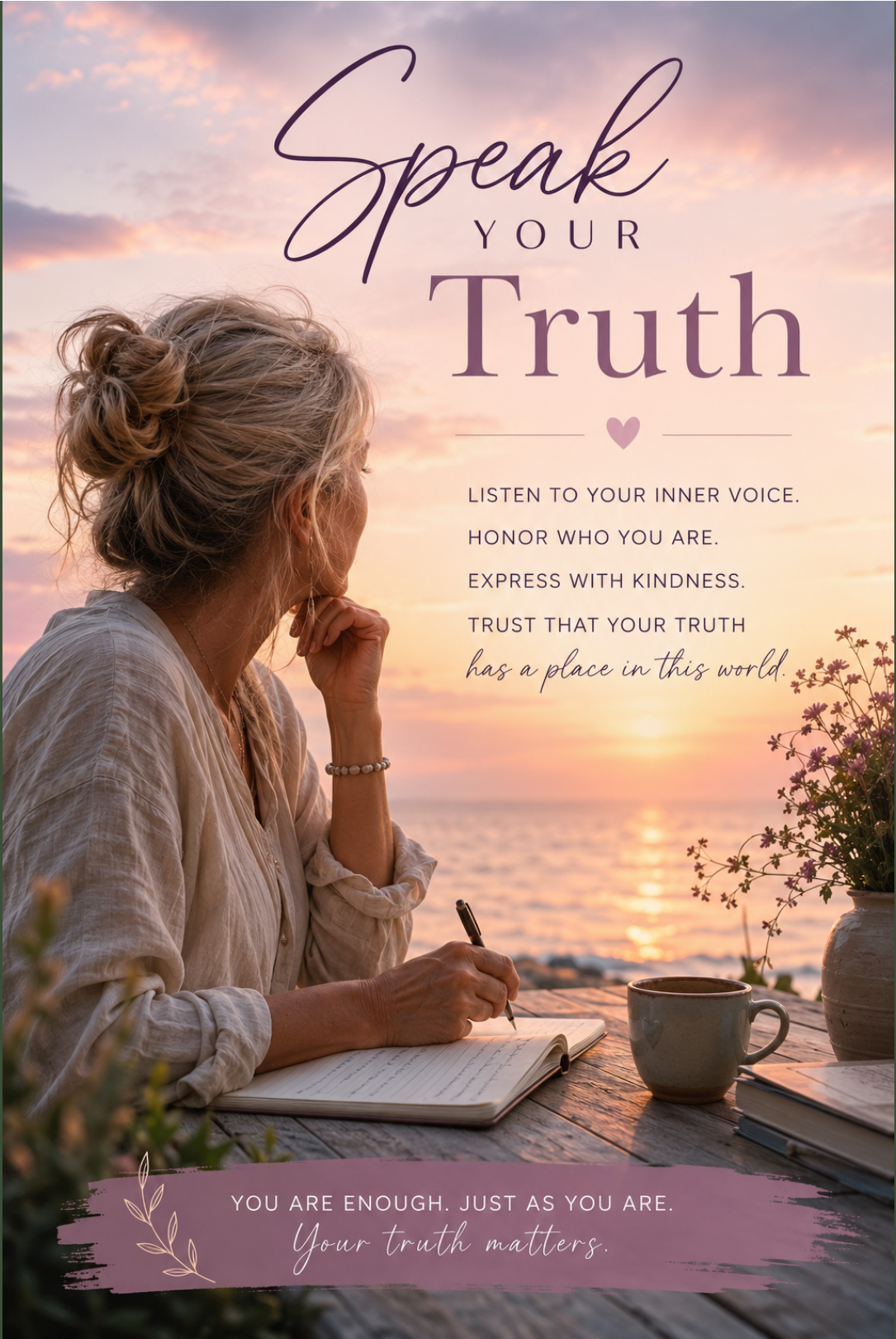




Perspective Education
on You Tube

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Speak YOUR Truth



LISTEN TO YOUR INNER VOICE.

HONOR WHO YOU ARE.

EXPRESS WITH KINDNESS.

TRUST THAT YOUR TRUTH

has a place in this world.



YOU ARE ENOUGH. JUST AS YOU ARE.

Your truth matters.

Speak Your Truth

We've chosen the month of August to focus on Truth. Finding our truth.
Speaking our truth. But in order to do that, we first need to know our truth.

And, for many people that's hidden deep inside of survival. The need to get it right or be perfect. The daily grind of raising a family, working and paying bills. The struggle for approval our a sense of mattering and our lives having meaning. Or the pressure to not be a disappointment. I don't mean to paint a dark picture of life here. Still, the weight of going through the motions day to day in a misaligned life is pretty heavy. The low grumbling sense of dissatisfaction so many of us feel point towards it. But if we rarely let ourselves feel it. It shows up something like justifications or resignation. And, I've heard it said more than once, "if I let it go just a little the whole thing will fall apart".

As we focus on our truth and find greater confidence in our own voice, life changes. It becomes lighter. The more clear we are about who we are, what we truly care about, and what brings us joy, the closer we are to our authentic SELF. It's the connection to our deeper authentic SELF that strengthens our voice and allows us to live our truth. And, to stop editing and censoring who we are and how we show up in life.

Think about ways that you hold back and edit yourself in life. With who, and about what topics you do that. And then ask why, and what would happen if you stopped.

Colleen

Perspective Education Course Offerings



UPCOMING COURSES

We've been hard at work planning new courses and Camps for you! Finding Clarity, an introduction into Clarity, begins soon. And, the Clarity Course & Camp 2027 Waiting List is now available!



A Free, Live Discussion on Finding Clarity

Join us on Sunday, August 23rd at 11 AM EDT For a Free, Live Discussion on Finding Clarity. Join our host, Colleen, as we discuss SELF inquiry, recognizing blindspots, and discovering ways to shift old habits into empowered life decisions in order to build a path to living life on your own terms.

[https://us02web.zoom.us/j/87061808675?](https://us02web.zoom.us/j/87061808675?pwd=PUBJ6RuhBeGxcBKeOf...)
[pwd=PUBJ6RuhBeGxcBKeOf...](https://us02web.zoom.us/j/87061808675?pwd=PUBJ6RuhBeGxcBKeOf...)



FINDING CLARITY

We're thrilled to introduce Finding Clarity, an online only, four week introduction to Clarity. Finding Clarity is a gentle, first step into the Clarity journey. It's for people who feel the shift but aren't sure what it means yet.

Learn More Here:

<https://thatsperspective.com/finding-clarity-26/>



The Clarity Course & Camp

The Clarity Course & Camp is a deeper journey into self-awareness, personal clarity, and intentional living — shared in a sisterhood of like-minded women who are ready to thoughtfully design the next chapter of their lives. Available as an online only class, or, the class with a 5-day retreat in the French Countryside; this class is life changing! Here are the details:

<https://thatsperspective.com/clarity-spring-27/>

Email

theresa@thatsperspective.com
to join the waitlist!

The Truth Within Us

There are truths within us that do not demand attention loudly. They wait patiently, appearing in our thoughts, our emotions, and the quiet moments when we feel most connected to ourselves. Sometimes, we sense them as a restlessness we cannot explain. Other times, they arrive as a clear inner knowing: *This is who I am. This is what I believe. This is what I want.* Speaking our truth begins by allowing ourselves to acknowledge what has been asking to be seen. What does your inner voice want you to know—and perhaps, eventually, want you to share with the world?

Over time, many of us become skilled at editing ourselves. We soften our opinions, silence our desires, hide parts of our personalities, or make

ourselves smaller to protect the comfort of others. We may do it to belong, to avoid conflict, or to remain connected to people and places that feel familiar. But there can be a cost to continually setting aside what is true for us. We may lose energy, confidence, creativity, or the feeling that we are fully participating in our own lives. Consider where you may be editing yourself to fit in or keep things comfortable. What part of you is being left behind when you do?

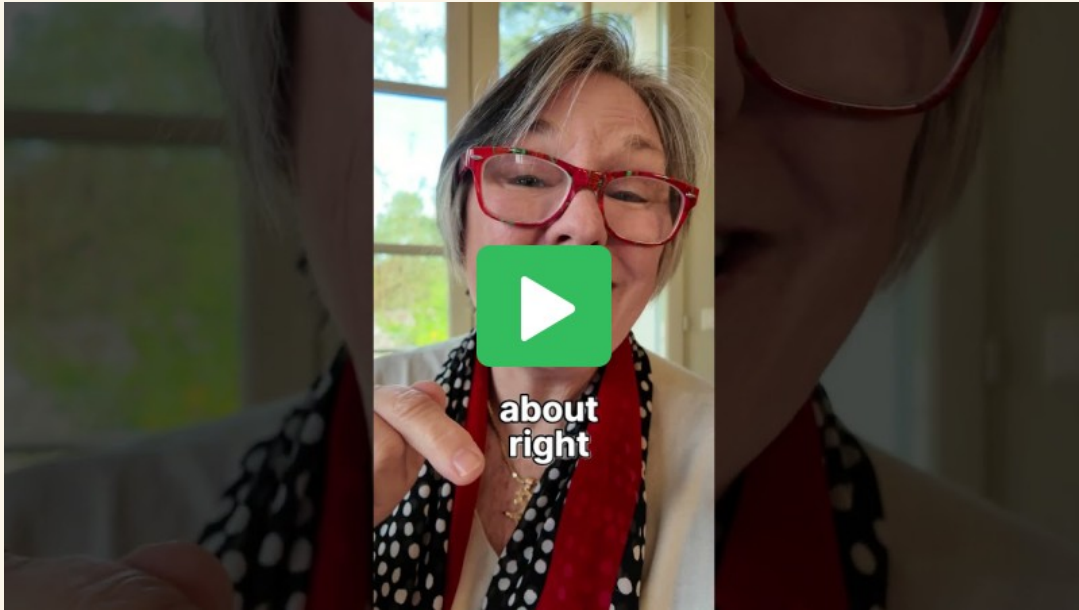
Authentic expression does not always require a bold announcement or a dramatic change. Sometimes, it looks like choosing clothing that feels more like you, sharing an honest opinion, setting a gentle boundary, admitting what you truly want, or allowing yourself to pursue an interest that others may not understand. Authenticity is not about becoming a different person. It is about creating more room for the person you already are. Ask yourself: *What feels like the most authentic expression of me right now?*

Honoring your truth can be a gentle process. You can begin privately, by writing it down, speaking it aloud when you are alone, or sharing it with one trusted person. You can practice expressing yourself without apology, while still offering kindness and respect to those around you. Imagine that it is completely safe to be honest about who you are, what you feel, and what you want. How would you speak differently? What would you stop hiding? What would you finally allow yourself to say?

Your truth does not have to be forceful to be powerful. It simply needs to be acknowledged. Each time you listen to your inner voice and respond with compassion, you strengthen your relationship with yourself. Speaking your truth is not about asking everyone else to agree with you. It is about choosing not to abandon yourself in order to be accepted by others.

Perhaps the invitation for this season is simply to listen. Notice what keeps returning. Pay attention to what brings relief when you admit it. Then take one small, gentle step toward expressing more of who you truly are.

With warmth and love,



Returning to Your Authentic Self

Authenticity begins with listening. Beneath the expectations, responsibilities, and roles we carry, there is an inner voice that quietly remembers who we are. It knows what brings us alive, what feels out of alignment, and what we may have been afraid to admit—even to ourselves.

Sometimes we lose touch with that voice because we become focused on being accepted, being helpful, or doing what others expect. We may adjust our words, our choices, or even our dreams to keep the peace. Over time, the distance between who we are and how we are living can leave us feeling restless, disconnected, or uncertain.

Your inner truth does not need to arrive as a dramatic revelation. It may begin as a small feeling of relief when you say no, a spark of energy when you imagine something new, or a sense of calm when you finally

admit what you really want. Authenticity is not about changing everything at once. It is about noticing what feels true and giving yourself permission to honor it, one gentle choice at a time.

Best,

Theresa

"The light around someone who consistently speaks truth, who consistently acts with compassion for all, even in great difficulty, is visible to all."

— Jack Kornfield

The Authenticity Check-In

Set aside ten quiet minutes and complete these sentences without editing your answers:

I feel most like myself when...

I feel least like myself when...

A part of me I have been hiding is...

Something I want, but have been hesitant to admit, is...

One expectation I am ready to question is...

One small choice that would feel more honest is...

Now reread what you wrote and circle the sentence that created the strongest emotional or physical response. It may have brought relief,

discomfort, excitement, sadness, or a sense of recognition.

Ask yourself:

What is this response trying to show me?

Then choose one gentle action that honors what you discovered. You might write your truth in a private journal, share it with someone you trust, create a boundary, revisit an old interest, or simply allow yourself to acknowledge what is true without rushing to change it.

You do not have to prove your authenticity. You only have to keep listening for it.



La Fete de Paris is just around the corner. If you'll be in Paris mid-September, check out the details here: <https://lafetedeparis.fr/>



An Exciting 2027 Ahead!

We're busy planning a variety of tours for 2027. Stay tuned in the next few weeks for our offerings on Parissien tours. We'll be covering all the famous Gems as well as many of the hidden treasures.

AND...more Christmas markets. And yes, we listened, we'll have both female-only AND co-ed tours next year. Stay tuned!

[Click Here For More Information](#)



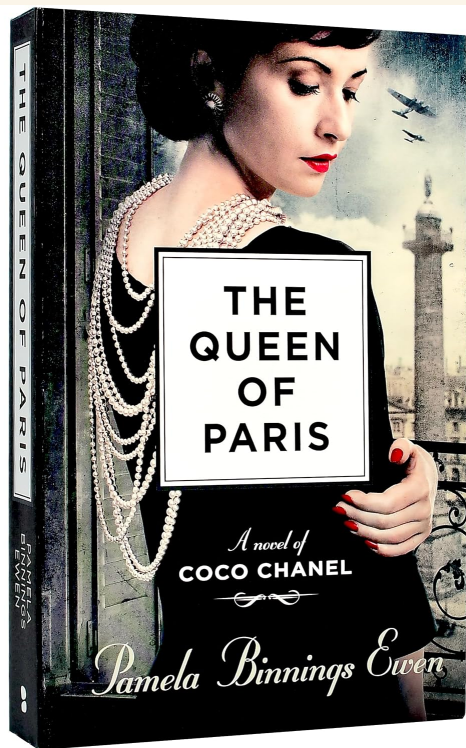
SOLD OUT!

2026 Female Travelers Christmas Markets Tour

Discover yourself in the magnificence of European Christmas Markets.

This holiday season, disc

[View the Tour Information Here](#)



We'll be reading *The Queen of Paris*, a historical fiction novel about the life of Coco Chanel, including the darker side of her during WWII. The book is available on Amazon here: <https://amzn.to/4eDuLaF> (Thanks for supporting us!) And, here is the Zoom link to join the chat on Sunday, August 30 at 10 AM

EST: <https://us02web.zoom.us/j/84566171130...>

Things We Love



JUST A FEW SPOTS LEFT!!!

We're thrilled to be highlighting our favorite tour guide, Silvia Moran-Berouts second-annual Day of the Dead tour in Mexico City. Five days and four nights in 4-star accommodations while experiencing an insiders view of Mexico City. Tour the markets, enjoy the festivities, savor the flavors. Learn Mexico City in a



I have a new favorite travel item! I couldn't begin to count the times that I have, or have watched someone else, reapply their lipstick....in a restaurant, on

way few ever get to experience.
You won't regret it!

<https://www.frenchxican.com/tours/mexico-city-experience/>

the metro, in the restroom....its
endless. My lipstick was still
going strong after dinner, lipstick
applied at 9:30 AM and not a
single spot on my champagne
glass (or my morning coffee
cup). This stuff is miraculous!

Find it Here

Coming in September:

In September, we'll be talking about becoming more
discerning. Recognizing and choosing wha deserves your
energy is is the purist form of authenticity.

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