

| AUGUST 2025



WELCOME TO:

The Authentic Journey

A Monthly Newsletter *so glad you're here!*

What If You're Sitting on Untapped Genius Right Now?



Imagine if there was a hidden switch inside you—a way to unlock bigger ideas, deeper creativity, and a more powerful sense of purpose. What if this isn't just wishful thinking... but something you were actually born with?

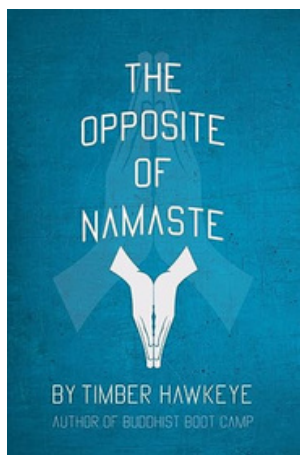
Scientists call it genius capacity—the state where your mind, body, and soul work in harmony to create breakthroughs, inspire change, and bring visions to life.

In this issue, we'll explore what genius capacity really is, why it fades, and—most importantly—how you can spark it back to life. Because your best ideas, deepest joy, and boldest dreams aren't behind you... they're waiting for you to claim them now.

Your Guide,
Denise Walsh

Book of the Month

THE OPPOSITE OF NAMASTE BY TIMBER HAWKEYE



Timber Hawkeye's *The Opposite of Namaste* is a thoughtful invitation to look at the ways ego, judgment, and irritation keep us from living in peace—and how small, conscious shifts can lead us toward compassion and acceptance. In his trademark, no-pretense style, Hawkeye blends humor, honesty, and Buddhist-inspired wisdom into short, digestible reflections that feel like gentle nudges from a wise friend. The book reminds us that the “opposite” of the peaceful Namaste greeting isn't just anger or conflict—it's the everyday moments when we forget our shared humanity. Equal parts grounding and liberating, it's a pocket-sized guide for anyone seeking to practice mindfulness in real life, not just on a meditation cushion.

Are You Operating At Genius Capacity?

It's true...

Harvard conducted a ten-year study on genius called the Zero Point Study—and the results will make you stop and think.

But first... what exactly is genius capacity?

It's that remarkable state demonstrated by certain individuals that brings forth great ideas, transformational thinking, social change, and innovations that elevate us to a whole new level of living.

When we're in our genius capacity, we're tapping into our fullest creative potential, thinking beyond limits, and making an impact that lasts.

Here's what the study found:

- 99% of babies (before 18 months) operate at genius capacity.
- By age 5, that number drops to 22%.
- By age 20, only 2% remain in that state.

Why such a dramatic drop?

Over time, we begin to internalize the learned voice of judgment—both from ourselves and from others. We start to second-guess, edit, and filter our natural brilliance. Little by little, we distance ourselves from that innate genius.

The good news?

Your genius capacity never disappears—it's still within you, waiting to be reawakened.

Here are 5 ways to reignite your genius capacity:

1. Silence the Inner Critic – Replace self-judgment with curiosity. Notice your thoughts and ask, What's another way to see this?
2. Play More – Creative play isn't just for kids. Try painting, dancing, storytelling, or any activity with no outcome goal—just joy.
3. Ask Bold Questions – Instead of “Can I?” try “How can I?” Genius lives in expansive, possibility-based thinking.
4. Surround Yourself with Possibility-Thinkers – Spend time with people who inspire, encourage, and stretch your imagination.
5. Create Space for Wonder – Slow down enough to notice beauty, patterns, and connections you'd otherwise overlook.

In my True North Dream Builder Program, we focus on exactly these kinds of practices—silencing that inner critic, re-igniting curiosity, and creating space for your true genius to shine—no matter your age or stage in life.

Your genius is not gone. It's simply waiting for you to say, I'm ready.



Mind, Body and Soul

Unlocking Genius Capacity for Your Mind, Body & Soul

True genius isn't just mental brilliance—it's a state where your mind, body, and soul work in harmony, allowing you to think clearly, create boldly, and live purposefully.

Genius Capacity for the Mind

- Feed it well with inspiring books, learning experiences, and meaningful conversations.
- Challenge it with new skills, puzzles, and projects that stretch your thinking.
- Clear it with practices like journaling, meditation, or mindful breathing to make space for innovation.

Genius Capacity for the Body

- Nourish it with balanced, vibrant foods that keep your energy steady.
- Move it daily—whether that's yoga, walking, dancing, or strength training.
- Rest it with deep, restorative sleep to allow your brain to process and integrate ideas.

Genius Capacity for the Soul

- Listen to it by making time for silence, reflection, and intuition.
- Express it through creativity, acts of service, or work that lights you up.
- Connect it with people, nature, and experiences that inspire awe and gratitude.



True North Spotlight

Even Coaches Struggle

Has this ever happened to you? You're going along, doing your thing, and then—BAM—the universe throws you a curveball. A few weeks ago, mine was losing my car. Now I love my car. And I love driving. After being sidelined with a broken leg, getting back behind the wheel was pure freedom. Then, one day, I heard that dreaded noise—the kind that makes your heart drop.

Mechanic: "Your engine's gone. \$8-10k to replace."

Me: straight to Defcon 1.

"What am I going to do?" "Where will I find the money?" "I can't..." (Insert your own limiting belief here.)

Here's the truth: even as a coach, I struggle with disappointment, frustration, and fear. And for one full day, I sat in it. Then I remembered what I teach my clients: Stop. Breathe. Reconnect with your vision.

So I did. I grabbed my phone and earbuds, sat on my front porch swing, and listened to a meditation from one of my favorite mentors. I breathed. I centered. I shifted. Fast forward—I'm now loving my brand new car. So if you've been thrown a curveball lately, remember: You can feel the fear... but you don't have to stay in Defcon 1.

Stop. Breathe. And choose to see the possibility waiting for you."

LAST CHANCE

DON'T MISS THIS!

This is it! The final days to enroll
in Live Life by Design.

THE NEXT VERSION OF YOU IS WAITING.



DATE: AUGUST 28, 2025



TIME: 7:00 - 9:00 PM EST

ONLY \$97

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<https://pay.truenorthsuccesscoaching.com/LivingLifeByDesignWorkshop>

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