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# Aligning Values and Actions

There's a quiet tension that builds when your life starts drifting out of alignment with what actually matters to you.

It doesn't usually arrive with a dramatic breakdown. It's subtler than that. It shows up as restlessness. A low-grade dissatisfaction. A sense that you're capable of more—but somehow still circling the same patterns, the same decisions, the same version of yourself.

At the core of that tension is misalignment: your actions no longer reflect your values.

And the longer that gap persists, the louder it gets. This month, we're going to bring that into alignment.

### **Alignment isn't abstract—it's behavioral**

It's easy to say you value growth, honesty, freedom, creativity, or courage. Most people do. The real question is: *are your daily actions backing that up?*

Because alignment isn't something you think about—it's something you do.

If you value growth, but consistently choose comfort, there's a disconnect.

If you value freedom, but stay in situations that quietly drain you, your life starts to feel smaller than it should.

Alignment requires friction. It asks you to make decisions that feel inconvenient in the short term but true in the long term. It requires a bit of discomfort. And that's where most people hesitate.

### **The comfort zone is convincing—but costly**

Comfort is persuasive because it feels safe, predictable, and controlled. You know how things work there. You know who you are there. You literally feel comfortable. But not fulfilled.

Comfort has a hidden trade-off: it keeps your life contained.

Nothing expands without stepping into the unknown. Not your confidence, not your identity, not your opportunities.

The unknown, by contrast, is uncomfortable by design. It introduces uncertainty, risk, and the possibility of failure. But it also holds every version of your life that doesn't yet exist. A beautiful, successful, more joyous version.

You don't "feel ready" before you move into it. You move, and readiness catches up later.

Breaking out of comfort isn't about reckless action—it's about deliberate discomfort. Taking the step you can't fully predict. Saying yes to something that stretches your current identity. That's where alignment starts to rebuild.

## Limiting beliefs: the invisible ceiling

What keeps most people anchored in comfort isn't just habit—it's belief.

Specifically, limiting beliefs that quietly define what feels possible:

- “I'm not the kind of person who does that.”
- “It's too late for me to change.”
- “I need more certainty before I act.”
- “If I try and fail, it will mean something about me.”

These beliefs aren't facts—they're interpretations that have been repeated enough to feel true. They're subtle comments and “friendly” steering we've been internalizing for decades.

And they shape behavior more than reality does. The problem is, you can't expand your life while operating inside assumptions that are designed to keep it small.

## Breaking free isn't about force—it's about evidence

You don't dismantle a limiting belief by arguing with it. You dismantle it by collecting evidence against it and rallying against the outside forces that would hold you back.

Small, consistent actions that contradict the story:

- Speaking up when you'd normally stay quiet
- Trying something before you feel fully prepared
- Making a decision without overanalyzing every outcome
- Letting yourself be seen in a new way

Each action creates a crack in the old narrative.

Over time, those cracks compound. The belief loses credibility—not because you forced it out, but because your lived experience no longer supports it.

That's how identity shifts happen.

## What expansion actually feels like

There's a misconception that expanding your life feels immediately empowering, confident, and clear.

Sometimes it does—but more often, it feels like uncertainty, vulnerability and a loss of control. Expansion isn't comfortable. It's disorienting before it's stabilizing.

But alongside that discomfort, something else starts to emerge:

- A deeper sense of self-trust
- More honest decisions
- A growing tolerance for risk
- Moments of clarity that weren't available before
- A feeling that your life is becoming *yours* again

That's the signal you're aligning.

### **Alignment is a continuous choice**

There's no final state where everything is perfectly aligned forever. Life evolves, your values deepen, and new edges appear.

The work is ongoing.

But it gets simpler: you start recognizing the difference between what's easy and what's true. And you get faster at choosing the latter.

Not perfectly. But more often.

And that's enough to change the trajectory of your life.

Because when your actions consistently reflect what matters to you—even when it's uncomfortable—you stop feeling stuck.

You start feeling in motion.

Enjoy the journey!

Theresa



## **Self-Awareness is Calling!**

The more self-aware we get and the more critical thinking we apply, the more our lives start to change. Life expands.

But the ways and directions it expands are relative to the kind of self-awareness we pursue. For many people, the pop-culture version is

enough. Being aware of what's going on around us. Aware of how we feel about the hot topics being passed around. Aware of doing no harm.

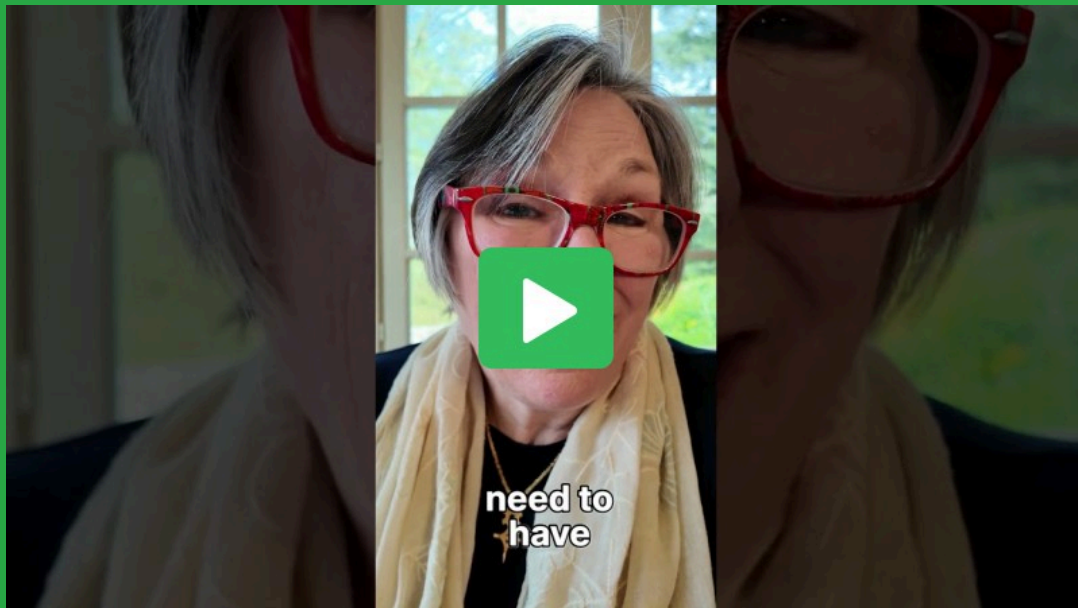
The kind of self-awareness that brings deeper levels of joy and satisfaction calls for more.

An awareness that has us align our daily lives with our core values. One that puts us in relationships and situations that bring out the best in us and the people around us. The kind of alignment that has us teaching others who we are in ways that set clear boundaries that don't get crossed. And that gives us a foundation for making decisions we don't have to second-guess.

This is the kind of self-awareness that calls us to let go of limiting beliefs that no longer serve us. And to understand the deeper whys in our thoughts and actions.

In my humble opinion, it's the kind of self-awareness that creates peace and makes life delicious. Here's wishing you expanded self-awareness and alignment that brings the life of your dreams a little closer every day.

Colleen



## Restructuring Self-Talk

Language shapes behavior more than we tend to notice, and a surprising amount of everyday speech is built on subtle pressure. Words like *should*, *need*, and *have to* may seem harmless, but they often carry an undercurrent of obligation, guilt, or resistance. When we say “I should exercise” or “I have to finish this,” the brain often interprets the task as a burden rather than a choice. Over time, this framing can drain motivation and reinforce procrastination. Eliminating these negative verbs isn’t about ignoring responsibility—it’s about reshaping how we relate to it.

The key shift is moving from obligation to intention. Instead of “I should call that client,” try “I want to connect with that client” or “I choose to follow up today.” These alternatives may feel subtle, but they reposition you as an active decision-maker rather than a reluctant participant. Similarly, replacing “I have to” with “I get to” can introduce a sense of opportunity. “I get to present this project” reframes the situation from pressure to privilege, which can dramatically change both mindset and performance.

Another powerful approach is to tie actions to purpose. Negative verbs tend to isolate tasks from meaning, making them feel arbitrary. Positive phrasing reconnects them. For example, instead of “I need to finish this report,” try “I’m finishing this report to move the project forward” or “so the team can make better decisions.” It’s “I want to do laundry so that I have that outfit for this week”. This not only reduces resistance but also builds intrinsic motivation. When actions are linked to outcomes you care about, they become easier—and even satisfying—to complete.

Remember, this isn't an instant change. Just be conscious of your words and reshape them when you catch yourself using negative phrases. It's an ongoing practice.

Over time, these small language shifts create a broader mental transformation. You begin to experience your day less as a series of demands and more as a collection of chosen actions aligned with your goals. This doesn’t eliminate responsibility—it strengthens your relationship to it. By consciously replacing negative verbs with empowering alternatives, you train your mind to focus on possibility, agency, and progress. And that subtle shift can be the difference

between dreading your to-do list and actually moving through it with clarity, purpose and more joy!

*"Man's mind, stretched to a new idea, never goes back to its original dimension."*

— *Oliver Wendell Holmes*

Personal growth rarely announces itself with a grand, cinematic moment. More often, it arrives quietly— in a very personal, grounded way: *What does an expanded life actually look like for me?*

It's a deceptively simple question. And yet, when you give it real space—when you let yourself meditate on it without immediately editing or dismissing what comes up—it can be surprisingly revealing.

And, the vision that surfaces is both exciting *and* a little unsettling. A little scary.

Exciting, because it hints at possibility—new ways of living, creating, connecting. Scary, because it often asks me to step outside of what's familiar. Expansion, by definition, stretches you beyond your current edges. And those edges exist for a reason—they've kept you safe, predictable, in control.

So when you start imagining a bigger, more aligned version of your life, it's natural for resistance to show up. When I sit with that resistance, I notice it often traces back to a handful of quiet, persistent beliefs:

- *Am I really allowed to want this?*
- *What if I fail—or worse, what if I succeed and can't sustain it?*
- *Who am I to step into something bigger?*

- *What if people judge me?*

These aren't loud, dramatic thoughts. They're subtle. They sound practical, even responsible. But they have a way of keeping everything just small enough to feel manageable. And yet, if I stay there—if I let those beliefs run unchecked—I also stay exactly where I am.

So the practice becomes less about eliminating fear and more about getting curious about it. Noticing where it shows up. Naming it. Questioning whether it's actually true—or just familiar.

Because an expanded life isn't built by waiting until you feel completely ready. It's built by moving forward while part of you still feels unsure and scared. It's, as my dear friend Colleen said, about "sucking at it until you get good"!

Don't over-analyze, just take one small step. Say yes to something that feels slightly out of reach. And say no to something that no longer aligns. Allow yourself to be seen a little more fully than before.

Expansion doesn't have to be dramatic to be meaningful. If anything, it's often the quiet shifts—the ones that feel almost too small to matter—that begin to change everything.

Give yourself the space to imagine beyond your current reality. Let it feel exciting. Let it feel a little scary. And when those limiting beliefs surface—as they inevitably will—meet them with curiosity instead of certainty.

You don't have to have it all figured out. You just have to be willing to expand, one honest step at a time.

## **Start by Saying YES**

Sometimes, it's as simple as saying yes to something you wouldn't normally do. We all do it, say no to joining friends because it's later than we usually go out, or it's somewhere we've never been. We won't know anybody at that event.

This month, when you feel that hesitation, make a deliberate effort to SAY YES.

Then, watch what unfolds. It may be a bust, you might not enjoy yourself. Or, it might be fabulous! In either case, you're adjusting yourself to the feeling of discomfort that comes with change. Your mind and body will expand to these new dimensions. This is a critical step in getting ready for major changes in your life.

# EXPAND

*into the life  
you're meant for.*



## MEDITATE ON:



What does an expanded life look like for you?



What feels exciting, but perhaps a bit scary?



What limiting beliefs might be holding you back?

Expansion doesn't mean doing more. It means becoming

*more you.*



CURIOSITY. COURAGE. ONE STEP AT A TIME.





# 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.

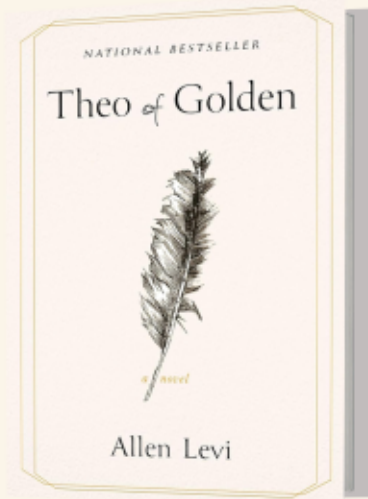
[View the Tour Information Here](#)



## Paris Essentials

We've just completed our first Les Frenchies Paris Essentials tours. Seven glorious days in Paris (including a couple of day trips). And wow, was everyone thrilled! Our group enjoyed fabulous food, tours, and sites. New friendships were formed and lasting memories created. We'll certainly be repeating this next year, as well as adding an Off The Beaten Path Paris Tour. Anything else you'd like to do in france? Let us know!

[Click Here For More Information](#)



Theo of Golden has been recommended to us as one of the readers favorite books ever read. Coming from an avid reader, that is very high praise. I'm only 5 chapters in and loving it! We will be meeting at 10AM EST on Sunday, May 31 on Zoom: <https://us06web.zoom.us/j/85919312471?pwd=LCuecLdSvCjfbBr9aw...>

Buy the book here

## Things We Love

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



I'm no chef, but I do love to cook. And this Dutch Oven has changed the way I cook. So much so that I bought an entire set. From the stovetop to the

Silvias food tours are fantastic! You'll learn some of the local history, find fabulous places to shop and eat, and make a new friend or two along the way.

Silvia has a new tour in the Latin Quarter. This often-overlooked arondissement will steal your heart and fill your stomach!

<https://fareharbor.com/embeds/book/frenchxican/items/?full-i...>

oven to the table, what more could we ask for?

Find it Here

#### Coming in June:

Being present where you are isn't always a given. Imagine being part of a conversation that your mind wasn't fully present in, just drifting in and out. Were you really in that conversation at all? This fits for everything you do everyday. In June, we'll concentrate on truly living in each moment.

Don't miss another newsletter; email [service@thatperspective.com](mailto:service@thatperspective.com) to join our mailing list!

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