

Ep 17. Make 2022 Your Best Year Ever



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Kym Showers

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I am Kym Showers, and this is *Reinvented After 40*, episode number 17: Make 2022 Your Best Year Ever.

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, everyone, happy New Year. Hope you're off to a good start. I am actually writing this and recording this early Thursday morning December 30th, 2021. It's my very last recording of the year, but it will be your very first episode to listen to in 2022. I am thinking about you this morning and I want to help you get off in the right mindset, headed in the best direction, at a slow, steady, confident pace. I love a new year. It feels so fresh, and free and fun, like a clean slate, and a do-over, and a wide open space full of potential.

I am a different woman today than who I was the same time last year. 2021 was an extraordinary year for me. I turned 60 in 2021. I hired powerful coaches in 2021. I doubled my revenue in 2021. I joined a mastermind. I started a podcast in 2021. I set big goals for myself, and I reached them all. And everything I had to become and accomplish to reach my goals changed me. This is the whole purpose of making plans and setting goals at the new year. We must step into a higher version of ourselves to accomplish them.

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I love making plans, and deciding new disciplines, and creating a different rhythm. I love being creative. I trust myself. I get specific. This year 2022 will have a different personality and I'll have a different relationship with it than I had with 2021 because I'm different. I think differently about myself than I did last year. I think differently about what's possible for me. I think differently about what's possible for all my relationships, and for my business, and what's possible for my health and for my life.

Because I lived very intentionally this past year I have opened up an entire new way of seeing things, and thinking about things, and feeling about things. I have grown. I have evolved. I have changed on purpose. It hasn't been always easy but it's always worth the work, the payoff has been huge for me. It's extraordinary and has given me the exact life experience that I want. I created forward momentum. I'm in a groove writing and recording this podcast for instance. It's no longer a dream or a someday goal but it's a reality.

I am now a podcaster, it's who I am and a part of my weekly life. It's growing my confidence, and abilities, and expertise. I started before I was ready. It was on my list for 2021 and I made it happen because I'm someone I trust. I always want to be someone I trust. It's the most important thing to me, to tell the truth, to be impeccable with my word, to show up for myself. The more I work on my relationship with myself the more positive impact I have in the world.

The truth is actually doing the podcast now takes less mental and emotional energy than all my years of dreaming about doing it and talking about doing it. And then feeling ashamed of myself and disappointed in myself for not doing it. If you have the one thing that you really want to do just start doing it even when you're not ready. You get ready by actually doing it. Don't be good at it, just do it, it works. It's a good philosophy to have going into a new year because we're never in a hurry. There is never a rush.

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There is zero pressure on the wide open delightful space that we call a new year. It's whatever we want it to be. Your year won't look like mine, don't compare it to mine. Dream up something magical for yourself and get to work creating it. If you want different results this year you need to think different thoughts. Everything you do is because of the way you think. Your circumstances are neutral, your thoughts create your feelings. Your feelings drive your actions. And your actions determines your results.

It really is that simple. If you want to make a change in your life you must begin with your thoughts. This is the very best news I can give you. You may not be able to change your circumstances, but you can always change your thinking. Let this year be the year of change. Finally let this be the year that you set your intention and you do the work to see it through. Let this be the year that you keep your promises to yourself. Let this be the year that you stop talking about it, stop worrying about it and you just get to work doing it.

Anything you can imagine you can become, anything you can dream up for your life you can create. You have everything you need right this minute to make any dream come true. Maybe you don't believe it. Maybe you think you're too old, or maybe you think you're too young, or maybe you think you're too stuck. Maybe you think you've made too many mistakes, or you think you're not smart enough, or you think you're not creative enough. Maybe you're worried about what other people might say or what other people might think, or what other people might believe.

I'm here to tell you none of that matters, not one bit. Your one and only life is your one and only life. This is it. This is all you get, and you can do with it anything you want. A year goes fast. Decide right now that 2022 will be the year you change your mind and start something new. Pick one thing, you want to focus on it and then go all in. Create a plan, write it down, put it in order. Don't let your brain talk you out of it. Don't let other people's opinions talk you out of it. And do not make excuses ever.

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Do something each day that will move you closer to that dream. Plan on it not being easy and do it for your sake alone. Do it because you believe in you. Do it because you honor yourself. Do it because you love yourself. Do it because you don't want to waste another day of your life living small and waiting on someone else to change, or waiting for permission, or waiting for your kids to grow up, or waiting for your money problems to disappear. You have control of you and that's it. You can change you. Nothing else has to change for 2022 to be a beautiful, amazing year for you.

Changing you is going to be the best thing you've ever done. Trust me. What do you want? Do you even know? Have you ever asked yourself that question and sat with yourself long enough to get a clear answer? If not do it right now. Decide what you really want and get to work getting it. I have the tools to help. I coach women who want to live their very best lives. Make 2022 your best year ever.

You've been given one full year which equals 12 months, which equals 52 whole weeks, which equals 365 days, which equals 8,760 hours, which equals 525,600 minutes. It's plenty of time to get what you want. I promise you I'm going to get exactly what I want. I know how to do it and I'm committed. I know what I want. I had new goals. I don't have the same goals in this new year that I had last year because I already reached my 2021 goals. I'm not rinsing and repeating. Everything I wanted last year I created for myself.

So I had brand new goals for 2022. This year I'm going to publish my first book. This year I'm going to double last year's revenue. This year I'm getting back in the swimming pool and swimming laps twice a week. This year I'm going to be more spontaneous and have more fun. I'm calling this year the year of yes, yes to all the fun. This is my intention and my plan for 2022. And I'm already off to an amazing start.

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We decided spur of the moment yesterday to go to Lake Tahoe and ring in the new year in the snow. We're piling in the cars with our kids and our grandbabies and headed out first thing in the morning, spontaneous and fun. And mind you, we are now beach people. We are not snow people. I had to run out yesterday afternoon and scour the town for snow gloves. I think we're going to be cold, but we got lucky and rented a beautiful house, and plan on making some super fun memories and doing a lot of laughing, and taking a lot of pictures, and building a lot of snowmen with Goldie and Dolly.

It's going to be perfect. It's the first spontaneous and fun thing I'm doing in 2022. And I plan on adding to it. I can't wait. How fun is that for a plan? I'd love to help you make a plan for your year. Dream big, everything you can imagine you can create. I can help you do it. Hire me to be your life coach in 2022 and let's get to work on making your year your best year ever.

I'll leave you with my most favorite Mary Olive quote. When it's over I want to say all my life I was a bride married to amazement. Let's be in love. Let's be in amazement, and in wonder, and in excitement, and intention. And power this year my friends, it's already the best year ever and we're just getting started. Have a very magical week. I love you for listening and sharing this podcast with your friends and I'll see you next time.

Thanks for listening to *Reinvented After 40*. If you want more information or resources from the podcast, please visit KymShowersLifeCoach.com.