

2025 - The Year of the Snake According to Chinese Astrology

Myrna Lapres
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2025-The Year of the Snake

According to Chinese astrology, the Year of the Snake is associated with transformation, renewal, and spiritual growth. The Year of the Wood Snake in 2025 is a rare combination that occurs once every 60 years and it is associated with wisdom, transformation, and resourcefulness. The lucky color for the Wood Snake is blue, which is said to foster calmness, wisdom, and clarity. So, what does 2025 hold for you?

The snake's ability to shed its skin symbolizes letting go of the old and embracing the new. Perhaps, this year is an opportunity for us to reflect on what we need to let go of. Is there an area of your home that has become too crowded with things that you seldom use? Is it time for to sort through them and decide what could be thrown out or given away?

Maybe your children have too many toys with all the gifts from Christmas. Giving some away that they have outgrown is a great way to keep more order. Or perhaps putting some of the toys away and rotating what is out on the shelves can help with the cleanup. Other benefits include preventing overwhelm, keeping toys interesting and encourages deeper play. For more on toy rotations: tinyurl.com/toy-rotation

If the transformation that you feel you need is more of letting go of old beliefs and concepts, creating a simple plan that includes daily habits is the proven method. Jack Canfield said, "**Your habits will determine your future.**" Some promote the 21/90 Rule for making new habits--committing to a goal for 21 days and continuing it for 90 days to make it a permanent part of your life. Several books that I have found useful in supporting new habits are: "*Atomic Habits*" by James Clear, "*Tiny Habits*" by B.J. Fogg, Ph.D. and "*The 7 Healthy Habits of Highly Effective Families*" by Steven R. Covey.

The **Year of the Snake** offers a time for self-discovery, to release our past baggage and embark on a journey of new habits and self-discovery. If you are looking for a relationship and family coach to help you with let go of the past to move forward, contact me for a free clarity coaching session.

www.coachmyrna.org/coaching.html

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

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