

Homes for Freedom Newsletter

Monthly Newsletter | December, 2025



Ending the year with courage, confidence and happiness.

Dear Friends,

This month was a powerful journey of self-discovery and breakthrough for our girls. Through an emotional board-breaking session and Tony Robbins' Date with Destiny program, they faced their deepest fears and released past pains. By identifying their "Towards" and "Away" values, they have committed to choosing love and gratitude over anger and self-doubt. From the magic of Disneyland to the healing energy of meditation, the girls have returned with a new story—believing that nothing is impossible and that they have the strength to shape their own bright futures.

December Reflections

● Asha

The board breaking session was very special. At first, I was scared my hand would get hurt and confused how I could break wood with my palm. But meditation brought me a deep calm and quiet strength. I wrote what was stopping me on the board, which made me feel lighter, and on the other side, I wrote my new story of becoming a better person. I broke the board in one attempt, feeling powerful and realizing nothing is impossible.

Later, I traveled to the USA for Tony Robbins' Date with Destiny. During a guided meditation, I became emotional letting go of past pain and welcoming good energy. Learning that my personality element is "fire" made me feel strong. Through the values session, I understood that my core value is love, which can heal anything. I realized anger pulls me away from my true self, while gratitude moves me toward peace. I now commit to being grateful and responding with understanding.

A truly unforgettable moment was speaking directly with Tony Robbins. I shared my gratitude, telling him that because of his work, I can now study, dream, and attend his programs.

This trip also made many dreams come true. Seeing and tasting the salty ocean for the first time was magical, and visiting Disneyland felt like a beautiful, colorful movie. I never imagined I would visit these places and am deeply thankful.

I now see my life as an opportunity to grow and heal. I choose gratitude, love, and positivity, committing to spreading happiness and moving forward with purpose.



● Kamana

The board breaking session was a mix of love, emotions, and power. At first, I honestly believed I couldn't do it and felt nervous when the facilitator said I would go first. But meditation made me feel calm, and I felt a strong energy building inside. Writing down what was holding me back felt like closing an old chapter of my life. On the other side, I wrote my dreams and goals. Inspired by the words "I can, I will, I must," I broke the board in one shot. It taught me that nothing is impossible if we believe in ourselves.

Going to the USA for Date with Destiny was another life-changing experience. During the meditation to cleanse bad energy, I cried deeply as I let go of past pain and trauma. It felt healing, making me lighter and stronger. The relationship session taught me how important healthy connections are for success. I discovered my core values are love and kindness. While nervousness and overthinking hold me back, gratitude and thankfulness move me forward. I now commit to facing my fears and believing in myself.

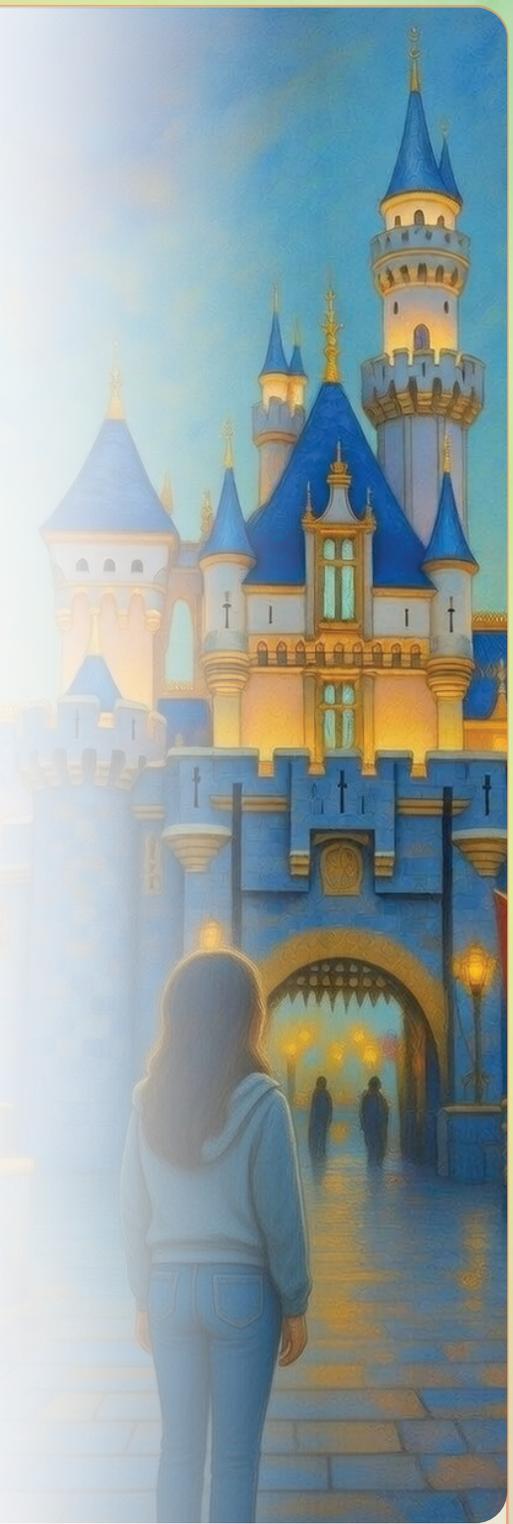
The trip also brought magical moments. Seeing the ocean for the first time was something I never imagined. I touched the sea, tasted the salty water, and felt peaceful listening to the waves. Visiting Disneyland felt like a world from stories, full of energy and happiness. Trying the scary rides made me feel brave. These beautiful surprises made me realize how far I have come.

I feel a big shift within me now. I am more positive, grateful, and hopeful. I see my life as a ball of positive energy that can spread light to others. I want to live with confidence, help people, and continue growing into a better version of myself.

● Sabina

When the facilitator asked us to write about what is stopping us from moving forward, at first I did not know what to write. Then I started thinking about my father. He did wrong things to me, and because of that I feel angry and also scared. That fear was stopping me from growing. I also wrote that I did not get to study, and that was also stopping me from moving forward.

On the other side of the board, I wrote good things. I wrote that I am not scared anymore because I am in a safe place now. I wrote that I will study hard and achieve my dreams. When it was time to break the board, I felt very scared and shy. I thought I was the smallest one and doubted myself. Other sisters had already broken the board, but I was still not ready. Then I tried, and I broke the board in one shot. I felt very powerful and happy. That moment made me feel that everything is possible. I loved the session because it made me feel strong inside.



● Maya

On the day of the board-breaking session, my mood was very low and I did not want to attend. During meditation, my spirit lifted a little, but writing about what was stopping me from moving forward made me emotional as I thought about my past. Even after writing positive things on the other side, I didn't feel ready, but my friends kept encouraging me. Finally, I gathered courage and broke the board in my first attempt. That moment made me so happy; I realized nothing is impossible and the power is truly within me.

I also attended Tony Robbins' program online, waking up early to make time for it. I really liked the sessions on understanding self, relationships, and values. I realized that love, caring for others, and meaningful relationships are my strongest "towards" values—they give me purpose. I also understood that fear, overthinking, and self-doubt are my "away" values that stop me from moving forward.

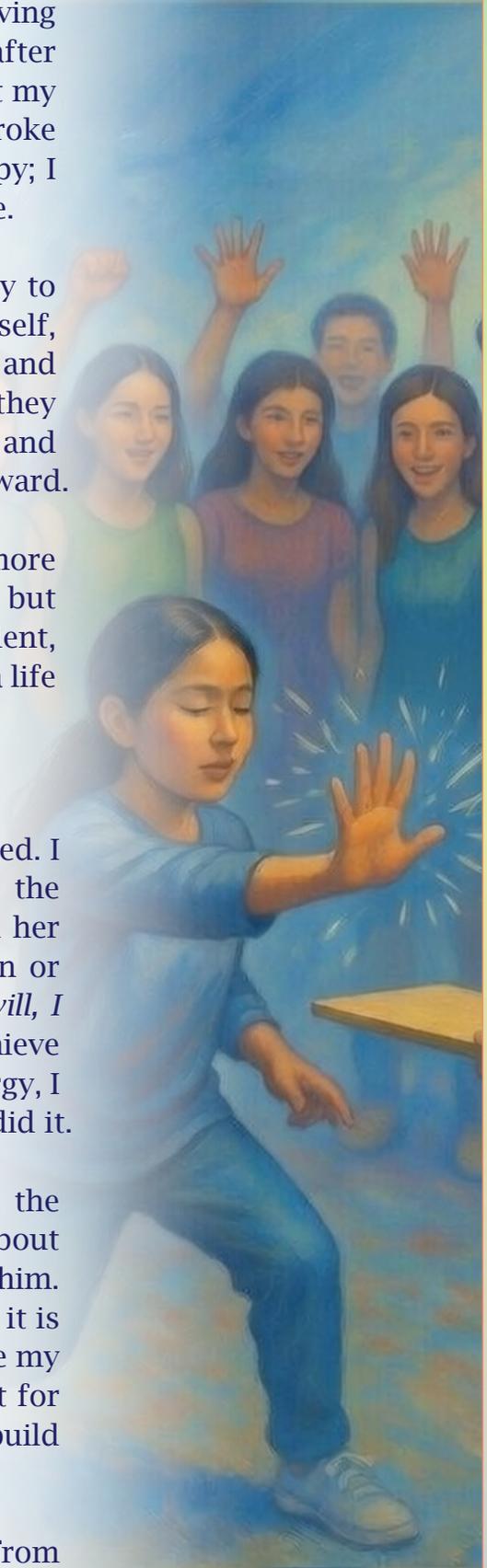
After these sessions, I started seeing my life in a much more positive way. I feel my life is not controlled by my past or fears, but by the choices I make every day. I feel more hopeful and confident, and I commit to reducing my overthinking and moving toward a life of growth and peace.

● Kiran

At the beginning of the board-breaking session, I was very scared. I truly believed it was impossible to break the board. During the session, the facilitator shared her story about how she saved her husband's life in rural Nepal despite having no transportation or facilities. Her story inspired me deeply. The words "*I can, I will, I must, and it's done*" gave me hope and belief that I can achieve anything, no matter how difficult my situation is. With that energy, I broke the board, and even now I cannot believe that I actually did it.

I also attended Tony Robbins' program online. I liked the relationship session the most. While listening, I kept thinking about my father and our relationship. He loved me, but I had hurt him. That session helped me realize that fixing relationships before it is too late is very important. I am now willing to heal and improve my relationships with people who truly love me and want the best for me. These sessions helped me understand myself better and build confidence.

I realized that fear and hesitation were stopping me from expressing myself fully. I now feel more open, confident, and hopeful about my future.



● Kavya

The board-breaking session was very powerful for me. When asked to write what was stopping me, the first thing that came to my mind was my anger. Even though I have changed, anger was still something holding me back. Writing it down and crossing it out made me feel like I was creating a new story for myself. When it was time to break the board, I was scared but also motivated. With the energy from meditation and writing, I broke the board and felt strong and confident.

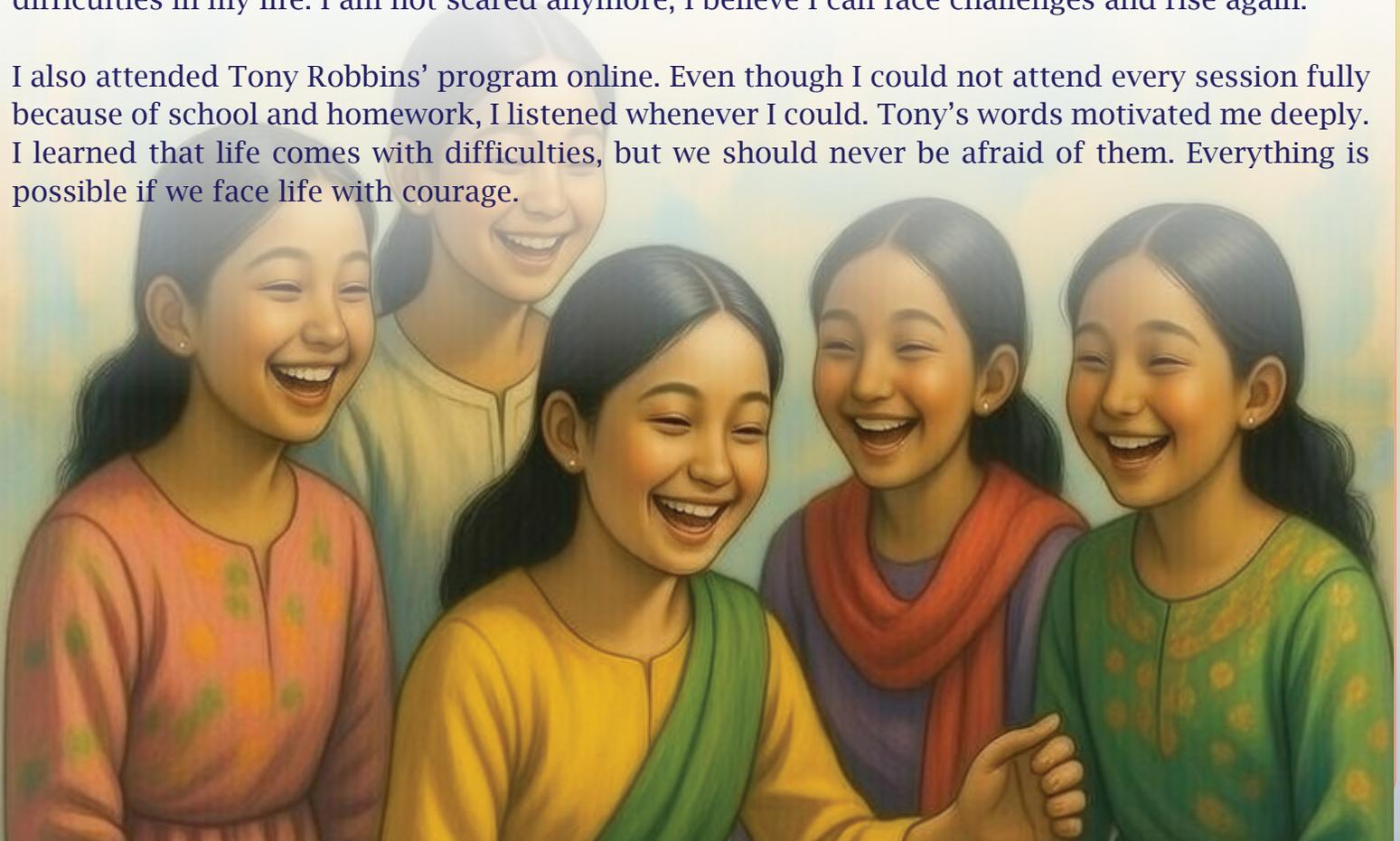
I attended Tony Robbins' program online and loved the session on "away-from" and "towards" values. It gave me a new understanding of my direction in life. I realized that kindness, self-improvement, and building a good future are my main "towards" values that motivate me to grow. I also became aware that anger, fear, and self-doubt are my "away" values, as they limit my confidence and hold me back from my full potential.

After this session, I started seeing my life in a more hopeful and positive way. I now believe that my past does not define me and that I have the power to shape my future. I feel stronger, more focused, and encouraged to move forward with determination and belief in myself. I commit to reducing the anger that takes me away from my values.

● Rani

Before the board-breaking session, I felt it was impossible to break a wooden board with my palm. I thought I could never do it. During the meditation, I started thinking about my past, which made me feel angry, but I realized I needed this session to let go of that past. When the facilitator shared her story and said, "I can, I will, I must, and it's done," those words gave me deep motivation. When it was my turn, I broke the board in one attempt. I felt extremely powerful and realized the power is already within me. This taught me that just like I broke the board, I can break the difficulties in my life. I am not scared anymore; I believe I can face challenges and rise again.

I also attended Tony Robbins' program online. Even though I could not attend every session fully because of school and homework, I listened whenever I could. Tony's words motivated me deeply. I learned that life comes with difficulties, but we should never be afraid of them. Everything is possible if we face life with courage.





● Manju

I was very excited for the board-breaking session and believed I could do it. When asked to write what was stopping me, I thought about my past and present, writing down feelings of not being good enough, my studies, and my anger. On the other side, I wrote about becoming better and controlling those emotions. Crossing out the negative thoughts felt very powerful. With the energy from the session and the words “I can, I will, I must,” I broke the board in one attempt. I felt incredibly powerful and happy.

I attended Tony Robbins’ program online and especially loved the sessions on relationships and values. I realized that my main "towards" values are love, personal growth, and building a strong career, which help me feel independent and happy. At the same time, I recognized that anger and holding onto hurt are my "away" values that pull me back.

This experience changed how I see my future. I now look at my life with more positivity and clarity. I feel I have the strength to control my emotions and choose a better path. I believe that by focusing on love and growth, I can create a successful life, and I commit to reducing the anger that takes me away from my true values.

● Swo

When I first heard about the board-breaking session, I felt like not doing it because I kept thinking, “I cannot.” But at the same time, I felt excited because I love Taekwondo and enjoy using my strength. That made me curious. During the session, when the facilitator said the words “*I can, I will, I must, and it’s done,*” something changed inside me. Writing down what was stopping me from moving forward and putting a big cross over it made me feel like I was removing barriers from my life. Writing positive words on the other side gave me motivation and hope. When I broke the board with my palm, I felt happiness, power, and confidence. I realized that nothing is impossible and that I can break my problems just like I broke the board.

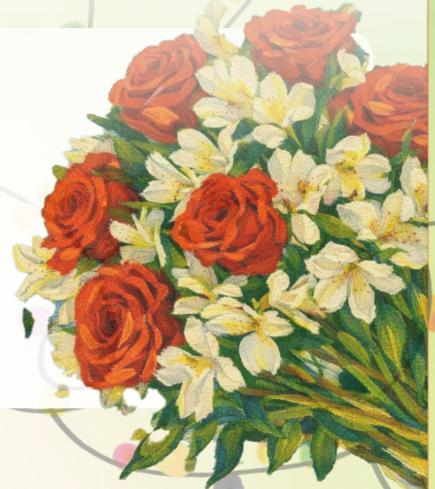
I also attended Tony Robbins’ program online. Even though I couldn’t attend properly due to school, I gave some time to it. I really liked the “understanding self” session because it helped me understand what I need, what my focus should be, and what I want to do in life.

This month was not just about breaking boards, but about breaking through inner barriers and rewriting old stories. Through powerful meditation and the Date with Destiny program, the girls turned past fears into a deep sense of strength and confidence. They move forward now with hearts full of love and the unshakable belief that their true power comes from within.

We are truly grateful for your wonderful support. Everything you do helps change the lives of these young girls for the better.

From all of us, we wish you a very

Happy New Year
2026



Here, every breakthrough reminded us that the strongest walls aren't the ones around us, but the ones we break within ourselves.



MARICI
Dawn of Freedom



Anderson
builders group 1989 inc.