

Ep 53. Your Life is Better Than You Think



Full Episode Transcript

With Your Host

Kym Showers

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I am Kym Showers, and this is *Reinvented After 40*, episode number 53: Your Life is Better Than You Think.

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 friends, welcome back to the podcast. How are you today? I am just so excited about everything because I know that my life is better than I think, and I know that your life is better than you think and that makes me very happy just knowing that. Okay, first of all I'm celebrating today because this podcast is officially one year old. Happy birthday, happy one year old birthday to my podcast. Oh gosh, when I think about when I started, and I was so nervous about it. I had so many thoughts that were not useful for me about this podcast.

I was excited but super nervous at the same time. I didn't know how I was going to come up with new ideas week after week, but especially for a year. And here we are a whole year later, this is episode number 53 and as you know, there are 52 weeks in a year, so I did the math quickly in my head this morning. And I was like, "Oh my gosh, I've been doing this for a whole year, I am so proud of myself." I am kind of surprised by it actually. And I just think about how much growth I have experienced in this last year because of this commitment to my podcast, putting an episode out every single week.

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It has been just a challenge for me but in the best possible way. And like I told you last week, something amazing is happening. Something amazing is always happening. And what I'm going to remind you of this week and if you've never heard this before, I'm telling you for sure that your life is better than you think because our brains are geared to remind us on repeat that things are terrible, and we're not good enough and we'll never get our dream. That's what our brain is trained to do to keep us safe, to keep us not growing. Our brain loves to rinse and repeat.

So, to grow, and to expand, and to challenge ourselves takes motivation, it takes bravery, it takes us to push ourselves. I know I've told you this before but when I met Orangetheory, so I go two mornings a week to Orangetheory. So Orangetheory works at three blocks. So, we're either on the treadmill, we're on the treadmill for one block, we're on the rower, the water rower for one block. And then we're on the weight floor for one block. And we go either at our base pace, B-A-S-E, our base pace that we're comfortable at that we could do all day long.

Or we go at our push pace which is something that we do maybe for 90 seconds. We push ourselves, we go a little bit harder. We pick up heavier weights, we go a little bit faster, we just push, push, push ourselves until our coach calls time. And then we go back to our base pace. So that's what I want to tell you and I want you to start thinking about this. I want to teach you something about why your life is better than you think. I want you to know that everything around you is your circumstance. And you have practiced thoughts about your circumstance, that is your base pace.

If those thoughts are getting you where you want to go and you like the feelings that you get every day and if that's working for you then your base pace might be enough for you. But if you have this knowing in you that there is something more that you'd like to get more out of your life, that maybe your life is better than you think it is and you'd like to discover what that is, I'm going to call that your push pace. You've got to discover that.

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You've got to get out of your base pace and get out where it's uncomfortable and push yourself to find out exactly what that is.

For me that was starting a podcast because I had that in me for so long. I really wanted to start a podcast because podcasts were so helpful for me. I'm kind of addicted to podcasts. I listen to them all the time. And I'm super excited when I discover a new one that is really helpful for me. Maybe someone that's just different than anyone I've ever listened to before so that I can get my brain pushing itself to its limits to think some new thoughts that will be helpful and useful for me. That's what I'm talking about for you. I always know my life is better than I think.

And I want you to maybe challenge yourself with that thought, what if your life is better than you think? And all you have to do is get out of your comfort zone and push yourself to experience it and discover it like I keep doing. It's a very exciting way to think and it's a very exciting mindset to live in is to keep pushing yourself out of your comfort zone. Because amazing things are always happening, I promise you, especially in your life, especially in my life. We just have to discover what it is. We have to say yes to it. We have to be open to the possibility of it.

So, this week, actually two days ago I got two new clients in one day which is kind of spectacular and I celebrated all day long. I got two new clients in one day and that is amazing for me. And you know what? They seemingly came out of the blue. I wasn't expecting them. But actually, they really didn't because something always amazing is happening in my life. Every time I put out a podcast I reach a new person. Every time I put out a video on my Instagram I reach a new person. My life is better than I think. Something amazing is always happening.

This work that I do when I push myself, when I go beyond what's comfortable for me and I try something new, and I imagine my future self and I become her now I am going to reach new people and get new clients,

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and help more people, and keep expanding my influence. And you can do the exact same thing, but it takes a change in your thinking. It takes growing your imagination. It takes you getting out of your comfort zone and trying new things that your brain doesn't want to do. Your brain is in resistance most of the time.

And I want you to realize that, but you have to retrain your brain, overcome your brain, and think new thoughts. I think that's why you're listening to this today is maybe I teach things that you've never heard before, for a 61 year old woman. Maybe you're in the second half of life. I know most of my people are in the second half of life. You're the ones I'm talking to. I always get the best clients. My latest client is 49 years old, and I was talking with her yesterday on Zoom for the first time. She knows me because she's been following along for a long time.

But I didn't know her until I got on Zoom with her yesterday and found out that she's exactly where I was when I was 49 years old. She is my best client. She wants to make a change in her life, and she imagines that when she's 61 she can be living her dream life like I am. I have been the example for her of what's possible and she's 49. And she is throwing her name in the hat and saying yes to herself. And she is investing in herself, and she joined my latest small group because she wants to push herself out of her comfort zone.

She is at a base pace now that feels a little bit just comfortable but a little bit stale, and a little bit boring. And she knows there is more for her in her life to discover. She has a dream for herself, and she wants coaching to get herself there. And I'm 100% sure that we're going to do it together. She is going to create the exact dream life that she wants. She's just imagining it right now. And I'm going to teach her the tools to get herself there. I want to tell you that it's like when you say yes to coaching, when you say yes to getting into a small group of mine.

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I'm going to take you on a plane ride to Maui. And the plane ride is the container of the group, but your dream life is when we get to Maui, when you are experiencing the vacation, the beauty of Maui, of living in Maui. And so yesterday on just this 30 minute call I got to help her brain see what is possible for her when she's on the island of Maui. And that is worth the work to get there. That's worth paying the money for the plane ride to Maui.

So, when you're in your base pace like we do in Orangetheory, it's like your brain, and your mind, and your body have practiced a way of feeling every day, of thinking, and feeling, and showing up every day and our mind and body memorize these feelings. That's our base pace. And maybe you have a lot of self-doubt. Maybe you're a little bit bored. Maybe you feel a little bit resentful, or you suffer from a lot of self-doubt. That is what your mind and body have memorized all of these years.

But what I want to tell you when you retrain your brain you can get to more useful feelings that are going to put you in an active mode that you can't seem to get to now. When you are being coached every week, that's like your push pace. You are at a memorized baseline pace, but coaching will get you to your push pace that will get you motivated, and inspired, and excited every day about this new way of living. This dream life that only you can create. So that's what happened with me a year ago when I said, "Yes, I'm going to start this podcast."

I don't know how I'm going to come up with new material every week. I don't know, I didn't even know if I would get any listeners. But I just committed to doing this podcast week, after week, after week indefinitely. And here I am 53 episodes later with almost 40,000 downloads. I have an audience, it's you guys whoever you are out there who are interested in what I have to say, who are interested in my journey, who are kind of inspired by what I've said yes to at 60, last year at 60 years old, you guys.

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I'm a woman at 60 years old who dared to start a podcast. I didn't know who was going to be listening and I didn't even know how to look at who was listening or if anyone was listening for the first month. I didn't even know how to do that or if I could. And I remember when I first saw my stats and there were hundreds of downloads. And I was like, "Oh my gosh." That blew my mind. Who are you? There are actually people listening to what I have to say on my podcast, and it was so exciting and so motivating.

And now at 53 episodes, one whole year later, 53 weeks in a row I have put out a podcast, that's my push pace. I have grown. I have challenged myself. I'm so comfortable here now and I have almost 40,000 downloads. People have listened to my episodes 40,000 times. Can you imagine? So, this is what I show my clients. I'm the example of what's possible in the second half of life when you want to grow and become the woman of your dreams.

When you want to be so self-confident and grow your self-concept to a place where you don't live in self-doubt, where you just keep extending what you think your growth edge is. You're just like, "Yeah, I'm going to try that new thing." If I want to be an interior designer, if I have kind of a dream of becoming an interior designer but I don't know how, the how to take the first step, I don't even have the belief in myself. I'm here to tell you that I can teach you how to do that. Anything you can dream of, I can show you that all it takes is a belief in yourself to start.

And that's the most exciting life, your life is so much better than you think. Something amazing is always happening, you just have to know it, you have to believe it, you have to trust it. And then you have to take the first step to get there. I'm the example of what's possible in my world and I want you to know that you can be the example of what's possible in the second half of life in your world. You can create any single thing you want because your life is so much better than you think.

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Alright, I love you so much, share this episode number 53 with anyone that you know who needs a little inspiration, a little motivation, a little example of what's possible for you when you just shift your mindset a little at a time every single day, every single week, every single month, year, after year, after year, this is your one glorious, beautiful life and it's so much better than you think. Alright, I love you so much, have the best week and I will 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.