



FROM BECOMING TO FORMATION

*Intentionally forming the woman and life you desire.
Formation • Purpose • Intentional Living*

Many women spend years focused on responsibilities, supporting family, building careers, caring for others, and meeting expectations. At some point, a deeper question begins to emerge:

WHO AM I BECOMING?

Personal growth is not only about healing the past. It is also about intentional formation. The process of shaping the life, character, and relationships you truly desire.

For many high-achieving women, this season of life invites deeper reflection:

- Am I living in alignment with my values?
- Are my daily choices leading me toward peace and purpose?
- What kind of life am I intentionally building?

Becoming the woman you are meant to be requires intentional choices. It often involves releasing expectations, roles, or patterns that no longer serve you and embracing new ways of thinking, living, and relating to others.

2026 at Journey Counseling & Wellness will focus on intentional formation—supporting women as they shape lives grounded in clarity, purpose, and emotional well-being.



JOURNEY
COUNSELING & WELLNESS





Reflection for This Month

TAKE A MOMENT TO REFLECT ON YOUR PERSONAL FORMATION.

What kind of woman are you intentionally becoming this year?

Now consider:

- What are your top three goals for this season of your life?
- What daily habits or actions are helping you move toward those goals?
- Where might you need additional support, clarity, or encouragement?

Intentional growth begins with awareness and continues through consistent action.

Sincerely,

Dr. Sadi

Remember that growth does not happen all at once. Formation is a process—one shaped by reflection, intention, and the courage to live in alignment with who you are becoming. Wishing you a year of clarity, growth, and intentional living.



Insurance Update

Journey Counseling & Wellness currently accepts the following insurance plans:

- Blue Cross Blue Shield
- Anthem
- United Healthcare
- Aetna

If you plan to use insurance benefits this year, it is always helpful to confirm your mental health coverage and deductible information with your provider.

If you have questions about coverage or scheduling, please feel free to reach out.

Stay Connected

If you or someone you know is seeking support, Journey Counseling & Wellness is here to help.

Office Phone: [571-417-7706](tel:571-417-7706)

Website: <https://journeycw.com>

