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May, 2026 Monthly Alignment Letter

The Return to Yourself: From Root Truth to I AM



A Personal Message

To the woman reading this,

May arrives the way truth does — not with fanfare, but with a quiet opening. The blossoms do not announce themselves. They simply become what they have always been, and the world is changed because of it.

I have been thinking about you this month. About what it means to arrive at the place where understanding deepens into something more — where a woman stops asking what is wrong with me and begins to say I see what I have been carrying, and I am ready to set it down.

In March, we explored the Four Bodies — the spiritual, mental, emotional, and physical dimensions of who you are. In April, we sat together with the Five Whys, tracing our patterns with compassion rather than criticism, and many of you told me that for the first time, the asking did not feel like interrogation. It felt like returning.

This month, I want to take you to the place where that returning leads.

Because at the bottom of every pattern, beneath every layer of asking, there is something waiting. Not a wound. Not a failure. A belief — one you did not consciously choose but have been faithfully living from for years, perhaps decades. I call this your Root Truth.

And once you see it clearly, something extraordinary becomes possible. You can begin to speak yourself forward. Not from the old story. From the real one.

With love and steadiness,

Tammy



Root Truth: The Belief Beneath the Pattern

In my manuscript, *We Are Not Broken. We Are Patterned.*, I write about the moment a woman reaches the bottom of her own asking and discovers not the damage she feared, but a belief — quiet, faithful, and older than she remembers choosing.

Root Truth is not the event that shaped you. It is the meaning you made from it. And meanings, unlike events, can be revised.

She may have learned that her value lives in how much she gives. Or that safety requires constant vigilance. Or that love must be earned through performance. Or that rest is a reward she has not yet deserved.

None of these beliefs are evidence of failure. They are evidence of a woman who was paying extraordinary attention to her circumstances and adapting — intelligently, faithfully — to survive them. The pattern was never the problem. The pattern was the solution, formed in a season that required it.

But seasons change. And the belief that once protected you may now be the very thing that keeps you from the life you are ready to live.

Root Truth does not arrive dramatically. It arrives like recognition. Something in you says yes, that is it. There is no thunder — only the quiet weight of a truth you have always known but never had the language for.

“This was not an interrogation. It was presence — a quiet willingness to remain with myself long enough for honesty to unfold.”



From Root Truth to I AM: The Declaration

Here is what I have learned, and what I want you to carry into this month: seeing your Root Truth is not the end. It is the threshold.

Because once a woman can name the belief she has been living from — I must earn my rest, I must keep everyone safe, I am only valuable when I am useful — she stands at a crossroads. She can continue living from that belief, now with full awareness of its weight. Or she can begin, gently and with extraordinary compassion, to speak something new.

This is the I AM statement. Not an affirmation pasted over pain. Not a performance of healing. But a declaration born from the deepest kind of self-understanding — the kind that comes only after you have been willing to stay with your own truth long enough to hear it.

When a woman who has discovered that her Root Truth is I must earn love begins to say I AM worthy of love that does not require my performance — that is not positive thinking. That is a woman rewriting the contract she never agreed to in the first place.

The I AM statement works because it does not deny the past. It honors the pattern. It thanks the belief for its service. And then it gently, firmly declares: I am ready for something truer.



A Practice for May: Meeting Your Root Truth and Speaking Forward

This month, I invite you to move through this practice slowly — over days or weeks, and even months, not in a single sitting. There is no timeline for truth. Things will arise when you may need to put this process to rest while you handle other things that come up in your life, that is ok.

Step 1: Return to your Five Whys.

If you completed the Five Whys practice in April, revisit what surfaced at the deepest layer. If you are new to this work, begin by choosing one pattern that repeats in your life — in relationships, in self-talk, in the way you hold your body, in your relationship with rest or money or purpose — and ask why five times, gently, without judgment.

Step 2: Name the belief.

When you reach the place where the asking grows quiet, write down the belief you find there. Begin it with “I believe...” and let the sentence complete itself. Do not edit it. Do not soften it. Let it stand exactly as it is.

Step 3: Sit with the Root Truth.

Do not rush past this. Sit with the belief for at least a day. Let yourself feel it fully — the recognition, the grief, the relief. All of it belongs. Journal about when you first learned this belief. Notice where you feel it in your body.

Step 4: Write your I AM statement.

When you are ready — and only when you are ready — write an I AM statement that speaks to the woman you are becoming. Not who you should be. Not who others want you to be. The woman you already are beneath the pattern.

Step 5: Speak it aloud.

Say your I AM statement to yourself — slowly, with your hand over your heart. You do not have to believe it fully yet. You only have to be willing to let it be true.

If your Root Truth is I believe I must carry everything alone, your I AM might be:

I AM a woman who is allowed to be held.

If your Root Truth is I believe rest must be earned, your I AM might be:

I AM worthy of rest that comes simply because I am alive.



Reflection Prompts for May

Set aside quiet time — with your journal, a cup of something warm, and as much stillness as you can gather — and sit with one of these questions this month. You do not have to answer all of them. Choose the one that feels most alive in you right now.

1. When you reach the bottom of your asking, what belief do you find there? Write it down without editing, without softening. Let it breathe.
2. How old were you when this belief first took root? What was the season of your life that asked it of you? Can you see that younger woman with compassion now?
3. If your Root Truth could speak, what would it say it has been trying to protect you from? And is that protection still needed?
4. Write an I AM statement — even a rough, imperfect one. What does the woman beneath the pattern know to be true about herself, even if she has not said it aloud

yet?

5. What would change in your daily life if you lived from your I AM instead of your Root Truth? Be specific. What would you say yes to? What would you finally release?

Remember: The page does not demand perfection. It simply holds space.



May Alignment Affirmations

Speak these aloud — slowly, with your hand over your heart — as many mornings as you are able this month:

I am not broken. I am patterned.

My Root Truth was formed by a woman who was doing her very best.

I honor the belief that protected me — and I give myself permission to outgrow it.

I do not have to earn the right to speak my own name with tenderness.

I AM more than the story I inherited. I AM the woman beneath it.

My I AM is not a performance. It is a return.

I am allowed to become the woman I have always been.



This Month's Alignment Actions

These are gentle invitations — not obligations. Choose what resonates and release the rest with grace.

- Complete the Root Truth practice above at whatever pace feels right. Some women will move through it in a week. Others will stay with a single step for the entire month. Both are exactly right.
- Write your I AM statement somewhere you will see it daily — a mirror, a journal cover, a note tucked into your wallet. Let it become familiar before it becomes believed.

- Share this letter with one woman in your life who you sense might be ready for this kind of honesty. Sometimes the most powerful gift is the quiet message: you are allowed to name what you have been carrying.
- Speak your I AM aloud once a day. Even whispered. Even with doubt. The speaking is the practice.



Community Corner

◆ *Your Voice Belongs Here* ◆

Each month, this space is an open door for your truth. If something in this letter — or in this season of your life — moved you to write, I would be honored to hold your words here.

Would you like to be featured in a future Community Corner?

Submit your reflection, story, or piece of writing to share with this community. Your voice belongs here.



Something New Is Here

✨ *The Return: Your Soul Has Been Waiting* ✨

I have been holding this close for a while now, and I am finally ready to share it with you: ***The Return: Your Soul Has Been Waiting*** is a podcast — and it is live.

This podcast was born from the same place as everything I create for you — from the understanding that we are not broken, we are patterned, and that the woman we have been searching for has been waiting inside us all along. Each episode is quiet, intentional, and honest. The kind of thing you put on before bed when the house is finally still and you have a few minutes that belong only to you.

In the first episodes, I share my own story — not all of it, because some of it is mine to keep — and we begin to walk through the very ideas you have been exploring in these letters: the patterns, the performing, the four bodies, the five whys, and the root truths that shape the women we become. New episodes release weekly, and *The Return* is available wherever you listen to podcasts, including Apple Podcasts and Podbean.

If you know a woman who needs a quiet place to land — who is tired of performing and ready to come home to herself — I would be so grateful if you would listen, subscribe, and share. Sometimes the most powerful gift we offer another woman is simply this: you are not alone in what you are feeling.



A Closing Word

There is a moment in the Five Whys — usually around the third or fourth asking — where the questions stop feeling like effort and start feeling like companionship. As if the practice itself has become a kind of friend, walking alongside you toward something you were always going to find.

Root Truth is that something. And the I AM that rises from it is not a new creation. It is the oldest truth about you — the one that existed before the patterns, before the protection, before the seasons that asked too much of a woman who gave everything she had.

She has been waiting for you to say her name.

And now, gently, with all the wisdom and compassion you have gathered along the way — you can.

She is not far.

She never was.

And this — all of this — is the way home.

I am honored to walk this road alongside you.

With love and steadiness,

Tammy Clair

Founder of Thrive by Design Women™ Alignment Method

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