

SEPTEMBER NEWSLETTER



Welcome to our September Newsletter!

Happy Spring! This month serves as a fresh reminder that growth is always possible. As the days get longer and with just a few months left in 2025, now is the perfect time to pause, refocus, and give that final push towards the goals and intentions we set at the start of the year. A seasonal reset brings a chance to bloom where you are and finish the year strong.

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Spring reminds us that change is part of life's rhythm, after every winter comes renewal. It's a season that speaks to growth, possibility, and fresh starts.

This time of year is an invitation to:

- Plant new seeds — whether that's a project, a personal goal, or simply a new mindset.
- Celebrate growth — no matter how small, progress is progress.

“What is one thing you can let go of this season to create space for something new?”

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FRESH ENERGY FOR THE FINAL STRETCH



SPRING FORWARD!

**Spring is proof that
renewal is always
possible and that
sometimes, blooming
begins with just one
small step.**

Push Through to Year-End



Here are a few ways to reframe the last stretch of 2025:

- Prioritise what matters most. Instead of juggling everything, choose the one or two goals that will make the biggest impact if you complete them.
- Break it down. Small, consistent steps carry you further than waiting for big bursts of motivation.
- Reflect and realign. If your goals from January no longer serve you, it's okay to adapt. Progress is about direction, not perfection.
- Celebrate the wins. Each step forward, no matter how small, is proof of resilience and momentum.

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LAST THOUGHTS...

***If you could end
2025 feeling proud
of just one thing,
what would it be?***



WE WANT TO HEAR FROM YOU

Your voice matters. If you've engaged with us in coaching, we'd love to hear your feedback, what's landed, what's shifted, and how we can keep growing together. It is completely anonymous so we would appreciate honest and constructive feedback. :)

**Click here to complete our
short feedback form!**

**WE WANT YOUR
FEEDBACK!**

GET IN TOUCH WITH US:



Just as nature revives in spring, we too can refresh our energy, ideas, and goals as we step into the final stretch of the year.

Book your sessions now:

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