EVOLVE Newsletter

NOVEMBER DECEMBER 2026

SECOND EDITION ISSUE NINE

Editorial

I am back on the Gold Coast, and during September and October my travels took me through Victoria, South Australia, and Bali.

I would like to sincerely thank Mel, Tania in Adelaide, Jo and Joyanne in Mount Gambier, and Ellen and Mary in Ballarat for your support, hospitality, and the wonderful venues you provided along the way. Your kindness and generosity helped make this journey so special. I would also like to thank all my clients who chose to put their faith in me in my travels.

I also had a wonderful time in Bali with my two sisters, enjoying much-needed relaxation, connection, and rejuvenation. It was the perfect opportunity to recharge and return feeling refreshed and inspired.

As we come to the end of 2026, it is an ideal time to reflect on the year that has been. It's important to acknowledge what we have achieved, appreciate the moments we are grateful for, and recognise the lessons the year has taught us. It is also a wonderful time to prepare for the year ahead by setting intentions and beginning to manifest what you would like to create and experience in 2027.
In this edition of Evolve, you will find an exercise designed to help you reflect on 2026 and consciously create your vision for the year ahead.

Gift vouchers will once again be available this Christmas and can be emailed either to you or directly to your loved ones. The gift of guidance, insight, and personal growth is a meaningful gift that can help bring peace and connection to someone who needs it.

Please note that I will be closed for the Christmas and New Year break from Thursday 24th December, reopening on Wednesday 6th January.

I would like to wish everyone a wonderful, safe, and joyful Christmas and holiday season. For those who have empty seats at their table this year, please know that your loved ones remain close in spirit, living on in your heart and never far away.

with love, Julie Kay

Silence Is Not Weakness.

"Silence is not weakness. It is self-mastery. It is the moment you choose your power over your triggers."

Silence and self-control are among the greatest shields you can carry through life. They are not signs of surrender, but of strength. While reacting impulsively may feel powerful in the moment, it often reveals your vulnerabilities and shows others exactly where your Achilles heel lies. True power comes from learning not to react, but instead to pause, observe, listen, and respond with calm intention.

When we commit to healing our emotional wounds and triggers, we become more balanced within ourselves. We are no longer easily swayed by the opinions, behaviours, or expectations of others. Our values become clearer, our boundaries stronger, and our inner world more peaceful.

Unfortunately, there are people who will use your emotions against you. They may provoke, manipulate, criticize, or create conflict in an attempt to gain control or satisfy the needs of their own ego. They seek a reaction because a reaction gives them power.

The most effective way to disarm this behaviour is through silence, self-awareness, and self-control. When you refuse to engage in the emotional game, you remove the fuel that keeps it alive. You no longer provide the response they are seeking.

Over time, those who thrive on conflict often move on because they can no longer influence or control you. What remains is something far more valuable: your peace, your dignity, and the quiet confidence that comes from staying true to yourself.

Silence is not about suppressing your voice. It is about choosing when your energy is worth investing. It is knowing that not every battle deserves your attention, and not every invitation to conflict requires a response.

In that space of calm self-mastery, your boundaries remain intact, your values remain strong, and your peace becomes untouchable.

Sometimes the most powerful response is no reaction at all.





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Get ready for 2027

Here is a fabulous exercise to do to get you ready for 2027.

The Law of Attraction teaches us that whatever we focus our attention on expands. When we acknowledge and celebrate the blessings, achievements, growth, and joyful moments we have already experienced, we raise our vibration and invite more of those experiences into our future.

Taking time to reflect on the year that has been and consciously envisioning the year ahead helps bring clarity to your desires. It shifts your focus from what is missing to what is possible. By appreciating your successes and imagining your future achievements as though they have already happened, you begin aligning your thoughts, emotions, and energy with the life you wish to create.

This simple yet powerful exercise will help you complete 2026 with gratitude and step into 2027 with purpose, excitement, and intention.

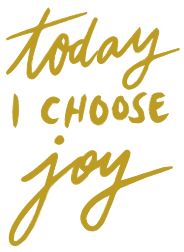
Step One: My Magic Moments 2026
Take some time to reflect on your year so far. Write down everything that has inspired you, made you happy, stretched you, or brought you joy. Consider your achievements, special memories, meaningful connections, personal growth, and moments that made you smile.

You may have experienced challenges throughout 2026, but alongside those challenges there would also have been beautiful moments, valuable lessons, and reasons to celebrate. These are the experiences you want to acknowledge and honour.
What are you most proud of?
What goals did you achieve?
What memories do you cherish?
What inspired you?

Allow yourself to relive these moments and celebrate how far you have come. Write your reflections under the heading: My Magic Moments 2026

Step Two: My Amazing Achievements for 2027
Now give yourself permission to dream.
Ask yourself:
How do I want to experience 2027?
What do you desire?
What would make your heart sing?
What changes would you like to create?
What actions do you need to take to build an extraordinary year?

Let your imagination run wild.
Imagine you are now standing at the end of 2027, looking back over the most amazing year of your life. Just as you reflected on your Magic Moments of 2026, write down all the wonderful achievements, experiences, and milestones you have accomplished throughout 2027.
What inspired you?
What did you achieve?
What are you most proud of?
What dreams became reality?
How did you grow?
What made 2027 so memorable and fulfilling?



Write these achievements as if they have already happened. Record them under the heading:
My Amazing Achievements for 2027

Keep your list somewhere you will see it often. Place it on your wall, beside your bed, in your journal, or anywhere that reminds you of your vision.

Read it regularly and allow yourself to feel the excitement, gratitude, and confidence of already living that future. The more you focus on the experiences you want to create, the more likely you are to make choices that align with those desires.

Now enjoy the journey, trust the process, and step into 2027 believing that your most amazing achievements are waiting to unfold. Your future is created first in your imagination, then through your intention, and finally through the actions you take every day.
ht me…" Keep it short. Keep it kind.



Give the Gift of Guidance, Growth and Possibility.
Looking for a meaningful Christmas gift? A Julie Kay Gift Voucher is the perfect way to support someone you love on their journey of self-discovery, healing, clarity, and personal empowerment.