

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



Happy Lunar New Year!

It's that time of year again...Sun, Jan 22 marks our new year!

New years is always a good time to reflect on the lessons of the past year.

2022 was a challenging year for me. I dealt with some housing issues, as well as challenges relating to my mental health and physical health. Perhaps, we can take a moment to reflect on our year together!

Here are a few of the biggest take-aways from my 2022:

- **#1 Priority:** I've always known rationally that health should be my number one priority. But in 2022, I now felt a deeper sense of emotional connection to my health, and I'm taking accountability for it.
- **Physical Health:** I did something I had never done before...I joined a gym *gasp* and started attending their yoga classes *double gasp!* I can't even touch my toes yall!

- **Honesty and Accountability:** I have admitted to myself that I need peoples to keep me accountable to my health routine. So every Tuesday, I work out with my friend. And I attend yoga classes rather than pretend that I'd be motivated enough to actually do yoga at home.
- **Mental Health:** I found a new therapist, who can help me with a specific family particularity that I personally experience(d).
- **Prioritizing Enjoyment:** I've been able to stick to my routine because I have prioritized doing things I enjoy. Yoga classes and gym dates with a friend offers social interaction. It also helps me break the monotony of being stuck at home.
- **Creating Clarity:** It makes it easier to stick to my routines, when I have clarity around why I am doing it. Ultimately, I want to live a life of calm, and a life imbued by personal meaning. Taking care of my physical health will help with the former. And taking care of my mental health will move towards the latter.

, was there a big take-away or lesson that you had in 2022? Tell me about it, I'm curious to hear how the year went for you!

Respond this email and let me know what you think!



Take care, and keep being you!

Harry

"I help Asians go from feeling trapped to becoming self-liberated."

P.S. - What's your biggest take-away or lesson in 2022? Let me know!

Finding this content helpful? Take the next step in changing your life. Book a Discovery Call to see how a liberated life can look for you.

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