



# Episode Essentials



## Episode 49

Listen Now

Find Your Strengths, Break Some Rules, and Reflect on the New Year with one of Diana's Best Friends Dr. Alexis Karris Bachik

This episode is an extra special one! One of Diana's best friends, Dr. Alexis Karris Bachik joins her to reflect on the New Year. Together they explore what values they lived out in 2022, their health routines, difficulties with letting go, and the behind-the-scenes of their friendship, book writing, and more!

## Listen and Learn

- What values did Diana live out most in 2023?
- Diana's take on sharing vulnerability on the podcast
- Strategies for adult relationships with our parents
- Supplement and skincare routines for mental health
- What are signature strengths and how can you apply them?
- Diana's wishes for you in the New Year

## Related Resources

- Learn more about [Alexis Karris Bachik](#)
- Listen to Diana's interview of Alexis Karris Bachik on [Infertility and Pregnancy Loss](#)
- Take the [VIA Character Strength Survey](#)
- Learn more about the [24 Character Strengths](#)

### Links to Alexis's Supplements

- [Vanilla Collagen](#) (Alexis adds this to her 3 cups of green tea)
- [Omega 3 Fish Oil](#)
- [Prenatal Vitamin](#)
- [Vitamin D](#)
- [Magnesium Glycinate](#)
- [Magnesium Malate](#)
- [SAM-E](#)

### Links to Diana's French Skin Products in order of usage

- [Oil face wash](#)
- [Foaming face wash](#)
- [Toner](#)
- [Retinol Serum](#) (night)
- [Hyaluronic Acid Serum](#) (morning)
- [Eye Cream](#)
- [Face Cream](#) (night only).
- [Sunscreen](#) (day only).



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# Your Daily Practice

## Episode 49

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Every year I put together a list of questions to reflect on the year ending and the start of a new one. Transitions are important and the New Year brings us an opportunity to pause. Take some time to answer these questions in your journal, with a friend, or in the community. Many blessings for a healthy and flexible New Year!

### 23 questions for 2023

1. What value did you live out most in 2022?
2. What experience shifted your perspective most in 2022?
3. What did you let go of this year?
4. What books impacted you most in 2022?
5. If you wrote a memoir about 2022, what would be its title?
6. What person or group inspired you most in 2022?
7. What risks did you take this year?
8. What two words describe your inner experience this year?
9. What healthy habits did you start in 2022?
10. What was your biggest challenge in 2022?
11. What's one wish for yourself in 2023?
12. What new habits do you want to grow next year?
13. What risks do you want to take in 2023?
14. What books do you want to read next year?
15. Where would you like to be more present in 2023?
16. Which of your mind's rules do you want to break next year?
17. What would you like to complete in 2023?
18. What relationships do you want to show up more for in the New Year ahead?
19. How would you like to practice self-compassion in 2023?
20. What do you want to accept in the New Year ahead?
21. What meaningful change do you want to make happen in 2023?
22. What do you want on your calendar in 2023?
23. What will you let go of in the New Year?