

Ep 67. You Be The One



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Kym Showers

[Reinvented After 40 with Kym Showers, Life Coach](#)

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I am Kym Showers, and this is *Reinvented After 40*, episode number 67: You Be The One.

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 going to be fun. Let's go.

Merry Christmas, everyone. Oh my goodness, it is almost Christmas day. You are going to be listening to this or this is coming out on December 22nd, but you know I'm recording this very, very early. So I'm calling this Merry Christmas to me. I am so excited for Christmas. I love Christmas, I make Christmas very, very merry for myself. So no one has to worry about me. I love that and I want you to start doing that too. You be the one to make Christmas amazing for you. You're truly the only one who can, I learned that a long time ago.

If I'm expecting anyone else to make Christmas merry for me, I'm going to be disappointed. So I know I won't disappoint myself and I want you to not disappoint yourself either. We have everything we need to have the exact experience we want in the holidays, and I love knowing that. I trust myself. I plan ahead of time. I love to think thoughts on purpose. I love to be the one to bring the merry to Christmas.

So a couple of things for you today. First of all I have a winner for my new Apple AirPods, thank you, thank you, thank you, thank you to all of you who

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follow, rated, and reviewed this podcast show, those of you that took the time to give me a five star review and then a beautiful review with your words. Just so many good ones. If you haven't read them, if you haven't gone to my Apple, the little purple app, the Apple Podcast app on your phone and you go to Reinvented After 40 to listen of course.

But if you go to the page and you scroll down past the latest, I think it's five episodes, there's five empty stars down there, you hit the fifth star of course because you love this podcast. And then you can check a box if you want to review it. And then you give me all the reasons why you're listening and how it's been helpful for you. So it helps other women in the second half of life find this podcast and that's very helpful for them and very helpful for me.

So the winner, because I did all these names and put them in a bowl and drew the winner out. It was as fair as I could make it. And she is called Smile for Me and You. So I don't know your name yet, but I want to know who you are because you are the winner of these brand new Apple AirPods. I will get them sent to you as soon as you send me your name and your address, but congratulations if you're listening to this and you're hearing this for the first time, you are the winner.

You are Smile for Me and You and your review says, "She's amazing. At 43 I've found myself trying to figure out where my life went as if it was over. I have known for years that I've been living my life taking care of everyone else leaving no time or energy for myself. Kym has helped me so much to change my thought process. Thank you so much Kym, for what you are doing for women who struggle with loving themselves." That gives me goosebumps and kind of chokes me up a little bit because you're exactly right.

This is exactly why I started this podcast. This is exactly why I started my coaching business because we find ourselves in the second half of life a

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little bewildered, and a little exhausted, and maybe even a little resentful, and a little lost, and not sure who we are, and where we want to go from here. And I'm telling you, you are at the perfect place, if you're listening to this podcast it's the perfect start. And I just love you all and appreciate the fact that we're all so similar.

And I found myself there as well and I have done so much work, so much self-help work, so much mindset work to get myself to a very beautiful confident place where I really truly am living the most empowered, the most intentional, the happiest joy filled strongest life that I couldn't have even imagined at 40. So you guys are on the right track, keep going, keep listening.

And also you have three days to sign up to be in my new year's group that starts in January 2023 still at half price. I am telling you, do not miss this. I am going to close it down on Christmas day but you're still in the mix. You still have the shot and I know your brain's trying to talk you out of it. But I'm telling you it will be the best decision you ever made, go all in on yourself, give yourself the Christmas gift of life coaching the first six months of 2023 and literally change your self-concept forever. Uplevel everything in your life change. Change all of your relationships. Be committed, go all in on you.

You are so worth it. You can make your life completely different by the end of the next year. So go all in now, give yourself the gift of life coaching for Christmas. Tell your husband. Don't even tell your husband, just make the decision on your own. Go to my website, kymshowerslifecoach.com. Purchase the package for you. You will get my beautiful, it's such a helpful workbook in the mail immediately. And then you can just get to work on yourself before our classes even start.

So these are your final few days before I'm going to have to close it down and the special offer will end. So you're worth it. I love you. You will be in a

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group of women just like yourself who are longing to uplevel your life for good and make all the changes in the second half of life.

And just join me in this tribe, this beautiful tribe of women that are so determined to lose weight, so determined to feel better about their relationships. So determined to get their dreams off the ground, to get maybe their brand new businesses off the ground, or to just double down on their businesses. Or to even start a podcast or a blog, or just whatever your dreams are, coaching helps make them all come true, I promise you.

So I am the one in my life that makes my dreams come true. I am the one in my life that just goes all in on myself. I am not waiting for anyone else to gift me anything. I keep gifting myself. So I just keep saying, Merry Christmas to me every time I go work out. Every single morning I work out. My body compared to a year ago is almost unrecognizable you guys. My body is so strong. I can do so many beautiful things that I was unable to do a year ago. And I thought I was in pretty good shape a year ago, but I doubled down on me.

So what you can create in a year with life coaching you guys, I really can't even tell you how much life coaching will help. You just have to believe in yourself and believe in the process and go all in, join my group and then we're going to get you off and running. You be the one to make that decision for yourself. Go all in on you in 2023. Just say, Merry Christmas to me and join my group.

And then also if you haven't heard, I'm having my first in person retreat at my home in Shell Beach, California. I don't have the dates yet as of this recording. But it will probably be at the end of April or some time in May. It'll be a two day retreat. The only cost to you will be lodging. And I have a lot of very reasonable hotels very close to my house because we live in kind of a resort community. But we're going to do it at my house, and I will have yummy food for you and we're going to have so much fun together.

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So that alone, I'm telling you, is worth the price of the six month coaching group, just to be able to come and spend this time together. You will be so motivated, so inspired just to keep moving forward in your life. We really can't do it alone. It's so much more fun to do it together. So come join my tribe and live the exact life that you know is possible for you. And if you've been following along on this podcast you know that's what I'm all about. I'm going to keep upleveling my life. I'm going to always go first, and you can see what's possible for you.

You keep going all in on you. You be the one that brings all the magic to your own life, all the power to your own life. It takes commitment, it takes courage, it takes consistency and then you're competent and confident. So all those beautiful ways of being, consistency is so important just every day, every day, every day to build a life that you absolutely cannot wait to get up every single morning to live. That is possible because I am doing it. I can't wait, ask my husband, every morning between four and five every single morning I literally jump out of bed.

I can't wait to get going on my life. It's a very intentional, powerful way to be at 61 years old and I am just doing it. And I want you to do it too. Second half of life is by far the best half of life. So come on, let's go. I want you to have the merriest Christmas. I want you to be the one to bring the joy wherever you go in the next few days. Whatever you're doing, you get to decide it's the best Christmas ever, you be the one. I love being the one. There's nothing more exciting than just counting on yourself. It's never outside of us, that's the best news ever.

Okay my friends I love, love, love you. Merry, merry, merry Christmas, happy holidays and I will talk to you next Thursday.

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