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Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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Entering the New Year with Intention

You don't need a dramatic reinvention to feel more grounded heading into January; just a simple, intentional plan for how you want your days to flow.

Small, steady habits often support well-being far more effectively than sweeping resolutions. When the year resets, shifting your focus to calm, clarity, and manageable routines helps you start strong without feeling overwhelmed. A centered mindset isn't built in a single moment; it's shaped by the way you move through each day.

Why Intention Sets the Tone

Grand declarations tend to fade quickly.

[About 80% of New Year's resolutions fall apart by early February, often because they depend more on willpower than daily structure.](#)

In contrast, intentional planning helps you create a rhythm your mind and body can sustain. It turns January into a runway rather than a pressure point. And when your routines support your energy, not drain it, you're far more likely to carry that steadiness into the months ahead.

Whether it's setting a predictable start to your morning or creating a softer landing at the end of the day, the benefit comes from consistency, not intensity.



Signs You're Ready for a Reset

The cues can be easy to miss:

- You're running on autopilot instead of purpose.
- Your focus dips more often than it used to.
- Even after time off, you feel a bit scattered.

These signals don't mean you're falling behind; they simply suggest your daily patterns may need refreshing. Even minor stressors, like disrupted routines or unpredictable workdays, can affect mood and mental energy. Recognizing these moments early gives you the chance to reset before the January pace ramps up.

Daily Routines That Encourage Calm

There's no universal blueprint, but these small adjustments can help create a steadier foundation for the new year.

Start your morning with intention.

A brief pause – stretching, journaling, or stepping outside – sets the tone before the day begins.

Build a midday reset.

A short walk, a glass of water, or a moment away from screens can re-center your focus.

Create a calming evening cue.

Light reading, tidying a small space, or a slow wind-down ritual helps signal that the day is done.

Simplify where you can.

Reduce clutter, limit unnecessary commitments, or batch small tasks to ease mental load.

Strengthen supportive connections.

Reach out to someone who helps you feel balanced, grounded, or encouraged.

What You Can Expect

At first, your routines may feel almost too simple. With repetition, though, they begin to steady your mood, reduce mental friction, and create a sense of ease in your days. Instead of relying on motivation, which comes and goes, you build a structure that helps you stay centered even during busy weeks.

Getting Started

Choose one area of your day – morning, midday, or evening – and pick a single small habit to anchor it. Keep the bar low so it's easy to maintain. And allow yourself to refine your approach as January unfolds.

The aim isn't perfection. It's setting yourself up for a year that begins with clarity, calm, and a steadier sense of control, one intentional moment at a time.



Book Review | This Year I Will... A 52-Week Guided Journal to Achieve Your Goals

Tiffany Louise's *[This Year I Will...](#)* offers a gentle yet effective framework for anyone craving clearer direction and a more grounded daily life. Blending clinical insight with a warm coaching style, Louise turns a simple weekly journal into a reliable companion for reflection, intention-setting, and steady self-growth. Instead of pushing readers toward sweeping resolutions, she encourages small, thoughtful shifts that align with what genuinely matters.

Highlights

Key Concepts

At the center of the journal is a guiding principle: meaningful change grows from clarity, not pressure. Each weekly prompt is designed to quiet the noise of outside expectations and help readers reconnect with their own values. Louise's approach encourages honest check-ins that uncover what fuels energy, what drains it, and what deserves more space. Quarterly reflections help reinforce awareness, creating a rhythm that promotes steady forward movement rather than short-lived bursts of motivation.

Practical Applications

This is a hands-on tool, not just a collection of prompts. Every entry invites readers to pause, evaluate what they need, and identify one realistic step for the week ahead. The pacing suits busy lives—short enough to complete consistently, but thoughtful enough to spark real insight. The mid-year and year-end sections add structure for anyone navigating transition, building habits, or simply trying to bring more intention to everyday choices.

Impact

The journal offers a sense of ease rarely found in goal-setting resources. By shifting the focus from performance to alignment, it helps quiet self-criticism and builds confidence through small wins. Over time, those weekly reflections add up to something bigger: a clearer sense of direction and a more supportive inner dialogue. Readers often walk away feeling more anchored, more aware, and more capable of shaping the life they want, one week at a time.

The Final Word

This Year I Will... is a thoughtful companion for anyone looking to feel more centered and purposeful throughout the year. Ideal for readers who want guidance without rigidity, it offers a calm, practical path forward. Whether you're seeking structure, recovering from overwhelm, or simply wanting to be more intentional, this journal makes the process approachable and meaningful.

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