

| JULY 2025



WELCOME TO:

The Authentic Journey

A Monthly Newsletter

so glad you're here!

Take a Break, Take a Breath... This Season is for You



Summer invites us to pause, to breathe deeply, and to come home to ourselves.

Whether you're traveling to a new destination or just stepping onto your porch with your morning coffee, this season is the perfect time to take a break — from obligations, overthinking, or the pressure to do it all.

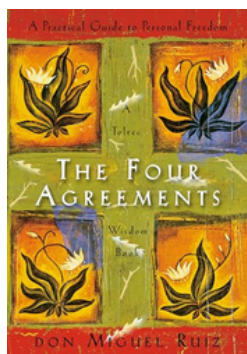
What if your greatest growth came from slowing down?

I believe every woman deserves time and space to reset. That's why this summer, I encourage you to take time off — not just from work, but from everything that drains your spirit. It's your turn to rest, recharge, and rediscover what lights you up.

Your Guide,
Denise Walsh

Book of the Month

THE FOUR AGREEMENTS BY DON MIGUEL RUIZ



If you're ready for a mindset shift that's both simple and profound, *The Four Agreements* is a powerful place to begin. Don Miguel Ruiz draws from ancient Toltec wisdom to offer four life-changing principles that help us break free from limiting beliefs and create a life of greater freedom, joy, and personal power. What makes this book stand out is its clarity. Each agreement is deeply spiritual yet incredibly practical—guidelines you can begin applying immediately in daily life.

**The Four Agreements
are:**

- Be Impeccable with Your Word
- Don't Take Anything Personally
- Don't Make Assumptions
- Always Do Your Best

Permission to Pause: Why Time Off is a Power Move

We've all been taught to hustle, push through, and keep going — even when we're running on empty. But what if the real power move — especially for women in midlife — isn't in doing more... but in choosing to pause?

Summer is the perfect reminder that life has seasons. Nature doesn't bloom all year long — and neither should you. There is wisdom in rest. There is strength in stepping back. And there is growth in giving yourself space to breathe.

Why Time Off Isn't Just Deserved — It's Essential

Taking time off isn't selfish. It's strategic.

It gives your mind clarity, your body restoration, and your spirit room to speak up. Think about it:

- When was the last time you slowed down without guilt?
- What ideas, dreams, or desires might be waiting underneath your daily routines?
- What would become clearer if you gave yourself just a little more breathing room?

Whether it's a full-blown vacation, a weekend away, or simply unplugging for an afternoon, pressing pause is often where breakthroughs begin.

Rest isn't a reward for hard work. Rest is what allows your work — and your life — to be meaningful.

The Pause is the Power

When you stop “doing” for a moment, you start being. And from that space, you can:

- Hear your intuition more clearly
- Reconnect with what matters
- Realign with your values and vision
- Return with renewed energy, focus, and purpose

Women over 50 are natural caretakers and high achievers — but we often forget to take care of ourselves in the process. **It's time to rewrite that narrative.**

Give Yourself Permission...

This summer, what if you:

- Took a day off without justifying it?
- Sat on the porch and did nothing — just because it feels good?
- Booked that getaway you've been putting off for “someday”?
- Set boundaries so you can rest, not just recover?

Your body knows. Your soul knows.

Sometimes the next right step is no step at all — **just stillness.**



Mind, Body and Soul

Summer Soul Check-In: A Mid-Year Moment for You

Summer is nature's gentle nudge to pause and recalibrate.

While the world moves fast, this season calls you to slow down and tune in — not just to the rhythms around you, but to the quiet stirrings within.

Take a moment — grab a journal, a glass of iced tea, or simply sit in stillness — and ask yourself:

🌻 Reflect:

- What's been working well in my life so far this year?
- What have I been tolerating that no longer serves me?

🌸 Reconnect:

- What brings me true joy right now — not just comfort, but aliveness?
- When was the last time I felt genuinely rested and present?

🌴 Summer Soul Assignment

Choose 1 thing to release this month:

- A belief, a habit, a responsibility that no longer fits.

Choose 1 thing to receive:

- Rest. Help. Joy. Stillness. Something that nourishes you deeply.

Choose 1 thing to commit to:

- A simple practice or intention that reconnects you to your purpose or peace.



True North Spotlight

Reinvention - in Full Bloom

Meet Karen, a heart-led woman in her 50s who knew she needed a change — but didn't know where to begin. This time last year, Karen was burned out.

She'd spent decades giving to everyone else — her family, her career, her community — but had slowly lost sight of herself in the process. Instead of powering through another summer on autopilot, Karen made a different choice: She pressed pause.

Through coaching, reflective journaling, and a few quiet mornings on her back porch, she began to tune back in to her own voice. She took time off. She said no to things that drained her and yes to things that made her feel alive again — painting, hiking, and dreaming about what's next.

That inner shift led to bold outer action.

"I used to think reinvention was about doing more. But now I know it's about becoming more me." — Karen

Today, Karen is:

- Leading a women's circle in her community
- Exploring a new part-time career in wellness
- Feeling more aligned, energized, and on-purpose than she has in years

She didn't change overnight. She just started listening — and taking one intentional step at a time.



Ready To change your Life?

Imagine waking up excited again.

Feeling centered, clear, and confident about where you're headed. That's exactly what my Living Life by Design Workshop is here to do.

★ HERE'S WHAT YOU'LL LEARN:

- ☒ How to identify and let go of what's no longer serving you
- ☒ How to align your choices with your deepest values
- ☒ How to build new habits rooted in clarity, not chaos
- ☒ How to create a vision that actually feels doable and inspiring

You'll leave with tools, insights, and next steps you can use immediately. No fluff. No overwhelm. Just deep, lasting shifts.

DATE: AUGUST 28, 2025

TIME: 7:00 - 9:00 PM EST

[REGISTER HERE](#)



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