



Hello & Welcome to

Simply *my monthly newsletter*

JANUARY

*Aligned*
IS MY WORD OF 2026**Have You Picked Your Word Yet?**

I have always loved this tradition because it gives me space to reflect on the year behind me and intentionally think about where my time and energy will be focused in the year ahead. Yes, to some it is just a word, but for me it is a firm starting place and a foundation.

My word for **2026** is **ALIGNED**.

This year my focus is aligning myself with people, businesses, and opportunities that match my integrity, mission, heart, and goals. There is no space for anything else. No watering down who I am. No working with companies I do not align with. And no holding onto relationships that are not clearly moving in the same positive direction.

In **2025** my word was **FOCUS**, and I truly lived it. I focused on who I am, what I represent, and what tables I want to sit at. That clarity laid the groundwork for where I am now, and it is time to continue growing and enriching both my life and the lives of others.

Last year required a lot of soul searching. I learned how to sit still, something I had never truly done before. I learned to listen to my body, to pray wherever I felt called, and to pay attention to the signs along the way. Most importantly, I learned to have faith.

I was reminded that I am not in control, and that is okay. Letting go can be a beautiful thing. When you release expectations, people, and things that no longer serve you, you create space for what is meant to be. New doors open. New people enter your life. And sometimes, even old ones find their way back exactly when they are supposed to.

Here is to a year of alignment, intention, and trusting what is ahead.

Are you **WRITING** your own **STORY**

Success isn't measured by working yourself to death.

For a long time, we have been taught that success comes from hustle, exhaustion, and always doing more. That if we are not busy, we are falling behind. If we are not tired, we are not working hard enough. Somewhere along the way, **burnout became a badge of honor.**

For years, I exhausted myself and literally crashed. I was forced to take breaks when I lost my voice, became sick, or was so tired I could not even put my words together. To others, I was the energizer bunny. Behind closed doors, I was working my fingers to death, packing supplies at 11pm and sometimes going to bed at 1am just to start all over again the next day.

I worked on vacation. I answered emails in the tub. I prided myself on being a great employee because "Nicole is always available, reliable, and answers." That identity felt like success at the time, but it came at a cost.

This is no way to live.

True success is not measured by how many hours you work, how little sleep you get, or how much of yourself you sacrifice. **It is measured by sustainability, peace, and impact. It is measured by how aligned your work is with your values and how present you are in your own life.**

Working yourself to death does not build a legacy. It drains your creativity, your health, and your joy. Growth should not require constant exhaustion. Productivity does not equal worth.

There is power in rest. There is clarity in slowing down. (Trust Me!) When you create space to breathe, think, and reset, you show up stronger and more focused. You make better decisions. You serve others more intentionally.

Success looks different in this season of my life. It looks like **balance**. It looks like **boundaries**. It looks like choosing work that energizes rather than depletes. It looks like honoring my time, my health, and my purpose.

This year, I am choosing a definition of success that allows me to **thrive**, not just **survive**.

WORK
WORK
WORK





Street Corn Chicken Rice Bowl

Enjoy a flavorful Street Corn Chicken Rice Bowl filled with smoky corn and seasoned chicken that's sure to delight! Try this easy recipe today!



Recipe from:

<https://quickbitebox.com/street-corn-chicken-rice-bowl/>

Are you building a strong foundation that can be build upon in 2026?



At Nicole Ditch LLC, the focus is on building strong branding and strategic marketing while staying true to who you are. A successful business is not built by copying others or forcing growth before you are ready. **It is built by understanding your story and using it as a foundation.**

Every step you have taken, whether big or small, has played a role in shaping your business. Reflection is not about judgment. It is about honoring the journey and recognizing the resilience, growth, and intention it took to get here. When you acknowledge that process, your brand gains clarity and credibility.

As we move into 2026, **remember that progress does not require perfection.** Moving forward can look like setting intentions instead of rigid resolutions, choosing strategic clarity over self criticism, and allowing your business to evolve at a pace that is sustainable. Growth is not linear, and neither is building a brand that truly reflects your values. Your path and your business are uniquely yours.

This is where alignment meets strategy, and where meaningful, lasting brands are built. **If you are ready to build a brand that reflects your story, spreads your wings, and makes an impact in 2026, contact me today—let's make it happen together.**

At **Nicole Ditch LLC**, we can help guide you in each of these areas. Reach out to schedule your free 15-minute consultation at: www.nicoleditch.com



LimeLife
Beauty Guide



Did you know I'm a Beauty Guide for LimeLife. LimeLife emphasizes clean ingredients, cruelty-free practices, and empowering individuals through beauty and business. I love helping people feel confident and comfortable in their own skin.

I'd love for you to join my group on Facebook **LimeLife Simply Me Skincare + Makeup!** Here I share my love for LimeLife skincare and makeup along with quick tips, product updates, and behind-the-scenes sneak peeks at what's new. Most importantly, you'll find reminders to Simply love yourself every day.



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