

S2: E110: Why I Made My Instagram Static for 2025

Hey there and welcome back to the podcast. Happy 2025. As we step into the new year, I've been reflecting personally on what this year holds for myself.

I'm sure you've been doing the same and I wanted to talk about the year 2025 to get started. It is a nine year in numerology. This means it's a year of completion, a time to close chapters, integrate lessons, and prepare for a fresh start.

Maybe 2024 was a tough year for you. Maybe it was a stormy season of growth, change, and challenges, or perhaps it was one of your best years ever, full of wins and momentum. Either way, the question is this, how can we make 2025 even more impactful, aligned, and fruitful despite all of the chaos swirling in the world? Today, we're going to explore how completion, bold moves, and intentional alignment can help you create your own quantum leap this year, despite the circumstances and with more ease and flow.

No more trying harder. With that all in mind, there's this perspective shift that's been really present for me lately and it's the idea that branches don't just bend during storms, they also bend when they're heavy with fruit. So think about that.

Think about a tree being weighed down, maybe with lemons or avocados or apples. If you have felt stretched or weighed down, I want you to ask yourself, is this truly a storm or maybe it's the weight of fruitfulness that's on its way. This reminder has been transformational not only for me but also for the incredible leaders I've had the privilege to work with.

Many come feeling maybe their world was in flux and they're having an identity crisis and they're not sure even how to step into a new brand. And others I've worked with recently have felt steady but wanted to ensure their success had depth and longevity. The common thread was learning to reframe challenges as opportunities and to see even the storms as preparation for something greater.

So again in numerology, the nine year is all about completion but completion isn't just about endings, it's about honoring what's been and integrating it into what's next. So I want to share with you three powerful ways to approach completion specifically this year. The first one, bless and release what no longer serves you.

You may have been thinking about this anyway as we stepped into the new year but whether it's outdated goals, old habits, or even relationships, clearing space makes room for something even greater. Number two, you probably haven't been thinking about and this is healing goal trauma especially as driven entrepreneurs so many of us carry the residue of past goals we

didn't hit which can hold us back from dreaming big. Let 2025 be the year you free yourself from that weight.

And number three, it's time to own your story fully. Even if you have a story that you're not quite ready to share, you can start by embracing all parts of your journey. The good, the messy, and the transformative.

It all brought you to this moment. For those of you who thrived in 2024, completion is equally important. It's not just about letting go.

It's about honoring the successes you've built so they can carry you forward. As one client recently put it so beautifully when we did a VIP day together, when we went through the process of looking at healing her goal trauma, blessing releasing what no longer serves her, and helping her own her story fully so she could step into the brand she always envisioned, what she said? She said exactly this, I didn't realize the only thing standing between me and my next big move was making peace with how far I'd already come. How beautiful is that? So speaking of big moves, I want to share one of mine with you as inspiration.

I've officially decided to embrace a static nine grid on social media, specifically Instagram, and stop posting for at least 2025. There may be a chance I'll come back in the future, but I wanted to walk my talk. It's talking about becoming social media optional.

I've already reduced my reliance on all social platforms over time, but I still found myself thinking about what to post and scrolling more than I like. So this year, I made a bold decision to step away entirely. The nine grid will serve as a beautiful digital business card, and if I feel called, I can still share the occasional story or reel.

But my focus will be on what truly matters, supporting my clients, showing up for my family, and doubling down on strategies that actually create consistent, aligned success. It's freshly posted as of New Year's Day, so I invite you to go take a peek. There are a ton of free gifts woven into the posts, so make sure you take advantage of those also.

My handle is at Tiffany New and Creative, and we'll put a link down in the show notes as well to take you directly there so you can take a peek, scroll through it, get some free gifts, and I'd love to hear what you think. Also, I'll share more about this journey in the next episode, so stay tuned for that. Now, I shared this because I would like to invite you to reflect.

What is one bold move you can make to start 2025? Maybe it's launching the program you've been dreaming of, scaling back on something that feels misaligned, or embracing a new way of being. And the thing is, bold moves don't have to be loud or flashy, right? I think sometimes we

think about bold moves, and they just have to be something massive that's going to be really hard and make a big difference. Bold moves can be quiet and deeply intentional, such as me sneaking up a nine grid without a word on New Year's Day.

You wouldn't even know, probably, if I'm not here telling you, but the bold moves always have one thing in common. They will create a ripple effect that sets the tone for everything to come. So, I know that's not always easy to stay focused on as leaders, as really focusing on what's coming and being intentional, because in a world that feels increasingly chaotic, one of the greatest gifts we can give ourselves is clarity.

When you take the time to complete what's unfinished and align with your truth, you begin to see the world differently. You respond rather than react. You observe rather than absorb.

This calm presence becomes your superpower, allowing you to lead and create from a place of alignment, even when the world feels anything but. It's about finding peace in the chaos and knowing that the most fruitful seasons often follow the most challenging ones. So, as we're talking about moving into 2025 with the idea of completion, we want to shift then to help you align for a quantum leap.

Now, I said this in the first segment of this series. So, two episodes ago, if you didn't hear it, I invite you to go back and take a listen. The episode in between was a quick Christmas episode, and I gave away an amazing gift to you, which was a full year's worth of what I call legacy love notes.

So, one episode, go back, you're going to get an amazing gift. Two episodes, go back, and I shared the first segment of taking a quantum leap in 2025. And I know quantum leaps are a buzzword.

I even hesitated using it, but it really is the only thing I could think of that represents moving from one, basically, timeline to another easily and effortlessly. And so, what I want to share today, it's not a quantum leap that's cheesy or bro-markety. This is truly powerful guidelines that you can use to navigate 2025 that take you to the next level without a ton of effort, but also, you do have to take action.

It's not like the secret where you're just sitting on your couch and manifesting out of nothing, okay? So, I want to be very clear about that. So, these are what I call the four P's. The first P is posture, and I'm not talking about how you're our posture is important.

So, if you're slouching right now, I invite you to sit up. But what I mean, instead of standing tall physically, I want you to stand tall in your brilliance and own who you are unapologetically.

We're also entering the age of Aquarius, and really what this is allowing everybody to do is take off the layers, remove the onion layers, and showing up as who you truly are.

And if you find yourself in an identity crisis, like a lot of my clients do because we have so many titles, right? Maybe it's a business owner, a mother, a wife, a this, a that, a musician, a whatever it is for you. It's time to integrate all of those and own who you are as a multi-dimensional being unapologetically. Number two is to position yourself.

This means surrounding yourself with action takers, mentors, and those who inspire you to grow. I can't tell you how important this is because we find ourselves in silos so often as business owners. We don't have people reflecting back to us.

We don't have a place to do market research, and it really is important, whatever that looks like for you, to position yourself. You know the quote, we've all the top five people you surround yourself with, right? So make sure in your personal life and also in your professional life that you position yourself and surround yourself with the right people who are going to hold you up and lift you higher despite the circumstances in the world, because so many people are focused on the negativity and the scarcity right now. And if you want your business to succeed and you want to have success, you need to focus on the positive side of things.

Now I'm not saying you spiritually bypass. I'm not saying toxic positivity. I'm not saying you ignore completely what's happening in the world.

However, if you're like me and you're a seer and you are an empathetic person, you can feel people's energy so much more. And so you have to be mindful of those people closest to you that they're not basically dragging you down. Number three is performance.

Think about this year as the unlocking of your hidden potential. You're already an expert at what you do. You're already amazing.

But oftentimes it comes so easily to us that we don't do number one, which is posture and owning our brilliance because it comes so easily we don't realize how genius we actually are. So I want you to think about that. But also what is your hidden potential? Because there's so much more that you have not unlocked yet just waiting to come out.

So if you've been having some heartstrings pulled in a new direction or you've been curious about trying something new or offering something new, this is your time. As we enter the year of completion, it's also the year to start new things. Now this doesn't mean for all my ADHD or ADD listeners out there that you are all over the place and like I have so many ideas.

I don't know what you want to do. I help a lot of my clients pare that down and decide what is the most fruitful option. It doesn't mean try all the things.

It means be very intentional to unlock that hidden potential. And it also means we're not looking at hustle here. This is less about working harder and more about allowing and receiving your highest self and letting that emerge.

And then the fourth P, the four Ps for 2025 alignment is potential. We want to think about and this goes with number three but it's an added piece to it. We want to manifest the best version of ourselves.

And again this doesn't mean setting a million goals and making a million resolutions and being super hard on ourself when we mess up. It means having grace with ourselves and having really strong intentions. And again this is why we want to surround ourselves with people who are guiding and walking in the same direction.

So when we believe, when we expect, when we are open to receiving then we can become a conduit for others to do the same. The brilliance will come through us. It will come to us and again we become a conduit to put that out into the world.

And we all know that the world needs it now more than ever. So whether 2024 was a storm or a season of fruitfulness for you 2025 is the year to leap. Honor what's come before and make bold moves to align with your future.

And trust the seeds that you plant now will bear incredible fruit in the seasons to come. And as you reflect I'd love to hear from you. What is your bold move for 2025? I mentioned earlier I put that nine grid up on Instagram.

I'd love for you to go grab some freebies over there, connect with me, and on LinkedIn if you prefer you can shoot me a DM either place. I am on LinkedIn more often. I put the nine grid up on Instagram specifically to devote a little bit more time to LinkedIn.

So either way I'd love to hear from you and stay tuned for next week's episode. I'm going to dive deeper into the nine grid journey as I mentioned. So if that's something that interests you I actually have a special guest and we're talking all about Instagram and being social media optional or social media free.

And in two weeks I'm going to share my top trend predictions for 2025. And this has to do with business in general, branding, and marketing. In the corporate world I was a trend predictor for

a marketing agency and it's one of my favorite things that I still love to do and I want to share what I see coming with you so you can prepare.

And the good thing is there's a lot of beautiful things happening. I know there's a lot of scarcity that we're seeing and feeling and hearing and I really want to encourage you to keep listening because this is a place where you can come to get some good news and some good vibes. So with that I'm going to wrap up for today.

Here's to a year of completion, alignment, and your biggest quantum leap yet. We'll see you next time.