

## Ep 36. How to Stay Motivated



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With Your Host

**Kym Showers**

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## Ep 36. How to Stay Motivated

I am Kym Showers, and this is *Reinvented After 40*, episode number 36: How to Stay Motivated.

Hey, friends. Welcome to *Reinvented After 40*, a podcast for all you women in the second half of life who are ready to take responsibility for your own wellbeing and create a life you love living.

I'm your host, Kym Showers, and after spending the first 40 years of my life people-pleasing and following all the rules, I was exhausted and ready for a change. I reinvented myself. I stopped outsourcing my happiness. And I've been brave enough to live a different kind of life.

I'll be here each week to help you do the same thing. It's gonna be fun. Let's go.

Hey, guys, how are you today? It's a beautiful sunny day over here at the beach. And I just got back from working out and actually running on the beach. That's kind of my new thing I've added. I work out with my trainer now on Monday and Thursday mornings. And I swim, I meet with her at 6:30, I swim for 45 minutes from 5:30 to 6:15. I take a quick shower. I put on my workout clothes. And then I walk out the door and there she is waiting for me. And I work out with my trainer. So, Mondays and Thursdays are awesome.

And then I also swim on Friday mornings and then on Tuesday and Wednesdays I just go work out, do my weights, and then I have added the rowing machine. And then I actually finish my workout, I drive to Avila Beach and run sprints on the beach. It's so much fun. And then on weekends I've been hiking the mountain. So, I have a good little mix now and I just really feel my body getting stronger. And I just love it, it's been awesome.

So today, this kind of leads me into what I wanted to talk to you about today. When I was running I had this idea for you. And it's how to stay

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motivated. I think I'm a queen at staying motivated. I don't know if it's just me, but I have always been very motivated. When I decide to do something I'm just all in. I go do it. I don't spend a lot of time in indecision or thinking I can't do it. I just go and take action and do it.

So that's what I want to tell you today is that if you have a hard time staying motivated it's probably because of your thoughts that you can't be motivated or that you're not motivated. You probably have ideas like that and those aren't useful for you. You can be consistent, and you can be committed and just with those two things, if you're committed and if you're consistent, and you really want something, you'll be motivated.

And also, I have the idea too that if you spend a lot of time in your past, if your brain is always bringing up your past, which our brains love to do, but you're kind of believing it. Everything good about your life was in your past and you don't have maybe that much to look forward to, that's all nonsense. I am for sure future focused. And I want you to start thinking about your future way more than you think about your past, especially if you're in the second half of life, oh my goodness.

I just think we're in the best position. I at 61, I literally feel like everything amazing is in front of me, everything that I've ever wanted is ahead of me. And I'm just in the middle of creating all of it. I remember when I was 20, I was just the most motivated 20 year old you ever met. And I mean literally I think I've been motivated at every decade of my life. But I do think it's my mindset and I do think it is the belief that I can do anything that I set my mind to. And I want to pass that belief on to you because I believe for you that you can do anything you set your mind to.

So just with that belief or that idea that you start practicing, that alone will be motivating for you. A lot of people will tell me, a lot of women will tell me, "Gosh, I remember back when I used to run every day, or I used to just love my body and feel so good in my clothes. And now I don't, and I just lost all

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my motivation.” And I’m like, “Well, you can get back that motivation, it isn’t gone.”

All it takes is a little shift in your thinking. And then in that shift in your thinking you’re going to have feelings of motivation like, wait a minute, if I knew a month from now I could feel better in my clothes and feel better in my skin, feel a little bit stronger if I just take a little action every day. What if I just started with a 30 minute walk every morning. If I knew that 30 days from now, or 60 days from now, or 90 days from now I could feel so much stronger, and so much healthier.

And just by taking that one action of walking 30 minutes every day, making that one commitment to myself, staying consistent with walking 30 minutes every day no matter what. If I knew that would open up all different kinds of possibilities for me and the way that I think and feel about myself then I would be motivated to do that. I would be motivated to get up every morning and walk for 30 minutes.

So that’s how I think. That’s why I’m so motivated and why I can make every single thing fun because this is it. This is my life. And I am so committed to living it to the fullest and doing exactly what I want, making all of my dreams come true, staying very consistent, very committed, very motivated every single day. And you also know that I just don’t burn out. I don’t run myself ragged. I do not. I hustle but I don’t work with a hustling panicky energy. I am just very steady. I’m just very consistent. I rest. You know I get my good eight and nine hours solid sleep every night.

I don’t worry about stuff. I don’t make everything, anything really a big deal. I take really good care of myself. I don’t expect anybody else to come and save me, no one. Okay, listen, women, I love this idea, no one is coming to save us. I am saving myself and you’ve got to save yourself. So, you’ve got to take care of you without making any excuses, without making yourself feel bad about it. You’re just like, yeah, I got me. All you people, don’t worry about me anymore. I’m going to take care of myself.

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So, if you want to stay committed, you want to reach your goals, you want to stay consistent, you want to stay feeling motivated every day, then I mean this is it. It's just the little secret. You just decide. You take small little steps, and you stay committed and consistent with those small little goals, those small little steps. You just have that I'm doing it no matter what attitude. And you don't ever let your brain talk you out of it. And if you hit a roadblock, you figure out a different way.

So, a lot of my clients, of course I see make so much progress especially in this area of consistency, of commitment and motivation. And a lot of it is because they have to show up and meet with me once a week. That is so helpful to have someone that you're accountable to. If you're not, if you don't trust yourself a 100%, even if you do trust yourself a 100%, it's so helpful to have someone you're accountable to. So that you can just touch base every single week and kind of report back, this is what I did this week and I'm so proud of myself.

And because I am such a good coach and I think I've been a coach since the day I was born. I have this ability to see possibility in every single person that I encounter. Every single person that I get to know I will probably be their very best cheerleader that they've ever met because I'm just like, "Oh my gosh. If you could only see what I see in you, what you're capable of." If you could see yourself the way I see you, it's just such a huge shift in your brain. Oh my gosh, your coach, every week gives you permission to see yourself in the highest light and what actually you are capable of.

And then not only can I give you ideas, I can even tell you how to take the first step. I don't know the exact how you're going to reach your goal, but I can tell you how to take the first step to the goal that you really, really, really want. I can tell you for sure how I've done what I've done, where I started three and a half years ago when I started my business. And I didn't know how I was going to get where I am today. I had no idea how, but I knew how to take the first step to get here.

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And then once I took that first step the light was kind of shown on the next step. And I just made a decision to take the next step. And then I made another decision to take the third step, and then the fourth step. And I just consistently with commitment kept doing the next right thing to build this business. And it wasn't so much about the business, it was more about who I was becoming as a I built my business, who I really wanted to be, what I was capable of.

And I knew with every brave step that I took I was stepping into the next highest, bravest, most confident version of myself just by doing that. That's what's so beautiful about setting goals, and being committed, and being consistent is because then we stay motivated. And motivation is my favorite feeling. I love it so much. I love to be motivated and it goes hand in hand with goals, consistency, taking the next step, being committed and then that's all wrapped up and it becomes motivation.

So, the exciting part, you guys, is who we have to become as a woman, who we have to become when we're reaching our goals. That's why future focused is so powerful, and so lifechanging, and so much fun. I know that most 60 year old women are thinking about resting, relaxing, maybe traveling. And I love all of that. And I intend on doing all of that as well as building my business and helping other women. And the only way I know I can do that is by trusting myself, and being coached every week, and staying motivated. And I know how to do all of that.

And that's what I want to pass on to you. What I've done lately, I'm so proud of myself and very excited about because I have all of these goals for the next 12 months. And this is what keeps me motivated, doing hard things. I just got my first prototype copy of my workbook back. I got it yesterday and it's so beautiful, you guys, it's for my clients, and for my group coaching program that I'm starting this summer. It's called Reinvented After 40: The Workbook. It's so beautiful and I'm so proud of it.

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I hired, she's a designer, a website, not a website designer but a book designer gal who's so talented and so amazing. And she's actually in my business mastermind. I've gotten to know her and she's just ultra talented and so helpful. And so, I hired her a couple months ago, I think I hired her maybe in February or so. I can't remember. But we've been working on this workbook together and it's been challenging of course for me, and the editing and all of that. I've learned so much. And I've grown so much in my confidence on how to do this just by doing it.

So that's where the consistency, and the bravery, and the commitment, and the motivation comes in. And now, guess what? I have a workbook, the Reinvented After 40 Workbook for all my clients. And I'm so happy about that. So, I have that. And then I also did something about a month ago or a few weeks ago, I hired my first VA, virtual assistant for my business. She's helping me with a bunch of tech stuff that I didn't know how to do. And I knew there was going to come a time when I would be ready to do that, and I have. And she's awesome. And she's helping me so much.

So, I've got all kinds of things going on. I also committed, there's another coach that I really wanted to work with for a long time. I thought she was way above my paygrade, and I hired her a couple of weeks ago, I applied. She opened up an application time to get to work with her starting in August for six months because she has such a waitlist. And so, I applied, and it was \$25,000 to work with her for six months. And I know I wanted so much to work with her, and I got in.

I just want to tell you this so that you know how committed I am, how future focused I am, how much I trust myself, how invested I am in myself, a 100%. I didn't pay the \$25,000 because I trust her so much and I'm invested in her so much. I paid the \$25,000 because I'm invested in me so much. And so, I don't even start working with her until the end of August. But I had to commit this early to get to start working with her at the end of August. And I'm just like, yeah, I am all in.



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So, I just want to inspire you today, encourage you today, motivate you today to be so consistent with your commitments, to yourself, not to anyone else, but to yourself, how powerful that is. And how exciting that is. And how actually this is the way, this is the how to create a life that you absolutely love living in the second half of life. There is nothing better and I am on fire, and I want you to be on fire too.

So, if you want to work with me for the next six months. I want you to go to my website and either purchase the group coaching package. And I will contact you, and we'll get going on that. Or purchase the one-on-one package and I will contact you and we'll get going on that. Let's set you on fire. Let's get you committed and consistent, and motivated for the next six months and let's create a life that you absolutely love living.

Alright my friends, I love you for showing up week after week and sharing this episode with your friends and with your family. And I want you to be committed, consistent and motivated this week. Just start today. Do it for you, you're so worth it. Alright, I love you, I'll see you next Thursday.

Thanks for listening to *Reinvented After 40*. If you want more information or resources from the podcast, please visit [KymShowersLifeCoach.com](http://KymShowersLifeCoach.com).