

WFWP USA: HerTribe Thrive: Holiday Joy, Habits, and Hope for 2026

Katarina Connery
December 15, 2025



Dear,

Welcome to December's edition of *HerTribe Thrive*!

As the year draws to a close and the holiday season surrounds us with warmth and reflection, December invites us to pause, celebrate, and embrace the hope and possibilities of a fresh chapter ahead.

In this issue, we share a rich collection of inspiration and practical tools for the season. You'll find **A Collection of Holiday Ideas From the WFWP Team**, featuring cozy traditions, favorite recipes, simple spiritual practices, crafts, and joyful moments to brighten your December. **Build Better Habits—Your Personalized Tracker Is Here** offers a flexible, easy-to-use tool to help you stay consistent with your goals and nurture positive routines. **Embracing the New Year with Hope: Journaling Prompts to Reflect on 2025** provides curated prompts to look back with gratitude, gain clarity, and step forward with intention. Finally, don't miss **HerStory Podcast Episode 15: Living a Life of Service and Faith**, where inspiring stories and insights encourage purposeful, faith-filled living.

As we move through this festive and reflective month, may we embrace its gifts with openness, intention, and grace—celebrating both the joy of the season and the promise of the year ahead.

TIPS & TITLES



A Collection of Holiday Ideas From the WFWP Team

This month, we're doing something special. We're opening the doors to our own WFWP USA Home Office and inviting you into the things we love during the holidays.

From family traditions to favorite recipes, simple spiritual practices, movies, crafts, and cozy year-end reflections—consider this your warm, personal collection of December favorites. Think of it as the WFWP family saying, "Here's what brings us joy..."

maybe it'll brighten your season, too."

From our Home Office to yours—holiday inspiration and joy for December!

[Read the full article >>>](#)

MEMBER'S HUB

Build Better Habits—Your Personalized Tracker Is Here



If you've been looking for a simple, flexible way to stay consistent with your goals, our new Weekly Habit Tracker Notepad might become your favorite companion.

Designed for real life and all kinds of routines—wellness habits, personal growth goals, family chores, or kids' routines—it gives you clear weekly structure without the overwhelm.

10% discount for members! (Coupon code available from Members' Store)

Keep your goals in focus—track habits weekly with ease!

[Check it out >>>](#)

SPARK OF INSPIRATION



*Embracing the New year with Hope:
Journaling Prompts to Reflect on 2025*

Embracing the New Year with Hope: Journaling Prompts to Reflect on 2025

As we close out the year and prepare to welcome a fresh chapter, this month's Spark of Inspiration takes a slightly different form.

We're inviting you to become the spark—by turning inward. December is a time for gentle pause and honest reflection, so I've curated a set of meaningful journaling prompts to help you look back on 2025 with gratitude, clarity, and hope. As you write, may you rediscover your own strength, vision, and the quiet inspiration that lives within you.

Become the spark—reflect, recharge, and welcome the new year with intention.

[Read the full article >>>](#)

WISDOM IN ACTION



HerStory Podcast Episode 15: Living a Life of Service and Faith

In this episode of the Her Story Podcast, Adia introduces **Carolyn Sampson**, a devoted community leader, mentor, and woman of action.

Guided by her faith and the influence of her family, Carolyn has dedicated her life to serving others through initiatives like the DreamFest celebration honoring Martin Luther King Jr., as well as weekly "Happy Sunday" messages that uplift her family and community. She shares insights on collaboration, intergenerational connection, and leading with purpose, showing how small, consistent acts of service can create lasting impact.

Music by Denys Kyshchuk from Pixabay

Every conversation has the power to inspire.

[Listen now >>>](#)

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WOMEN'S FEDERATION
FOR WORLD PEACE USA



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KATARINA'S HOLIDAY FLAVOR CHEESECAKES



Dr. Katarina Connery, President

RECOUNTING GOD'S LOVING STORY THROUGH ADVENT



Dr. Mika Deshotel, HerTribe Director

SPARKLING GERMAN FOIL STAR ORNAMENTS + CHEER



Grace Kisile, GWPN Director

[Learn more](#)

[Learn more](#)

[Learn more](#)

5-MINUTE WINTER WELLNESS RITUALS FOR CALM & PEACE



Naomi Tanaka, HerTribe Creative Lead

[Learn more](#)

DIY 12 DAYS OF SELF CARE - CHRISTMAS EDITION



Julie Wagner, Social Media Manager

[Learn more](#)

COZY HOLIDAY ENTERTAINMENT+REFLECTION



Yumi Willett, GWPN Admin Assistant

[Learn more](#)

EMBRACING THE NEW YEAR WITH HOPE: JOURNALING PROMPTS TO REFLECT ON 2020 [DIY 12 DAYS OF SELF CARE - CHRISTMAS EDITION](#)

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Build Better Habits—Your Personalized Tracker Is Here

If you've been looking for a simple, flexible way to stay consistent with your goals, our new Weekly Habit Tracker Notepad might become your favorite companion. Designed for real life and all kinds of routines—wellness habits, personal growth goals, family chores, or kids' routines—it gives you clear weekly structure without the overwhelm. With space to list five habits, track your week day-by-day, and even choose a personal reward for completing your goals, this 40-page magnetic notepad offers nearly a year of gentle accountability right where you'll see it most.

10% discount for members! (Coupon code available from Members' Store)



Weekly Habit Tracker Magnetic Notepad - Earthy Floral



Weekly Habit Tracker Magnetic Notepad - Rainbow Pastel

[Shop now!](#)

[Shop now!](#)

Details:

- Size: 4.25" x 9" (10.8 cm x 22.9)
- 40 single-sided tear-away pages
- 80# paper
- Magnetic backing
- All pages feature the same design as the front

ARE YOU A MEMBER OF WFWP?

Members get a 10% discount on this Weekly Habit Tracker! Simply log in or create your account for the Members' Portal. You can purchase this in the Members' Store

Log in

Don't have an account? [Sign up](#).

Continue with Google

OR

Email

Password [Forgot password?](#)

If you don't already have an account, request a new one above. We will confirm your active membership and approve the request. Upon approval, you will be able to log in and access the portal. If you don't remember your password, click "forgot password." Please make sure to check your spam folder.

NOT A MEMBER OF WFWP?

Join today to access exclusive resources—including the Weekly Habit Tracker—and become part of a community of women empowering each other to be peacemakers in the world.

If you'd prefer to purchase the Habit tracker separately, you can also get it directly from our online store:

[Get Your Weekly Habit Tracker Today!](#)

Embracing the New Year with Hope: Journaling Prompts to Reflect on 2025

Written by: Arah Cho

As we close out the year and prepare to welcome a fresh chapter, this month's Spark of Inspiration takes a slightly different form. We're inviting you to become the spark—by turning inward. December is a time for gentle pause and honest reflection, so I've curated a set of meaningful journaling prompts to help you look back on 2025 with gratitude, clarity, and hope. As you write, may you rediscover your own strength, vision, and the quiet inspiration that lives within you.

1. Reflect on Who You've Become This Year

Every year shapes us in ways both subtle and transformative. Take a moment to describe your 2025 self in three words. Why these three? What experiences, achievements, or hardships formed them?

2. What Are You Thankful For?

Gratitude often softens the heart and opens us to joy, even in uncertain times. List the people, experiences, or small daily blessings that sustained you this year. Think about how such things have changed the way you show up to the world and yourself.

3. What Moments Taught You the Most?

Hindsight is a powerful teacher. Think about a few key moments (big or small) that offered clarity or challenged your assumptions. How did these experiences help you grow?

4. What Do You Feel Uncertain About Right Now?

Reflection can help transform uncertainty from a source of anxiety into a space for possibility. Write honestly about the unknowns you're currently facing. What fears, questions, or transitions are unfolding in your life?

Closing Note: Have the Courage to Hope!

Myself, as a high school senior going through the college admissions process, the weight of uncertainty has never felt so heavy. But in moments of fear, it's important to ground yourself in gratitude for yourself and others. Thus, I encourage readers to remember that even when the path ahead feels unclear, hope is the light that helps us take the next step. As you reflect on your year, it's okay to feel dissatisfied or regretful at some moments. But don't let this take away from your hope for better moments in the next year. As we enter a new year, may you carry hope with you. After all, it's one of the greatest gifts we can hold.





HerStory Podcast Episode 15: Living a Life of Service and Faith

In this episode of the HerStory Podcast, Carolyn Sampson shares her inspiring journey as a woman of action, mentor, and community leader. From a young age, Carolyn felt a calling to serve others, guided by her faith and the influence of her grandmother and family. Over the course of her career as a licensing consultant in North Carolina and through her community initiatives, including the DreamFest celebration honoring Martin Luther King Jr., she has dedicated herself to uplifting others and leaving a lasting legacy of service and leadership.

Carolyn reflects on the importance of intergenerational connection, mentorship, and collaboration between men and women, emphasizing how mutual respect and complementary strengths can foster peace, community development, and positive change. She shares practical ways she stays connected with her family, friends, and community, including her "Happy Sunday" messages and active engagement on platforms like LinkedIn, Facebook, and Alignable, showing how small, consistent acts can create meaningful impact.

Throughout this conversation, Carolyn Sampson reminds us that leadership rooted in faith, purpose, and compassion can transform lives and communities. Her story is a testament to the power of resilience, service, and the unwavering commitment to living a life aligned with God's calling.



BUILD BETTER HABITS—YOUR PERSONALIZED TRACKER IS HERE

EMBRACING THE NEW YEAR WITH HOPE: JOURNALING PROMPTS TO REFLECT ON & PLAN FOR 2024

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