The Perfect 2025 New Year's Resolution: Become Independent



Another year is almost behind us. Did you accomplish everything you set out to in 2024?

No matter how much you've learned about homeopathy, there is always more to discover … deeper dives in which to immerse yourself … more hacks to discover.

Whatever your current skill set, everyone's perfect New Year's resolution in 2025 should be to become independent in their homeopathic abilities.

"Why?" you might ask. "I've got Joette!"

True. As long as I am on this earth, I'll be spreading the word of homeopathy to anyone who will listen. But as long as

you're dependent on me, you're not truly fulfilling your own destiny to be an autonomous resource for yourself, your family and your loved ones.

Where am I when you're up at 2 a.m., suffering from that ultra-pasteurized whipped cream dessert you knew would trigger your food intolerances?

I'm asleep.



I'm not doing live presentations at 2 a.m. I'm not writing blog posts at 2 a.m. I'm not reading emails at 2 a.m. I am off in dreamland, rejuvenating for another busy day ahead.

At 2 a.m., you're on your own, my friend. That's when your own deeper understanding of homeopathy should be ready to spring into action.

Granted, if you've been in a Gateway to Practical Homeopathy® study group, you have your study buddies to contact. Perhaps your virtual study group friend in London is awake and can help.

If you're a Mighty Member or have advanced to Mighties Plus,

you can search through the old Musings, Memos and Monday Night Lives to find an answer. Maybe you can throw out an SOS on your private discussion board and get assistance from a wise night owl.

But why be satisfied with constantly counting on others for your health care? You can do this. YOU can be the one that others turn to.

I'm encouraging you to change your mindset. Being content with knowing where to turn for an answer may be handy, but knowing the answer yourself is the ultimate goal.

For instance, in my next Monday Night Live*, I'll teach you how to know what potency of a homeopathic medicine to use and how often to use it. The time to learn this information is now. (Well, Monday night.) Don't wait until you have a health condition at 2 a.m. to play catchup.

I've provided many free resources in my blogs and podcasts, but they do no good until you assimilate the information. Unfortunately, only a limited amount of time and space is available to discuss topics in those short formats.

If you or members of your family often have food intolerance issues, my course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind, would be a perfect deeper dive for you. I've created protocol courses that cover skin problems, women's issues, mental and emotional conditions and more. If you're unsure where to start, check out my helpful course selector on Joette's Learning Center.

But I urge you to glean; don't lean. Don't use me as a crutch. Grab tightly onto the promise of homeopathy that's practical, independent, autonomous health care. All it takes is your commitment to education.

I am happy to teach you everything I know. In fact, that's

exactly what I do for my students in The Academy of Practical Homeopathy®, Mastery™ and my highly exclusive Mastermind group. My sincerest wish is that my students will glean enough to handle any eventuality without depending on me or others.

My friend, the ball is in your court. It's up to you to absorb as much as you possibly can, so you won't need me at 2 a.m. You'll know exactly what to do without leaning on others. You'll be independent, competent and confident.

Let's usher in 2025 with independence in mind. Stay hungry for knowledge. These are exciting times!

Warmly,



* Join me live to learn about potency and frequency on Monday, December 30, at 8 p.m. EST, within my Joette's Mighty Members site or on our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram. If you can't make it live, search for the archived recording on your favorite platform.