

ESSENTIALS for Steady Confidence

Season Flow ➡ January—April 2026

✳ *Live Sessions (See current bimonthly schedule for additional live gatherings)*

January: Self-Belief

January is for trusting the roots you've already grown. Recognizing the foundation you've built rather than who you think you should become. Before launching into doing mode, we're strengthening what's already there through practices that help you remember your wins and affirm your truth.

Jan 2 :: Learning Center Access for Essentials Orientation (if you're new)

Jan 7 :: Learning Center Access for Own Your Year

✳ **Jan 13-15 :: Own Your Year 2026 Planning Workshop**

Jan 16 :: Learning Center Access for Essentials for Steady Confidence

✳ **January 20 :: Live Confidence Reset + Steady Confidence Orientation**

Jan 19-25 :: Practice: Name Your Wins

Jan 26-Feb 1 :: Practice: Catch Comparison Early

Learning Module: Applying Affirmations

February: Visibility

In February, you're asked to step out from behind any curtains you've been hiding behind, with openness and intention. On your own terms. This month invites you to experiment with being seen in ways that feel authentic rather than exhausting.

Feb 2-8 :: Practice: Creative Collaboration

Learning Module: Collaborating

Feb 9-15 :: Practice: Ask for What You Want

NEW Learning Module: Ask for What You Want

Feb 16-22 :: Practice: Audit Your Presence

Learning Module: Auditing Your Online Presence

✳ **February 25 :: Integration Circle: Courageous Visibility**

March: Worth

March focuses on honoring both the value of your work and yourself, creating the vessel that holds and protects what matters. You'll strengthen your money mindset and build confidence through pricing, gratitude, and structures that clarify professional standards.

Mar 2–8 :: Practice: The Price Check

Learning Module: Pricing Your Art

Mar 9–15 :: Practice: Gratitude

Learning Module: Practicing Gratitude

Mar 16–22 :: Practice: Design a Safety Net

Learning Modules: Policies for Your Art Biz, Procedures for Your Art Biz, Contracts & Agreements

✦ **March 25 :: Integration Circle: Structure That Supports Worth**

April: Resilience

Ride the waves of change and challenge with patient consistency in April—staying steady without powering through at all costs. You'll build emotional endurance by reframing rejection, inviting feedback, and protecting your creative energy with strong boundaries.

Mar 30–Apr 5 :: Practice: Collect Rejections

Learning Module: Rejection Framework

Apr 6–12 :: Practice: Ask for Feedback

NEW Learning Module: Asking for Feedback

Apr 13–19 :: Practice: Boundary Tune-Up

Learning Module: Focus & Resilience (Planning)

✦ **Apr 22 :: Integration Circle: Resilience in Action**