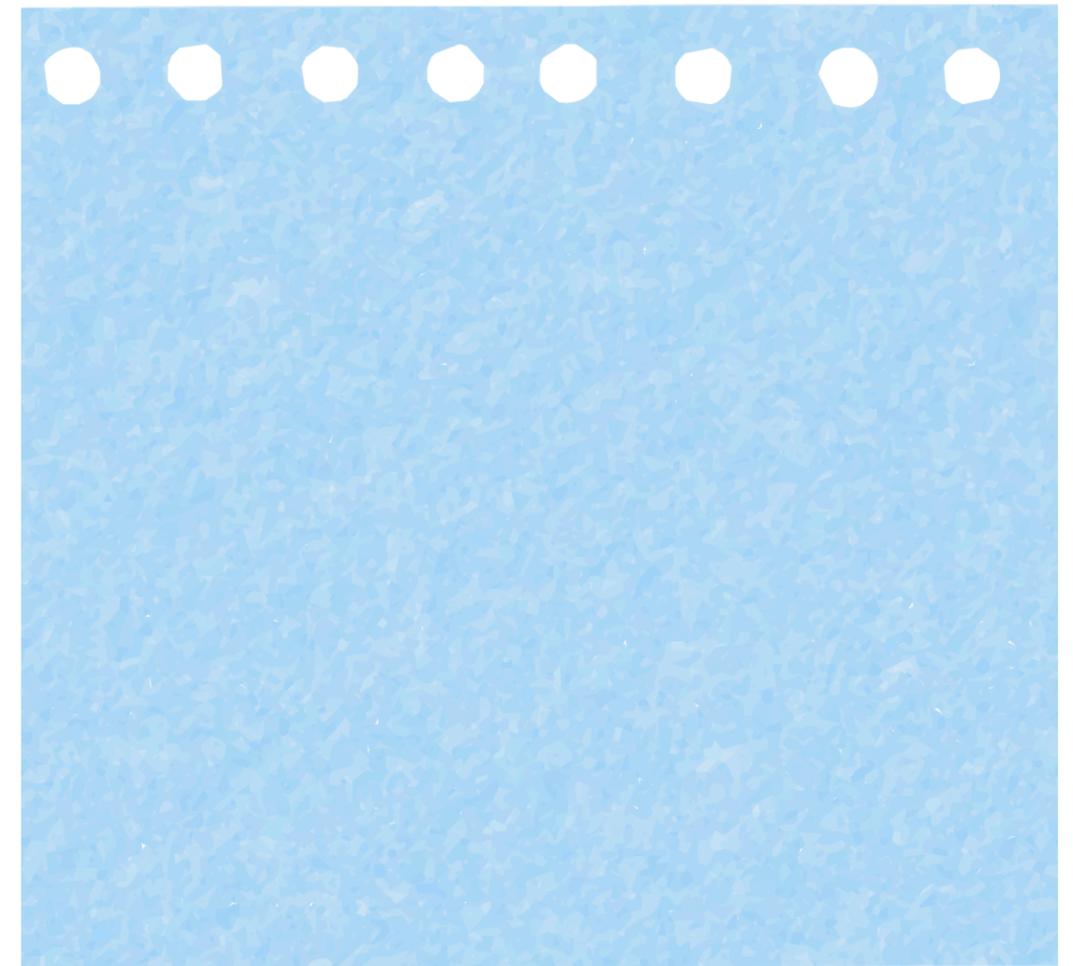
You’re not alone in this work.

TOOLS FOR THIS SEASON

Try this reflection question from your journal:

“Where am I asking myself to shrink so others can stay comfortable?”

Sit with it. Write it out. No rushing. Growth happens in the pause.



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.



Say this with me, Niece:

“I am allowed to reset, redefine love, and protect my peace without apology.”

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 ❤️