

| MARCH 2025



WELCOME TO:

The Authentic Journey

A Monthly Newsletter

so glad you're here!

Spring Into New Beginnings!

March marks the start of spring, a season of renewal, growth, and fresh starts.

This month, we're diving into Mindset Shifts for Growth & Success, because midlife isn't about slowing down—it's about stepping into your next, best chapter.

What if you embraced change instead of feared it?

What if small daily habits could rewire your mindset?

What if midlife was your season to grow, not fade?

I'll be sharing insights, tools, and inspiration to help you overcome the fear of change, cultivate powerful daily mindset habits and use gratitude to reframe midlife as an opportunity.

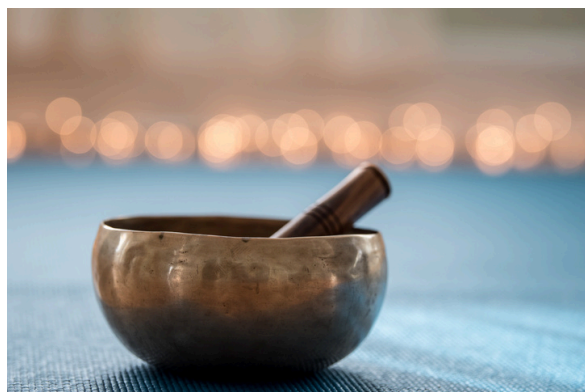
Your Guide,
Denise Walsh



Resource of the Week

INSIGHT TIMER

Insight Timer is the world's largest library of free guided meditations. If you are looking for a mindset shift, meditation practice emphasizes cultivating qualities like compassion, gratitude, and loving-kindness. Starting your day with meditation can help sharpen your focus and set a clear course for the day ahead.



And The Oscar Goes To...

A few weeks ago, Hollywood dazzled with the Oscars, celebrating cinematic excellence and powerful performances. But the Oscars aren't just about glitz, glamour, and golden statues, they're a celebration of bold performances, reinvention, and resilience. Each year, we watch Hollywood's leading women captivate audiences with their talent, confidence and presence.



Many of this year's nominees—and past winners—prove that success has no age limit. Actresses like Demi Moore, Viola Davis, and Michelle Yeoh have continued to redefine what it means to be powerful, relevant, and inspiring well beyond the so-called "prime years" of Hollywood. What's their secret? They step into every role—both on-screen and in life—with confidence, conviction and a refusal to be sidelined.

So, what lessons can we learn from these women about stepping into the spotlight in our own lives?

1. Own Your Story

Every leading lady has a unique backstory. The most inspiring women in Hollywood didn't wait for someone else to write their next chapter—they took control. Whether it's making a career pivot, pursuing a long-held passion, or embracing personal growth, the key is to believe that your story is worth telling.

2. Say Yes to Bold Roles

The best performances come from taking risks. What opportunities are waiting for you to step up and say, "Yes, I'm ready"? Maybe it's speaking up in a meeting, starting your own business, or finally prioritizing your well-being. When you stop playing small, you start shining.

3. Surround Yourself with a Strong Cast

No Oscar-winning performance happens in isolation. Every great actress has a team of directors, co-stars, and mentors supporting her. Who's in your corner? Seek out friendships, mentors, and communities that uplift and challenge you. Your "supporting cast" can make all the difference in your journey.

4. Trust That Your Best Act is Yet to Come

Some of the most celebrated Oscar winners earned their awards later in life. Jessica Tandy won her first Academy Award at 80. Frances McDormand won her third Best Actress Oscar at 63. Their success didn't come from playing it safe—it came from embracing every stage of their journey with passion and fearlessness.



So, as the stars take the stage this awards season, ask yourself: What role are you ready to play in your own life? This is your time. The red carpet is rolled out. The spotlight is waiting. And the only permission you need to step into it—is your own.



Mind, Body and Soul Spring Cleaning

Spring is here, and with it, a sense of fresh possibilities. We instinctively turn our attention to our homes, opening windows, decluttering spaces, and inviting in the vibrant energy of the season. But it's not just your home that deserves a refresh! This season we dive into spring cleaning for your entire being, exploring how to shed the weight of stagnation and cultivate a sense of lightness, clarity, and vitality that will carry you through the months ahead.

Mind

This month, let's focus on "spring cleaning for the mind" – a powerful metaphor for refreshing and revitalizing your mental well-being. Spring cleaning your mind involves decluttering negative thoughts, habits, and stressors.

Here are some ways to clear out mental clutter:

- Identify and challenge negative thought patterns, such as self-criticism, worry, and rumination. Practices like mindfulness and meditation can help you become more aware of these patterns and learn to let them go.
- Release emotional baggage which might involve addressing unresolved issues, practicing forgiveness, and letting go of grudges.
- Cultivate positive habits which could involve incorporating practices like regular exercise, healthy eating, and sufficient sleep into your routine. It also includes making time for activities that bring you joy and relaxation.



True North Spotlight

KIM, 50-ISH

Many of the women I work with come to me after trying to fit themselves into programs and systems that simply don't work for them. But here's the truth: lasting change happens when you have tools and strategies tailored to who YOU are—not someone else's version of success.

One of my clients, Kim, recently shared her experience:

"I've worked with others before, but this is the first time I feel like I have a winning path forward. Denise helped me tailor tools and strategies that work for ME. I can't tell you how much time I wasted trying to fit myself into someone else's toolbox—when those tools truly were never going to work for me. My system may never work for another human on the face of the planet—but it works for me, and that's a huge win."

That's the magic of personalized coaching. No one-size-fits-all approaches—just a customized plan built around your goals, your strengths, and your life. Kim's journey is a perfect example of what's possible when you have a coach who's not only thoughtful, insightful, and empathetic—but also committed to helping you reach your destination:

"Denise is a delight to work with—thoughtful, insightful, empathetic—and she never loses sight of where you want to go. Even if you get distracted or sidelined, lose confidence, or think of giving up, she'll help you get there, no matter what it is you want. I highly recommend her."

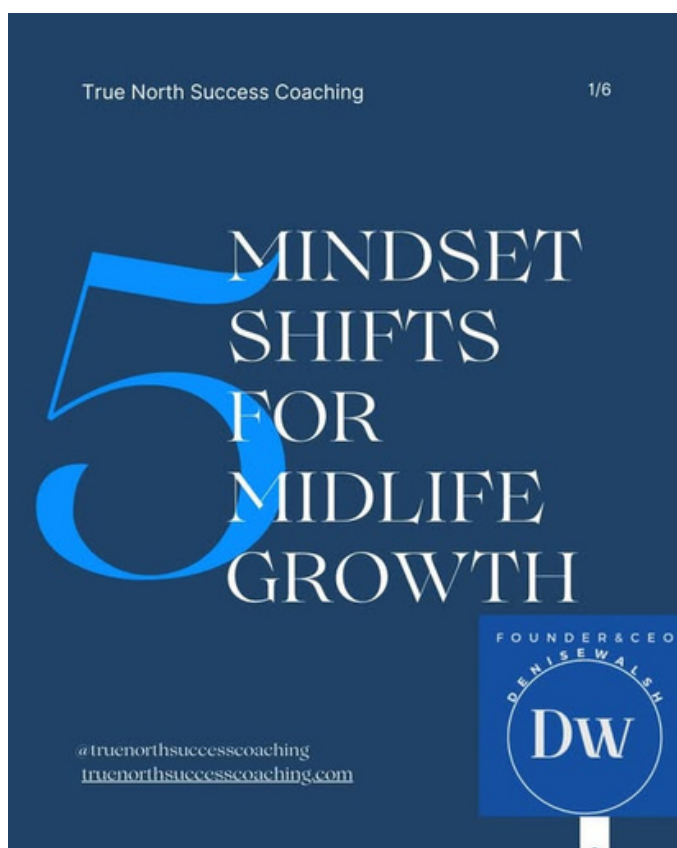
Your Next Step

Change starts with small steps. You deserve the support and clarity to move forward with confidence. My signature *Find Your Authentic Compass in 12 Weeks Coaching Program* will empower you to reinvent yourself in a way that aligns with your values and aspirations.

[LET'S CHAT!](#)

Welcome to Your Season of Growth!

Are you ready to spring into your best self? !



Spring is a time of renewal, fresh starts, and blooming into something new. Just as nature awakens after winter, this is your moment to embrace change, let go of the past, and step into your next chapter with confidence.

Download your FREE guide: 5 Mindset Shifts for Midlife Growth and start your journey toward confidence, clarity, and a fresh new chapter.

This guide will walk you through five powerful mindset shifts to help you:

- Overcome the fear of change
- Reframe midlife as a time of opportunity
- Create daily habits that set you up for success
- Let go of what no longer serves you
- Take inspired action toward your goals

[Get My Free Guide](#)



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