

## Ep 68. Best Year by Far



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With Your Host

**Kym Showers**

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

## Ep 68. Best Year by Far

I am Kym Showers, and this is *Reinvented After 40*, episode number 68: Best Year by Far.

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.

Hello, my friends and welcome back to the podcast. Hope your Christmas was as good as mine was. You know how I record this so far in advance, and you also know about me that I decide ahead of time how everything's going to go and how I'm going to show up and experience whatever is on my calendar. I prepare in advance. I already decide.

So even though it's December 16<sup>th</sup>, I'm telling you for sure I had a remarkable Christmas. And I can tell you that without even flinching, without a doubt because I create my future. I create my reality. I create my experience every single day by deciding ahead of time how I'm going to think, how I'm going to feel and how I'm going to show up.

So I hope that your Christmas was sweet, and rest filled, and joy filled, and full of love, and family, and all the things that you really wanted to experience. So you know how it is, if everyone else just shows up how they are, I'm in love with them either way. I'm going to be in love with them. So here we are almost, we are at the end of 2022 and on the cusp of a brand

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new clean slate of a year, truly my favorite time of year. I love this week. I love anticipating what I can create for myself in this brand new year.

So before I get to that I want to tell you that 2022 was my best year by far, the year I turned 61 in the year 2022, of all my years this was my most favorite year. I just created every single thing I wanted to create and then some. I upleveled my life in such a way that I'm just, I feel so proud of myself and so in love with all of my experiences this year. Everything taught me and I've learned a way, you guys, this is so good and so important.

I've learned a way to commit to myself and commit to my goals and actually see them all through in a very compassionate, loving, strong way, determined way, gritty way. I just have pretty realistic goals year by year. I have a big goal that I talk to you about by the time I'm 70. And then I just kind of chunk it down year by year. So I have a business goal that I set for myself every year. I have a health goal that I set for myself every year. And I have a relationship goal that I set for myself every year. And I'm pretty clear about each one of them.

And I have each of my clients do the same thing for the year ahead. So you know how I feel about goals. I love a goal. I think a goal is super important and really fun for us, if we make them realistic and if we chunk them down to a daily practice, a daily habit that we just build into our life, that we have a space for, we create a space for so that by the end of January we don't quit on ourselves. I never quit on myself, and I don't want you to either. So I've reached every single one of my goals, my little goals, and my goals in each of these categories. I'm so proud of myself.

I'm very inspired right now. And it wasn't even that hard, I promise you, it wasn't. I have my best friend is my brain and my worst enemy is my brain. Your best friend is your brain, and your worst enemy is your brain. And I know this and so I have learned practices, I have really good habits where I

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just override my brain. When my brain really tries to talk me out of my goals, and really the most famous thought is you'll never do it. Your brain offers you famous thought too, creates anxiety for us. And so then we're just, "It's not even worth it." And we quit on ourselves by January 26<sup>th</sup>.

But that's just not useful, of course we're going to do it, we'll always do it. We'll do it if we just don't quit. So my business goals, I'm so proud of myself. I'm going to tell you details in January about my business goals that I reached. But for now I just want you to know that you can create business wise when you're 61 whatever age you are. Don't let your brain tell you your age has anything to do with it, it isn't. Your age doesn't matter other than you can use it as your superpower. This is what I stand on. I stand on my age. I am 6 freaking 1 year's old and I have never been stronger.

My life gets better and better. I'm so in love with my life. I'm very much in love with myself in the best possible way and the only way you can be just madly in love with yourself where you offer so much love to everybody around you and so my life keeps getting better and I want your life to keep getting better too and goals will do it, self-love will do it. That's the way. So I'll tell you about my business goals later because I know that this coming year my business goal, I will absolutely reach it.

But what I am going to tell you right now is have upleveled my self-concept and I'm living on a different level than I was January 1<sup>st</sup> of 2022. So rounding out this 12 months I am living, I have been living on a different level and it took a lot of scary things to get here, to believe in myself, a lot of thoughts that I had to adopt and practice over, and over, and over. I had to invest a lot of money in myself. I wanted to be in masterminds with women that were making a lot of money, that had grown their self-concept in a way that they were stronger than me.

Their businesses were way beyond mine. And it took a lot of guts for me to put myself and to position myself in those rooms and I did. I'm the oldest

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one. Well, now I am making the kind of money that I was dreaming of when I joined the masterminds and I had started getting coached on a different level. And I surrounded myself with different women that were thinking higher level thoughts, more valuable thoughts than I was thinking. I had to learn how to retrain my brain. This is the power of coaching, I'm telling you.

So, you guys, I invested over \$50,000 in coaching this year to uplevel my mind, my emotional health, and the way that I show up every day for myself and for my clients. I invested over \$50,000 in myself, in my coaching, in my mind this year and I am a different woman because of it. So do not let your brain talk you out of coaching because of the money. I'm telling you, you will uplevel yourself in such a way, position yourself that you will think totally differently about money and therefore create so much more money than you're creating now for yourself.

I just want to blow your mind with that fact, that's a fact. So I have changed my entire mindset about money, about what I'm worthy of, what I'm capable of. And it's all because of coaching, so exciting. And so I'm super excited about my future. I have big dreams for myself by the time I'm 70. I will for sure be a millionaire all by myself, not created by what my husband is creating. Whatever money he creates is going to be separate from the money that I create. I am going to make myself a millionaire and I'm going to tell you why.

When women make money it is so good for the world. Women are the most generous people on the planet. You ask any non-profit organization who are the most generous people, we want more women making more money on this planet. So I'm going to be an example of that in my 60s. My husband has always made all the money in our family. And I have always just been so appreciative and so thankful for it. He is a great provider. He's so smart. He works so hard. He's an amazing example for me. But you know what I've really wanted to do?

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I have wanted to figure out how to make my own money and I didn't want anyone to give it to me. And I think I've told you this before, I decided, okay, who do I want to be in the second half of life? I want to be a really strong, rich woman who is capable of making a huge impact in this world. And I want to do it on my own. I want to figure out how to do this on my own and I'm figuring out, I could cry right now. I'm figuring it out, you guys, I'm figuring out how to do this on my own and it's the best feeling. That's why 2022 by far has been my best year. I'm so proud of myself.

And I want you to have this exact same feeling. So I had decided a few years ago, I'm like, "Wait a minute." If I had the choice of winning the lottery, let's say winning a \$1 million dollars on the lottery, having someone give me a \$1 million or earning a \$1 million, creating a \$1 million. Figuring out how to create a \$1 million, what would I choose? What would I pick? Well, of course the easy thing and I think most people on the planet would kind of mindlessly say, unconsciously say, "Well, gosh, I would have someone give me a \$1 million."

That's what our brain would offer us. But a conscious brain, and what I know now you guys, and what I chose five years ago when I asked myself that question and I keep asking myself that question. I would 100% choose to create it, figure out a way to create it because of who I have to become in the process of creating it. It is the most beautiful journey. It's the most badass journey. It's the journey that has grown my capacity to trust myself, grown my capacity to fail and get back up and try a different way, keep trying and never give up.

It has grown my capacity to love myself, and value myself, and value my time and know and trust myself. And know that I can figure anything out. It has given me so much confidence and grown my self-concept. So these are all invaluable. And I will keep doing it, I promise you, until the day I die. I will keep being a life coach for women in the second half of life so that I can help all of you who are 100% in on wanting something better for

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yourself and wanting to be in a room with women who want something better for themselves too.

And surrounding yourself with women who are not going to settle for less than that. I'm going to keep doing this because we're gaining momentum. You're following me because I know you're curious, I know you're interested. And one day, if it's not now, it will be one day soon, you'll be all in. You'll override your brain. You're going to go, "Doesn't matter what she's charging, I'm in. I'm worth it, I'm ready for a change." Because you guys, it really doesn't matter what I'm changing, it doesn't matter.

What matters is changing your mind about yourself and growing your self-confidence and upleveling your self-concept, changing all of your relationships but the most important one is the one with yourself. Just showing up in the second half of life, knowing you can create anything in your future that you want. You can have the exact life even more than what you could imagine right now, I promise, promise, promise you, you know that.

So this being December 16<sup>th</sup> but this episode coming out, I think it's, what is it, December 27<sup>th</sup>, the Thursday in between Christmas and New Year's, the best week of all. This being my best year ever, but I promise you, 2023, I'll be able at the end of that year to say the exact same thing because I will just uplevel. I have a new self-concept that I'm going to be working on and I will keep taking chances, and risks, and going all in on myself every day, every day, every day until I achieve my goals.

And I know for sure that I'll be sitting in this chair in front of this microphone the week before Christmas and New Year's of 2023 and telling you the exact same thing because when I set my goals, I reach my goal. So when I stretch myself, and I grow my capacity for new things, for challenging things, for hard things, I trust myself and build my days in such a way that I



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actually do create it. And so I like the idea of upleveling myself and staying there and not going back to the way I was.

So I never look to my past to create my future. I'm just starting now, and I am imagining realistically what I'm going to create for this next year for myself and I know that I'll set myself up for the win. And I want you to do the exact same thing. So okay, on the treadmill this morning I had this thought, you know how we always say, "Gosh, if I only knew then what I know now?" Well, I have this new thought, I don't need to go back to then to know what I know now. I only have to know what I know now to build my future. I know so much more now and that's so exciting for me.

So I look at my future self, what does she know in a year from now and the week between 2023 and 2024, what does she know that she can tell me now? So I'm her past self. So she can tell me all the things that she knows that's going to give me the courage to build my days, my weeks, my months, my years, my year, this coming year to create what I want. This is such good news and super exciting. So I'm not thinking of my past, I'm only thinking of my future right now and my future is very bright, so many good things ahead.

I've already set myself up. I've already made my investments and my commitments. And I'm really looking forward to what I'm going to create in the first quarter of the year. I have my big plan and then I'm going to chunk it down to quarters and then to months, and then to weeks and to days. So I'm really good at habits. I have my good habits. I'm going to talk to you about habits next week so you can look forward to that. And I just want to wish you the very, very, very best of the year that you just had. I'm wishing you the very, very best of the year ahead.

Thank you for following along on this podcast. Thank you for being part right now of my almost, I think I have over 55,000 downloads on my podcast, which is so cool, so fun for me. I love all my listeners out there.



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I've grown so much, and I challenge myself, and I keep showing up for myself and do I fail? Of course I fail a billion times, but do I keep getting back up and keep moving forward? Absolutely. So that's what I will always be an example of. I am the happiest girl on the planet always and forever. I love my happy life.

This was by far my best year ever and I hope that you can say the same thing, if not this year then for sure next year. And I just wish you the very, very best and I love you so, so, so much and I will talk to you the first Thursday of 2023.

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