

DECEMBER 2025



WELCOME TO:

The Authentic Journey

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

Finishing Strong + Beginning with Intention



December has a unique kind of magic.

It invites us to pause, reflect on the year behind us, and step into the new year with clarity, intention, and confidence.

No matter how your year unfolded—beautiful, messy, surprising, or challenging—you are standing here with wisdom, strength, and the power to choose what comes next. And that choice? That's where transformation begins.

As I love to remind every client I coach: You're never too old, and it's never too late, to design a life that feels aligned, authentic, and fulfilling.

Your Guide,
Denise Walsh

Book of the Month

THINK AND GROW RICH BY NAPOLEON HILL



Originally published in 1937, *Think and Grow Rich* remains one of the most influential personal development books of all time—and for good reason. While the title suggests a focus on financial wealth, the deeper message is about developing a rich mindset, one rooted in clarity, purpose, gratitude, and unwavering belief in what you can create.

Hill interviewed more than 500 of the most successful people of his time—including Henry Ford, Thomas Edison, and Andrew Carnegie—to uncover what set them apart.

His conclusion? Success is not about luck or circumstances. It's about mindset, desire, belief, discipline, and purpose-driven action.



December Reinvention Tips:

How to Stay Grounded, Centered, and Lit-Up This Season

December has a way of pulling us in many directions at once. The invitations, the expectations, the to-do lists, the emotional waves, the desire to finish the year strong—it's a lot.

But reinvention doesn't always come from big leaps or dramatic changes.

Often, it begins with small, intentional choices you make every single day—especially during the busiest seasons.

Here are three simple but powerful practices to help you stay aligned, energized, and connected to yourself throughout December:

1. Protect Your Energy

This month, give yourself permission to honor your limits.

You are allowed to say no. You are allowed to rest. You are allowed to choose what nourishes you instead of what drains you.

Your worth is not measured by how much you do or how many people you keep happy. Your peace, your clarity, and your well-being matter—and protecting them is an act of self-leadership.

2. Choose Presence Over Perfection

Perfection is exhausting. Presence is liberating. This season is not about flawless meals, perfectly wrapped gifts, or orchestrating a holiday that looks good on the outside but leaves you depleted on the inside. Your real joy lives in small, meaningful moments—the ones that remind you of what truly matters:

3. Start Each Morning With One Intention

Before the day sweeps you into its rhythm, pause and ask yourself:

“What is one small act today that aligns with the person I am becoming?”

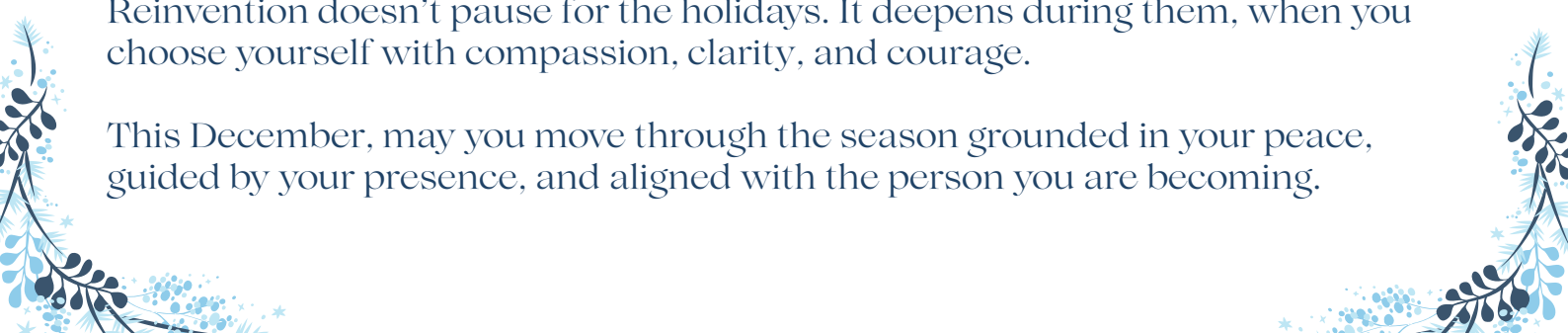
Maybe it's drinking water instead of rushing to caffeine. Maybe it's taking a 10-minute walk outside. Maybe it's choosing a boundary, a breath, a moment of gratitude, or a step toward a dream.

Small actions—done intentionally and repeatedly—create real transformation.

Final Thought

Reinvention doesn't pause for the holidays. It deepens during them, when you choose yourself with compassion, clarity, and courage.

This December, may you move through the season grounded in your peace, guided by your presence, and aligned with the person you are becoming.





The “R3 Reflection”

Before January 1st even arrives, gift yourself this simple but powerful pause:

1. Release

What will you leave behind this year?
Old stories. Old habits. Old fears.

2. Remember

What moments lit you up?
What are you proud of?
What did you overcome?

3. Reimagine

If nothing were off the table, who would you become in 2026?
What would you create?
How would you feel living as your highest, boldest self?

💬 Coach's Corner Q&A



Question: “December feels overwhelming. How do I stay grounded when everyone else seems to want something from me?”

Answer: The key is to honor your energy before you honor anyone’s expectations. Give yourself permission to pause, breathe, and choose what truly matters to you. Every time you say “no” to something that drains you, you say “yes” to your peace—and that is powerful self-leadership.

Try this daily check-in:

“What choice today protects my energy and supports my well-being?”

Let that guide you.



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:

 Tuesday, January 6, 2026

 Registration opens December 15th.

