

THE SPRING EDITION

The studio,
in motion.

A seasonal letter from the studio. New flowers, new leaves, a new shape for Gracewell.

A NOTE FROM KRISTINA

Hi *friend*.

Spring is in the air, and Gracewell is sprouting right along with it. New flowers, new leaves, a new shape for the studio. This is our first *seasonal edition* for 2026, and there is a reason.

Monthly newsletters were hard to keep up with. Seasonal feels aligned. It works with my creative rhythm, my ADHD brain, and my nervous system. This is what living with intention looks like in real time. Listening to mind, body, and spirit, and trusting them to tell us how to shift.

I am sharing this so you give yourself permission to do the same. To pivot. To create from a place that is fluid, gentle, and your own.

So here is the new shape. A letter from me with a real update and the lessons of the season. The behind-the-scenes of a growing family business, and a peek at what is taking shape next.

Inside this issue, you will see what we have built since January, our new *Gracefully Unstuck* Series, a look at some beautiful commissioned work, and a question for you to vote on. Gracewell is for us to build together. You get to help shape what comes next.

I see you. I am grateful for you.

Thank you for staying. None of this exists without you.

With so much love,

Kristina



A SMALL NOD TO PIET MONDRIAN

Why the studio looks *a little different*.

The new look is inspired by Piet Mondrian, and I want to share a few things that made him feel like a kindred spirit while I was working on this redesign.

His art was a spiritual pursuit. Mondrian was a member of the Dutch Theosophical Society, and his artistic technique was defined by Theosophical doctrine. He believed that spirituality could be accessed through creation and art, especially when forms were reduced to their most basic elements. *Speaking my language, Piet*. As an interfaith minister and a maker, the idea that creation itself is a doorway to the sacred is one I have lived inside for years.

And here is the detail that made me laugh out loud: he never used rulers to draw his lines. He drew them by hand, by eye, by feel. That landed in a tender place for me. My own decision to work without commercial patterns, to draft my pieces from the fabric in front of me, has always felt a little defiant. Turns out I am in good company.

If you look closely at this issue's cover photo, you might catch the small wink. My shirt is its own little Mondrian. No accident.

Reference: *10 Things to Know About Piet Mondrian*, *Artspire Magazine*.

★ SPRING 2026 ★ BEHIND THE STUDIO ★

THE BIG NEWS

Designed slowly, *on purpose*.

When I started this studio, I knew my concept of a wellness ecosystem was complex and illustrating my vision would take time. While the vision was cooking, the website went through several iterations. A lot of the suggestions were to design the site to sell more bags, add a shop banner, push the buy button. The advice was good, just not for me. Not for Gracewell.

The truth is, Gracewell was never meant to feel like a checkout line. It was meant to feel like a place you wander into and stay a while.

So this season, I let myself redesign from the inside out. Slower. More intentional. More me.

Here is the shape of what changed:

The homepage is calmer now. It introduces you to Gracewell the way I would introduce you to a dear friend, with warmth, with breath, without rushing.

The five paths (Believe, Reinvention, Wellness, Connection, Joy) became real rooms with real reasons to be there. Each one holds essays, offerings, and small invitations to pause. I talk about each one in more detail below.

The Journal turned into a real reading experience instead of a blog tacked on the side.

I rewrote the whole thing the way I write everything: pulling from the nurse who learned to translate complicated systems, the minister who learned to hold space, the artist who knows a story can carry more than a sentence. People have told me I have a way of taking hard things and making them feel like a conversation you actually want to have.

That is what I gave Gracewell this season. A way to feel held, through your phone, tablet, or computer screen.

Who this is for: anyone who is figuring it out as they go. Anyone whose mind, body, or spirit is asking for something gentler than the usual internet. Anyone who has ever wished a website felt more like a friend.

VISIT THE NEW SITE →

THE STUDIO, IN MOTION

What we have been *making*.

A real look at where the time and the love went this season.

01 The Gracefully Unstuck subscription launched.

The first issue is a twenty-page chapter introducing one tested and true framework for defining change. Eight more chapters coming over the next eight months. Eleven dollars a month.

02 A gift for you.

Organize Your Week by Energy. Built for the ADHD brain (mine, originally). A seven-page guide. Free at the door, always. Since you have already signed up for our notes, [click here to grab your copy](#).

03 The five paths.

An experiential web design created to meet you where you are. Believe, Reinvention, Wellness, Connection, Joy. Each one holds curated offerings that speak to you from the lens of that path's intention. Read more below.

04 The Blog is now The Journal.

Magazine-style. Nine essays in one beautiful place. *Becoming the Woman on the Stairs*, *My Brain Does Not Work in Straight Lines*, *Awakening*, *parts one and two*. All there.

05 New upcycled creations.

Each one a one-of-a-kind made from reclaimed denim and salvaged fabrics. Reusable notebook covers, totes, unisex totes, and more. Check out the shop pages for the full collection.

06 One thousand followers on TikTok.

What? Yes! Quiet, steady, amazing growth there too. If you are on TikTok, follow us and say hi.

A CLOSER LOOK

Five paths. *One Gracewell*.

When I was little, my favorite books were the *choose your own ending* kind.

What I loved was not the plot. It was the choice. The option. The way the story opened up the moment you got to pick a door.

I have carried that into adulthood with me. I have always preferred an offering over a forced lane.

That is where Gracewell's five paths came from. I sat down and asked myself what areas have mattered most across my whole life. The five paths are what came out. They can be visited in any order. They can be revisited as many times as you like. Each one is its own room, with its own light, its own writings, and a few small interactive moments along the way.

PATH · BELIEVE

A spiritual home for *every kind of seeker*.

I have been a seeker for as long as I can remember. That curiosity led me to seminary and to becoming an ordained interfaith, interspiritual minister. I believe in honoring all beliefs and integrating what works.

Inside this path you will find personal essays, **The Spark** (a tap-to-reveal moment I quietly love), and an interactive interfaith grid. Each square holds a different tradition with a ritual and my real experience with it.

A PEER INSIDE THE GRID

Buddhism *selected*

The Ritual: Anapanasati, mindful breathing meditation.

My experience: Sitting in silence, watching the breath come and go, became one of the first practices that actually changed my mind. It is the practice I return to when everything else feels too loud.

• Christianity • Hinduism • Islam • Judaism • Indigenous Wisdom • Sufism • and more

STEP INTO BELIEVE →

PATH · REINVENTION

Becoming who you were *always becoming*.

You read about this one already. This whole newsletter is a reinvention story.

Inside this path you will find essays on what reinvention has actually looked like in my life, what I have learned about letting go of who you were so you can meet who you are becoming, and **The Spark**, a tap-to-reveal interactive moment with a fresh thought for whatever season you are in.

STEP INTO REINVENTION →

PATH · WELLNESS

Listening to what your *inner world needs*.

Self-care, the real kind. Not bubble baths and bullet journals. Listening. Resting. Knowing what your nervous system, your mind, and your body are quietly asking for.

This path holds the **Breath Orb**, an interactive four-count breath you can tap and follow when life feels too loud. It also holds essays on tending to your innie, and the small daily practices that have kept me afloat through every season of change.

STEP INTO WELLNESS →

PATH · CONNECTION

Because we are not *meant to do this alone*.

Being human is being social. We need each other. This path celebrates the people who make Gracewell what it is. **Tyler**, my son and the co-builder of this studio. **Monina**, my mom, who designs the Heritage Line. **Debra**, my sister, the artist whose work I am proud to spotlight. **Gabriela**, who photographs us all with such love.

Inside you will find their stories, the **Heritage Line** collection, the **Artist Spotlight** introducing you to Debra's work, and an invitation to find your own kind of community.

STEP INTO CONNECTION →

PATH · JOY

The fuel for *everything else*.

Joy is the leading principle of Gracewell. It is my fuel for creation. And here is what I have learned: it is a self-sustaining loop. Creating brings me joy. Joy fuels more creating.

Inside this path you will find essays on what joy actually looks like, the **Tinker Cube** sensory tool, **Tyler's creator profile**, and a glimpse into how joy gets folded into everything I make.

STEP INTO JOY →

NOW YOUR TURN

Pick any door. Wander as long as you like. Come back to the ones that called you. The paths are not a quiz. They are an offering. A way to find your own ending, in your own time.

THE HONEST PART

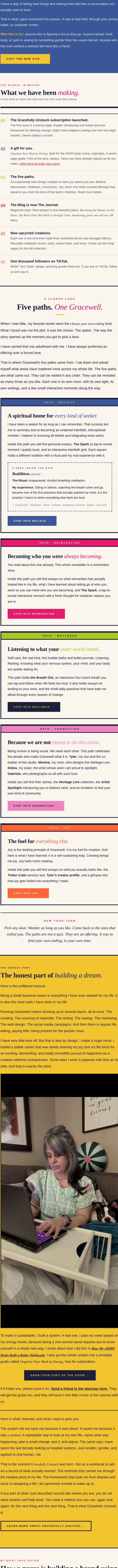
The honest part of *building a dream*.

Here is the unfiltered recount.

Being a small business owner is everything I have ever wanted for my life. It is also the most work I have done in my life.

Running Gracewell means showing up to several layers, all at once. The creating. The sourcing of materials. The writing. The sewing. The marketing. The web design. The social media campaigns. And then there is regular life, eating, paying bills, being present for the people I love.

I have very little time off. But that is also by design. I made a huge move. I traded a stable career that was slowly draining my joy and my life force for an exciting, demanding, and totally incredible pursuit of happiness as a creative wellness entrepreneur. Some days I work in pajamas with Boo at my side, and that is exactly the point.



To make it sustainable, I built a system. A real one. I plan my week based on my energy levels, because being a one-woman band requires you to know yourself in a whole new way. I wrote about how I did this in [How My ADHD Brain Built a Better Workweek](#). I also put the whole system into a printable guide called *Organize Your Week by Energy*, free for subscribers.

GRAB YOUR COPY OF THE GUIDE →

If it helps you, please pass it on. [Send a friend to the doorway here](#). They will get the guide too, and they will land in this little corner of the internet with us.

Here is what I learned, and what I want to give you.

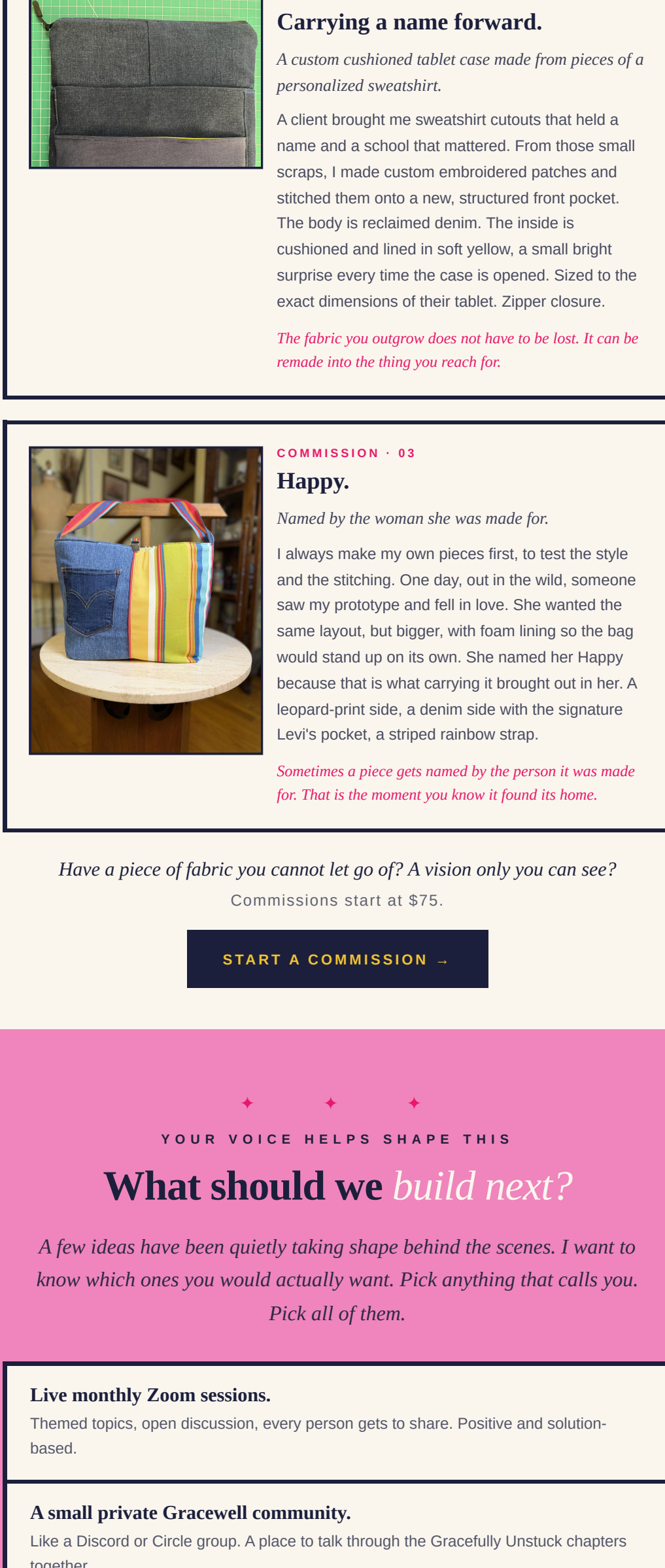
The system did not save me because it was clever. It saved me because it was a *method*. A repeatable way to look at my own life, name what was happening, plan a small change, test it, and adjust. The same way I have spent the last decade looking at hospital systems. Just smaller, gentler, and applied to one human, me.

That is the moment *Gracefully Unstuck* was born. Not as a workbook to sell. As a record of what actually worked. The methods that carried me through the hardest pivot of my life. The frameworks that took me from drained and stuck to designing a life I am genuinely excited to wake up to.

If any part of what I just described sounds like where you are, you do not need another self-help book. You need a method you can use, again and again, for the next thing and the next thing. That is what *Gracefully Unstuck* is.

LEARN MORE ABOUT GRACEFULLY UNSTUCK →

MY QUIET LOVE LETTER

How a nurse is building a brand using *hospital tools*.

For nearly two decades I have been a nurse. More than ten of those years were in quality management and performance improvement. Hospitals. Critical care. The places where getting it wrong is not an option.

I love this work. I get genuinely excited about change management. I get even *more* excited when I am actually planning a change, implementing it, testing whether it worked. It has been my life's work for the last ten plus years.

Gracewell has been built inside those same frameworks. Quietly. Carefully. With the same tools the big hospitals use, simplified and rewritten for real life. *Gracefully Unstuck* is what came out of that. A workbook series for anyone who is ready to lead change in their own life.

"I can give advice and help you outline a plan for change. But the real magic happens when I teach you the method. When you can create and apply your own change, on your own, to any problem, any time. I believe in sharing knowledge to empower you to be the driver of change in your own life."

The world is changing fast. We have AI now to lean into for help, and that is real. But I believe learning actual methodologies, ones that make sense and that you can keep applying, is more important than ever.

What is your dream? Gracefully Unstuck was created by me, for you, to use and learn from. To keep, forever.

SUBSCRIBE FOR \$11/MONTH →

NEW THIS SEASON

Commissioned *work*.

Something new is taking shape in the studio. I have started taking on commissioned pieces. Custom work made from your own fabric, or made from a vision you cannot quite find anywhere else. Here are a few that came through this season.

COMMISSION · 01

For the love of family.

Made for a coworker, from fabric that belonged to her cousin.

She brought me a piece of floral fabric that had been her cousin's. Some things you cannot let go of, and you should not have to. We built her a structured crossbody tote with foam stabilization, a denim pocket front, a pink linen top band, and a custom key loop. The agate keychain matched the florals. The piece arrived wrapped in kraft paper, satin ribbon, and a vintage brooch.

Some pieces are not just made. They are kept.

COMMISSION · 02

Carrying a name forward.

A custom cushioned tablet case made from pieces of a personalized sweatshirt.

A client brought me sweatshirt cutouts that held a name and a school that mattered. From those small scraps, I made custom embroidered patches and stitched them onto a new, structured front pocket. The body is reclaimed denim. The inside is cushioned and lined in soft yellow, a small bright surprise every time the case is opened. Sized to the exact dimensions of your tablet. Zipper closure.

The fabric you outgrow does not have to be lost. It can be remade into the thing you reach for.

COMMISSION · 03

Happy.

Named by the woman she was made for.

I always make my own pieces first, to test the style and the stitching. One day, out in the wild, someone saw my prototype and fell in love. She wanted the same layout, but bigger, with foam lining so the bag would stand up on its own. She named her Happy because that is what carrying it brought out in her. A leopard-print side, a denim side with the signature Levi's pocket, a striped rainbow strap.

Sometimes a piece gets named by the person it was made for. That is the moment you know it found its home.

Have a piece of fabric you cannot let go of? A vision only you can see?

Commissions start at \$75.

START A COMMISSION →

YOUR VOICE HELPS SHAPE THIS

What should we *build next*?

A few ideas have been quietly taking shape behind the scenes. I want to know which ones you would actually want. Pick anything that calls you. Pick all of them.

Live monthly Zoom sessions.

Themed topics, open discussion, every person gets to share. Positive and solution-based.

A small private Gracewell community.

Like a Discord or Circle group. A place to talk through the Gracefully Unstuck chapters together.

A Reiki and Guided Meditation series.

Group sessions to start your day with peace, clarity, and joy.

Email updates only.

No group setting. Just keep me in the loop.

CAST YOUR VOTE →

Takes 30 seconds. There is also a space to share anything else on your mind.

A SMALL ASK

Would you leave a *few words*?

If something we have made has meant something to you, a bag, a workbook, a blog post, a moment, would you share it? Testimonials help new people find us, and they help me know what is landing.

SHARE A FEW WORDS →

THIS LETTER IS BETTER WHEN SHARED

Know someone who would *love this*?

Forward this letter. The studio grows one good reader at a time.

THEY CAN SUBSCRIBE HERE →

WHAT IS NEXT

Summer is on *the horizon*.

The next letter lands in late summer. Inside: new tote drops, Chapter Two of Gracefully Unstuck, the results of your community vote, and whatever takes shape between now and then.

Subscribers always get it first.

Go gracefully. With love from the studio.

REV. KRISTINA SOTO, RN BSN · FOUNDER

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