

| MAY 2025



WELCOME TO:

The Authentic Journey

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



Honoring the Power of Nurture — In Every Form

In May, we celebrate Mother's Day—a time to honor the nurturing forces that have shaped us, whether they came from a mother, a mentor, a sister-friend, or from deep within ourselves.

This month, The Authentic Journey celebrates the wisdom, resilience, and beauty of women who have given life—not just to children, but to dreams, ideas, and new chapters.

Whether you're a mother, were raised by one, or are mothering your own reinvention, this season is for you.

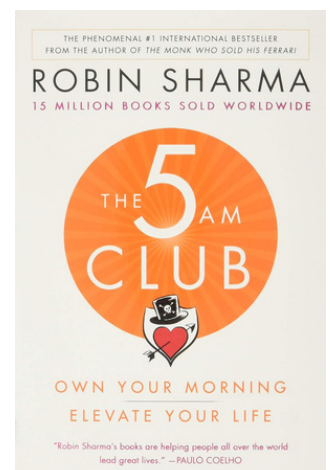
Here's to celebrating where we come from—and courageously creating where we're going.

Your Guide,
Denise Walsh

Resource of the Month

THE 5AM CLUB: OWN YOUR MORNING. ELEVATE YOUR LIFE. BY ROBIN SHARMA

If one of your goals is to increase your daily productivity – this book is for you. This is the “story of two everyday human beings seeking greater productivity, prosperity and serenity in this age of digital distraction and overwhelming complexity who meet a most weird and wonderful tycoon.” The principles taught here have a profound affect on how I start my day. I am more focused and have put structure around the most important part of my day.



We All Mother in Some Way: Honoring the Nurturers Among Us (Including Ourselves)

The second Sunday in May we pause to celebrate the women who have shaped us, guided us, and loved us fiercely. While many of us think immediately of our own mothers—or perhaps our experience as a mother—this day is also a powerful invitation to widen the lens. Because truthfully? **We all mother in some way.**

Mothering isn't limited to biology or legal titles. It's in the tender ways we care, protect, nurture, guide, and encourage others to grow. You mother when you mentor a younger colleague. You mother when you listen without judgment to a friend in crisis. You mother when you plant a seed of hope in someone who's lost their way—or when you tend to your own heart during times of reinvention.

Mothering is what we do when we show up with compassion and strength. When we advocate, heal, create, and hold space.

And especially for women over 50—many of whom are navigating new chapters and shifting roles—this day can stir up a mix of emotions. Maybe your children are grown. Maybe you never had children of your own. Maybe you're grieving a mother lost or healing from a complicated relationship. Wherever you find yourself, let this be your reminder: You have mothered. You are mothering. You will mother again.

But here's a truth that's often overlooked, especially by those who give and give and give:

We must also mother ourselves.

Mothering ourselves means offering the same care, tenderness, and boundaries we so freely give to others. It's tending to our own needs—not as an afterthought, but as a sacred responsibility. It's saying, "I matter, too." It's:

- Allowing rest without guilt.
- Speaking to ourselves with kindness.
- Feeding our minds and bodies with intention.
- Setting boundaries that honor our energy and time.
- Forgiving ourselves for not being perfect.
- Celebrating our growth, even when no one else notices.

When we mother ourselves, we replenish the well from which we give. We return home to ourselves. We model self-respect and resilience for those around us, especially younger generations who are watching and learning. So today, let's celebrate all the ways we mother.

Take a moment to honor your unique way of mothering—past, present, and future. And to all who have ever offered care, comfort, guidance, and love.



Mind, Body and Soul Spring Cleaning

We often think of spring cleaning as something we do to our closets, garages, or kitchen junk drawers—but what about the clutter we carry inside?

Soul

Just like a home, the soul can get crowded. We hold onto regrets, outdated beliefs, old stories, and emotional residue from seasons long past. And just like a breath of fresh air through an open window, clearing space in the soul can be deeply liberating.

Spring is the perfect time to pause and ask:

What have I outgrown? What am I ready to release? What needs light and air and new life?

Here are three soulful ways to begin your inner spring cleaning:

1. Sweep Out Old Stories

Write down one limiting belief you're ready to let go of. Then, rewrite it into something more empowering—something that feels like truth and possibility.

2. Wipe Away Emotional Residue

Take 10 quiet minutes to sit, breathe, and check in. Ask yourself, "What emotion am I holding that's ready to be released?" You don't need to fix it. Just acknowledge it.

3. Polish Your Inner Light

Choose one thing this week that feels like a soul YES. Time in nature. Music that stirs your spirit. A deep belly laugh with a friend.



True North Spotlight: Mother's Day Tribute

This Mother's Day, I'm honoring a woman whose quiet strength and radiant smile left a lasting legacy—my mom, Leona Angelo.

No matter what kind of day I had, I could count on her being there when I got home from school. That simple act—her consistent presence—meant everything. It was love in action.

Leona grew up under hard circumstances, yet you wouldn't know it from the way she carried herself. In every photo, she's smiling. Her joy came from loving deeply—her family, her friends, and anyone lucky enough to cross her path. She was always there, not just for me, but for everyone who needed her.

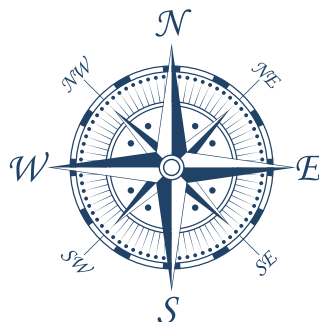
She *loved* to talk on the phone—catching up, checking in, making sure people felt remembered. Every single day, she reached out. It wasn't just a habit; it was how she built and nurtured community, one call at a time. And when it came to birthdays? She was the queen of the birthday card. Everyone got one—on time, handpicked, with just the right message. It was her way of saying, "You matter. I'm thinking of you."

Her life was a living example of grace, generosity, and resilience. And this Mother's Day, I'm grateful for the light she brought into mine.

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.

[CLICK HERE FOR TRANSFORMATION](#)



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

Phase I: Setting the Stage for Transformation

Every journey has a starting point. In Phase I we set the stage for transformation. Using custom assessments and reflection, we work together to get a good understanding of where you are, where is your longings and discontent, what would you love your life to look like and together – create your vision Statement

Phase II: Bridging the Gap

Phase II is all about helping you get from where you are to where you want to be. As you start to “wear” your new vision, self-limiting beliefs inevitably pop up so you will learn lots of tools to help keep you on track when those little voices try to derail you.

Phase III: Taking Action!

None of this matters without the support to take action and make those dreams come true! The last phase is about learning what actions to take to support your transformation!



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