

JANUARY 2026



WELCOME TO:

The Authentic Journey

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

The Power of Intention



January often arrives loud and demanding: New year. New goals. New you.

But what if you don't need to reinvent yourself. What if you simply need to realign yourself.

This month, we're shifting away from hustle, resolutions, and unrealistic expectations—and toward intention.

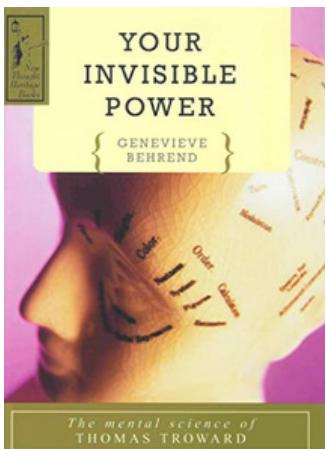
Intention is quieter. Deeper. More sustainable.

It's not about doing more. It's about choosing—on purpose.

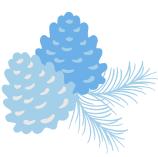
Your Guide,
Denise Walsh

Book of the Month

YOUR INVISIBLE POWER BY GENEVIEVE BEHREND



First published in 1921, Your Invisible Power is a timeless reminder that our thoughts and imagination play a powerful role in shaping our lives. Genevieve Behrend teaches that focused visualization, belief, and emotional alignment are essential tools for creating intentional change. While the language reflects its era, the message is surprisingly relevant today—especially for anyone exploring intentional living and personal transformation. This is a thoughtful, inspiring read for those ready to take responsibility for their inner world and trust their ability to create a purposeful future. This book is a quick read and best for readers interested in intention, visualization, and the roots of modern manifestation teachings.



Why Intention Changes Everything

We've been taught that change comes from doing more.

More goals. More effort. More discipline.

But real transformation doesn't begin with a longer to-do list. It begins with intention. And an intention isn't something you check off, it's something you choose—again and again. It's a way of being.

Intention vs. Autopilot

For years, many of us live on autopilot. As my mentor Mary Morrisey explains it: "Some People Live 90 Years, Some People Live 1 Year 90 Times." We say yes out of habit. We carry responsibilities that once fit but no longer do. We chase goals that looked right on paper but feel heavy in real life.

Intention invites us to pause and ask:

- Does this still align with who I am now?
- Is this nourishing me—or draining me?
- Am I choosing this... or just continuing it?

That pause alone is powerful. It's the moment you take your life back into your own hands.

How Intention Creates Clarity

When you live with intention, decisions become clearer—not because life gets simpler, but because you do. You stop overthinking every choice because you're guided by an inner compass. You begin filtering opportunities through the new lens of: Does this support the life I'm creating?

And when the answer is no, you no longer feel the need to explain or justify it. Clarity replaces confusion. It doesn't replace it overnight, but steadily.

Protecting Your Energy Is a Radical Act

Living with intention means you stop putting energy into places that don't deserve it. Places like relationships, commitments, expectations that ask you to shrink, hustle, or betray yourself. Instead, you become more deliberate with where your time, focus, and emotional energy go. This isn't selfish. It's self-respecting.

As you move through January, I invite you to reflect on this question:

What would shift in your life if you chose with intention instead of habit?

You don't need all the answers. You just need the willingness to listen to yourself.

Intention doesn't change everything at once. It changes everything over time.

And that's how authentic transformation begins.





An Intention-Setting Practice for January

Try this simple, powerful exercise:

1. Pause. Take a breath. Create quiet space.
2. Ask yourself:
 - a. How do I want to feel this year?
 - b. What do I want more of in my life?
 - c. What am I ready to release?

Choose ONE word to guide you in 2026 – Examples: Aligned. Brave. Peaceful. Energized. Free.

Let this word guide your choices—not just your goals.

January Affirmation: “I choose my life with intention. I trust my inner compass. I honor who I am becoming.” Print it. Save it. Come back to it often.



Coach's Corner Q&A

Question: I want to live with intention, but I don't know where to start. What's one simple step?

Answer: Start by noticing. Notice what gives you energy and what drains it. Pay attention to when you feel most like yourself—and when you don't. Awareness is the first act of intention, and it's incredibly powerful.

Question: How do I know if I'm on the right path?

Answer: You'll feel more grounded—even when things aren't perfect. Alignment doesn't mean life is easy all the time, but it does bring a sense of inner peace and clarity. When your choices match your values, your nervous system knows.





Workshop Spotlight: “New Year, New You: The Power of Vision” – January 2026

The beginning of a new year offers a fresh moment—a clean breath—to pause, reflect, and choose where you’re heading next. But clarity doesn’t come from wishful thinking. It comes from intention, reflection, and guided support.

That’s why I am offering “New Year, New You: The Power of Vision”, a transformational 1-hour workshop designed specifically for those who are ready to move into the new year with confidence, purpose, and direction.

Whether you’re seeking a deeper sense of meaning, craving a renewed sense of self, or simply wanting clarity on your next steps, this experience will help you reconnect with the part of you that knows where you’re meant to go.

During this workshop, you’ll be guided through three powerful tools designed to help you create meaningful momentum in the new year:

- ◆ **1. A Clarity-Building Assessment**

You’ll gain a deeper understanding of where you currently stand—what’s working, what’s calling for change, and where your energy wants to go. This sets the foundation for aligned action.

- ◆ **2. A Visioning Process to Activate Your Imagination**

You’ll be guided through a heart-centered visioning exercise that helps you see your future with greater detail and purpose. This practice connects you with what you truly desire—not what ^{you} think you should want.

- ◆ **3. A Goal-Setting Framework That Actually Works**

You’ll learn a simple but powerful structure to turn your vision into achievable, inspiring goals—without overwhelm or pressure.

Save the date:

 17 Tuesday, January 20, 2026; 7:00 PM

 Zoom

 Registration open now: