



That's Perspective Ed
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March is all about New Growth

Hello,

Change has a reputation for being loud and disruptive. We imagine bold leaps, dramatic reinventions, and overnight transformations. But most meaningful growth doesn't arrive like a thunderstorm. It comes quietly. Gradually. Almost imperceptibly. Like a spring shower.

Self-development is rarely about becoming someone new. More often, it's about gently returning to who you are — with a little more awareness, a little more courage, and a little more compassion than before.

If you've been feeling the pull toward change, consider this your reminder: you do not have to overhaul your entire life to move forward. You only need to take one small, honest step.

It's Growth That Feels Safe Enough to Begin.

Lasting change happens when it feels safe enough to attempt. When the goal is too big or too rigid, we resist it. And when we try to change too many things all at once, we inevitably don't build lasting change. But when the commitment is small — five minutes of reflection, one honest conversation, a single healthier choice — we begin to build trust with ourselves.

Slow progress is not lazy progress. It is sustainable progress.

Imagine growth as planting a garden. You don't tug at the seedlings to make them taller. You water them. You give them sunlight. You protect them from harsh conditions. And then, in time, they grow.

The same is true for you.

Let Change Be an Invitation, Not a Demand

There is a difference between changing because you feel “not enough” and changing because you're ready to expand.

The first is fueled by pressure.

The second is fueled by possibility.

Instead of asking, “What's wrong with me?” try asking, “What feels ready to grow?”

Perhaps it's your confidence.

Perhaps it's your boundaries.

Perhaps it's your creativity, your patience, or your willingness to rest.

You don't need to fix yourself. You can simply nurture what's already there.

The Power of Tiny Commitments awaits you in March.

If you want to embrace change gently, try this approach:

- Choose one area of growth.
- Make the commitment almost too small to fail.

- Repeat it consistently.
- Allow it to evolve naturally.

Five minutes of journaling.

One page of reading.

A short walk after dinner.

One deep breath before responding.

Simple reminders to be kind to yourself.

Small actions compound. They shift identity quietly. They build evidence that you are someone who shows up — even in modest ways, and especially for yourself.

And that identity shift is where real transformation lives.

Honor the Pace of Your Life; give yourself grace.

There will be seasons of acceleration and seasons of rest. Both are productive.

Sometimes growth looks like action.

Sometimes it looks like integration.

Sometimes it looks like doing less — so you can listen more closely.

You are allowed to move at the speed of trust.

If you feel overwhelmed by change, slow it down.

If you feel stuck, shrink the step.

If you feel discouraged, look back at how far you've already come.

Embracing change doesn't require force. It requires willingness. A soft openness. A decision to keep going — kindly.

This week, ask yourself:

What is one gentle step I can take toward the person I'm becoming?

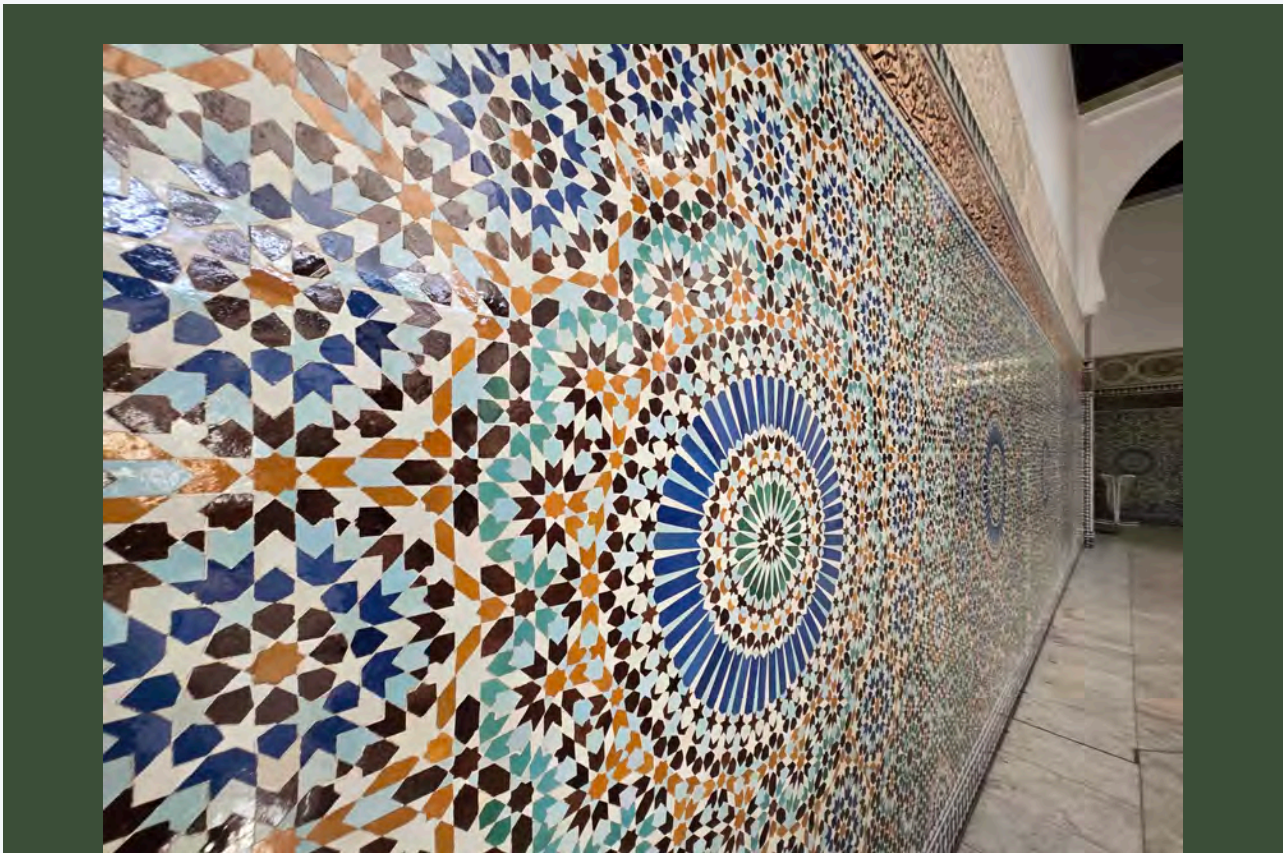
Not ten steps. Not a complete reinvention.

Just one.

And then take it.

Warmly,

Theresa



Are you listening to yourself?

The mere mention of Spring brings up so many images. Warm temperatures. Longer days. Gardens are coming into bloom, and new buds and leaves are on trees.

As we come out of our own version of emotional winter, things stir in us as well. With all of the newness in nature, it's worth asking, "What's new with me?"

For most of my life, I pushed those musings down. Pretending they weren't there or writing them off as the next logical step for whatever was going on in my life at the time.

But what if they weren't? What if the things that stir within us coming out of winter were pointing at longings from deep within? What if we listened to them and took action? Or, at least entertained the notion that they were valid. Not from a rational or sensible perspective, but from the point of view that we could be renewed. That our dormant passions could be awakened.

And so I ask, what is waking up within you this Spring? What long, silent wish is whispering from your soul? Will you tell it that it's silly or impossible? Or will you invite those whimsical thoughts to have tea with you and let them be heard?

Colleen



What feels ready for change?

You've likely noticed things that don't fit anymore.

- Has your job lost its luster?
- Too much time screen scrolling?
- Friendships that require you to do all the work?

A plan is starting to emerge. Water it and let it grow this month. Take one small step to change it.



2026 Female Travelers Christmas Markets Tour

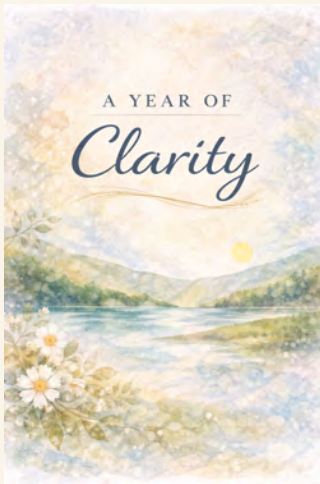
Discover yourself in the magnificence of European Christmas Markets.

This holiday season, discover more than Europe's most beautiful Christmas markets — discover a new way of seeing yourself. Your journey begins in Paris, where festive lights glow along the Seine, the Eiffel Tower sparkles against winter skies, and the Notre Dame Christmas Market invites you to slow down and savor the season like a true Parisian. In Strasbourg, the "Capital of Christmas," enjoy the old world traditions and Alsatian treats in this fairytale village, stand beneath the magnificent tree in Place Kléber, and feel the magic of centuries-old traditions come alive beside the Strasbourg Cathedral. The experience continues in London, where Christmas markets buzz with festive energy. Stroll along The Queen's Walk, Westminster Abbey, and Buckingham Palace. Enjoy the Christmas lights in the tradition of Charles Dickens, Mary Poppins, or Harry Potter – moments that awaken your sense of adventure and make the season feel unforgettable. This thoughtfully designed journey blends iconic sights

with meaningful moments, leaving you not only with unforgettable memories — but with a renewed sense of confidence, joy, and connection to the spirit of travel itself.

[View the Tour Information Here](#)

The 2026 Clarity Workbook



Spend the year with us! Our 2026 Clarity Workbook is here! Each month, explore a different aspect of gaining Clarity. Take some time to reflect and review. For a deeper dive, join our monthly Clarity Sessions to discuss each topic in a live, virtual group.

[Clarity Workbook](#)

'Astonishing...worthy of standing next to Orwell as a classic'
Daily Mail

A Waiter in Paris

Adventures in the
Dark Heart of the City

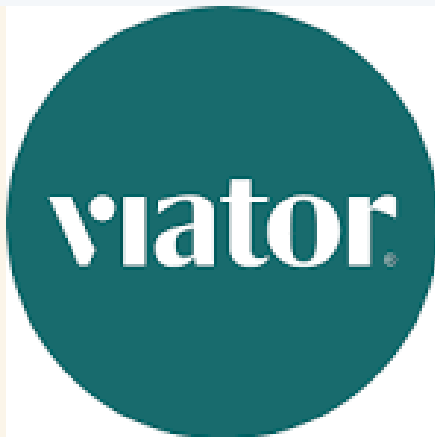


March brings us to A Waiter in Paris. We've all wondered about their lives, the no tipping, the "living wage". Those split shifts. It's time to hear first hand what the life a a Parisienne waiter is really like! We will be meeting at 10AM EST on Sunday, March 22 on Zoom: <https://us02web.zoom.us/j/89689504962...>

Buy the book here

Things We Love

We've curated lists of services and products we love
and think you will, too!



Viator is a seemingly endless supply of tours worldwide! No matter where you're travelling,



So quintessentially Parisienne that some say it literally IS the

they are sure to have fabulous tours to meet your needs.

scent of Paris. I could just bathe in it...You'll want to, too!

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Coming in April:

April brings a re-awakening. We've discovered things about ourselves long-forgotten and begun to let them grow. Are you ready for the next steps?

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