

| JUNE 2025



WELCOME TO:

# The Authentic Journey

A Monthly Newsletter

*so glad you're here!*



## The Power of Asking for Help

You know, life has a way of throwing us curveballs, and a few months ago, I got a big one—I broke my leg. At 57, that's not just a setback; it's a wake-up call.

Of all of the challenges an event like this presents, learning to accept help has been the hardest one to face.

Learning to ask for and accept help isn't a sign of weakness. It's a profound act of courage. It means choosing vulnerability over pride, connection over control — and that shift can change everything.

This month I am focusing on the powerful things that happen when we ask for help.

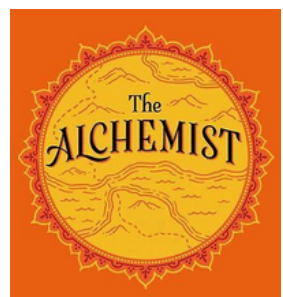
Your Guide,  
Denise Walsh

## Book of the Month

### THE ALCHEMIST BY PAULO COELHO

I finally read *The Alchemist* and I can see why it's touched millions of hearts around the world. This isn't just a story about a shepherd named Santiago chasing a treasure. It's a powerful reminder that our dreams matter, and the journey to follow them is where the true gold lies. This book felt like a gentle but firm nudge from the universe: "Keep going. You're on the right track." Here's what stood out to me:

- The idea of a "Personal Legend" — your soul's true calling
- The importance of listening to your heart, even when it's scary
- That signs, synchronicities, and setbacks are all part of the path
- It's never too late to begin again or shift direction



# "Letting Others In: The Courage to Ask for Help"

For many women, asking for help feels like breaking an unwritten rule: Be strong. Keep going. Hold it all together. We're raised to be caretakers — of families, communities, workplaces — and somewhere along the way, we start believing that needing support ourselves is a sign of failure.

But the truth? You can be strong and need help. You can be wise, experienced, and still overwhelmed. In fact, some of the most powerful breakthroughs happen when we stop pretending we have it all handled, and instead lean into our humanity.

Women are often the emotional anchors of their families and communities. We coordinate, nurture, plan, support — often without being asked. It's expected. And for many of us, the idea of saying "I need help" feels like dropping the ball.

But when life delivers a curveball — illness, career transition, caregiving burnout, aging parents, empty nesting, or even just the accumulation of mental load — that "I've got this" mentality can become exhausting. Underneath it all is a quiet question many women carry: If I don't hold everything together, who will?

But here is what happens when we finally ask:

- We Reclaim Our Humanity – You don't need to earn rest. You don't need to break to deserve support. Asking for help is a declaration that you matter too.
- We Deepen Relationships – When we let others in — friends, family, colleagues — we allow connection to flow both ways. Vulnerability becomes the gateway to intimacy.
- We Model Healthy Boundaries – For our children, peers, and even partners. When we ask for help, we teach others it's okay to speak their needs, too.
- We Let Go of Perfection – Perfectionism is lonely. Relinquishing the need to "get it all right" opens the door to compassion — for ourselves and others.

Here is what I learned about asking for help when I broke my leg in March. One of the hardest parts of that journey was having to ask my family for help. I'm used to being the one who takes care of everything. The one who's always moving, doing, organizing. So when I suddenly needed help getting around, preparing meals, even just getting dressed some days—it was humbling.

But here's what I learned: letting my family show up for me wasn't a burden to them—it was a gift. It opened space for deeper connection, for grace, and for remembering that love isn't about always doing—it's about being there for each other. That shift in mindset—receiving help with gratitude instead of guilt—was huge for me.

Real strength isn't about doing it all yourself — it's about knowing when you don't have to. For women especially, there is deep power in shifting from over-functioning to receiving. You don't lose your strength by asking for help — you expand it. So take the brave step. Make the call. Accept the offer. Ask the question. Let someone in.

Because you are not meant to carry it all — not alone, and not anymore.



## Mind, Body and Soul

### How to Start Asking for Help

Asking for help is nourishment —

- for the **mind**, because we quiet the inner critic that says we should “handle it all.”
- for the **body**, because we stop pushing through exhaustion and allow space to rest or heal.
- for the **soul**, because asking creates connection, humility, and grace.

If you're feeling stretched, tired, or alone, this is your gentle reminder: you don't have to do it all. Asking for help doesn't make you less — it makes you whole.

### How to Begin: A Gentle Practice

- Start small. Say yes when someone offers support — a favor, a listening ear, a ride, a meal.
- Be clear and kind. Try, “I'm feeling a bit overwhelmed. Would you be open to helping me with...”
- Choose safe spaces. Reach out to those who've shown they care, even if it's been a while.
- Practice self-compassion. Remind yourself: receiving help is not weakness. It's wisdom.



## True North Spotlight

Julie was the kind of woman everyone went to when they needed something — advice, support, a listening ear. She was dependable, organized, and always put together. On the outside, it looked like she had it all under control.

But inside? Julie was exhausted.

Her youngest had just left for college, and instead of feeling free, she felt lost. Her career didn't excite her anymore, her marriage was running on autopilot, and she kept thinking, “Is this it?” But every time the thought crossed her mind, she pushed it aside. She didn't want to seem ungrateful or dramatic.

One day, after seeing an online article about coaching, she reached out and simply wrote: “I think I need help. I don't even know where to begin. Do you work with women like me?”

That one sentence opened a door.

Through coaching, Julie began to explore parts of herself she had buried for years — dreams she'd shelved, talents she'd forgotten. She gave herself permission to slow down, to question, to reinvent. She discovered that asking for help wasn't admitting defeat — it was claiming her next chapter with intention.

Today, Julie is walking a new path — one defined not by expectations, but by authenticity.

# Own Your Next Chapter

## The True North Success Program

Find Your Authentic Compass in 12 Weeks

CURRENT LOCATION:  
42°26'04.6"N 71°27'19.8"W

DESTINATION: TBD

The True North **Find Your Authentic Compass in 12 Weeks Program** is your personalized coaching program. Here is what you will receive:

- A **Proven System** to clearly identify the area of your life that feels out of sync—whether it's your health, relationships, vocation or you are looking for more freedom with your time and money.
- **Guided Visioning Sessions** to help you see what's truly possible—reconnecting you with that inner spark and painting a bold, beautiful picture of your next chapter.
- An **Aligned Action Plan** that breaks your vision into doable, meaningful steps—so you stop spinning in “someday” and start moving forward now.
- **Support in Overcoming Inner & Outer Obstacles**—including mindset, self-doubt, or life logistics—so you stay grounded, inspired, and supported every step of the way.

If you're ready to stop asking, “What's next?” and start answering it with clarity, courage, and joy—this is your moment.

I am carving out 5 strategy session slots for those on my mailing list who are ready for transformation. This is a \$250 value I am offering complimentary just for you. Click the link below to grab your slot. Also, if you refer someone to me who signs up for this program, I will gift that \$250 to you as thank you!

BOOK YOUR STRATEGY SESSION



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