



February 2026

YOUR BEST TIMELINE

Greetings!!

Welcome to Ascendere! We made it through the first month of 2026 and certainly hope you all are having a prosperous year thus far. The theme of this month is to focus on the intentions of resetting and recharging. It's real easy to get caught up in all of the aspects of your life whether they be good or bad and not taking time for yourself. Life and health balance is crucial and Ascendere wants to do it's part to ensure that you take time for yourself to do whatever it is that you love so you can be your best. Enjoy this month to your fullest and we look forward to hearing from you!



Affirmations

Ascendere wants to make sure that message of recharging rings deep within your spirt. Being able to balance health (mental, spiritual and physical) and the tribulations of everyday life is never easy. However, this is essential if we want to continue the journey of being a better version of ourselves each day. We encourage you to take a few moments each day to have to yourself and let your energy recalibrate. Of course, you can ALWAYS take that a step further as in a day off or a full fledged vacation. The primary affirmation for this month is to tell yourself that "I am refreshed. I am recalibrated. I am balanced". Take a look at one of our latest posts that perfectly captures this affirmation here at <https://www.tiktok.com/t/ZP8HeD8Jt/>.

