

## Ep 30. 30 Thoughts Successful Women Think



### Full Episode Transcript

With Your Host

**Kym Showers**

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## Ep 30. 30 Thoughts Successful Women Think

I am Kym Showers, and this is *Reinvented After 40*, episode number 30: 30 Thoughts Successful Women 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, everyone, welcome to episode number 30. Can you believe it? 30 weeks in a row. I am so proud of myself. I did this thing that three years ago was just a big old dream, one year ago was a goal. And 30 weeks ago, I had to overcome so much self-doubt and start it. And I did, 30 podcast episodes so far. And 10,000 downloads. That's so incredible. That's because of you guys. This is such a successful podcast. I am doing it. We're doing it.

One big thing I really wanted but was so terrified I would never actually do was start a podcast. I was afraid I would let myself down, but I didn't. I started the show before I was ready all because I changed my thinking. I know how to think thoughts that serve me. I know how to overcome self-doubt over, and over, and over and step into my highest self all because of coaching. Coaching keeps getting me where I want to be. I get coached every single week.

I have been committed to being coached every week for the last four years. And I have created more success for myself in the last four years than I have in my entire life. I will get coached every week until the day I die,

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that's a promise. That's how much I believe in it. Coaching helps me overcome all my limiting thoughts, all of my limiting beliefs. Limiting thoughts are the only thing between me and my big successful goals.

When I can see what they are and go through the work of letting them go and then picking up and thinking more useful thoughts instead, I get what I want. That's how it works. The only difference between a successful woman and an unsuccessful woman is the way that she thinks. So, you know me, I love thinking about thinking. I love thinking about thoughts. I am so curious about the way women think.

So today I typed out 30 thoughts that I think on purpose and all my successful friends think on purpose. I actually have of course many more than 30, but 30 is my theme for today so I'll stick to it. For my 30<sup>th</sup> episode, my 30 thoughts. These are the ones that are the most familiar, and the most useful, and come quickly as I think about them. I think a lot of thoughts, and some are useful, and some are not. I want you to know that you think a lot of thoughts, and some are useful, and some are not.

The practice is to look at our thoughts, find the ones that are not useful and replace them with the thoughts that are useful. It's a practice and a process that helps us create a life we love living. I'm successful now because I keep practicing successful thoughts. When I get a result I like I identify what I was thinking that created that result for me. I adopt that thought into my beliefs because I have found evidence to prove that it is a successful thought because it gave me a successful result. So, these are the thoughts that keep creating results that are successful and thrilling for me.

Thought number 1, if you want it go get it. Thought number 2, done is much better than perfect. Thought number 3, money is easy and fun. Thought number 4, work, rest, play, repeat. Thought number 5, if I'm not failing I'm not trying. Thought number 6, fear is welcome, just not the boss. Thought number 7, I always know what to do. Thought number 8, I'm the only one

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who knows what's best for me. Thought number 9, I make my own luck. Thought number 10, the only way I'll fail is if I quit and I'll never quit.

Thought number 11, it's not a problem. I actually love that thought, I think it all the time. My brain always wants to make something a problem. I counter it with it's not a problem. Thought number 12, we're never in a hurry. Thought number 13, my life experience is up to me. Thought number 14, it's okay if people are wrong about me. Thought number 15, I can't make a bad decision. Thought number 16, I can figure anything out. Thought number 17, there is more than enough success for all of us. Thought number 18, it's not better there than here.

Number 19, I teach people how to treat me. Number 20, I'm an example of what's possible. Thought number 21, work at a steady pace and head in the right direction. Thought number 22, I always do what I say I will do. Thought number 23, show up and keep showing up. Thought number 24, the past won't get me where I want to go. Thought number 25, plan ahead of time and stick to the plan. Thought number 26, there's no pressure, trust yourself. Thought number 27, do it with confidence and do it with love.

Thought number 28, I can make everything fun. Thought number 29, early to bed, early to rise. And thought number 30, it's simple, don't make it complicated.

Aren't those amazingly fantastic? Those are so powerful and those are very successful thoughts. These are my most useful, my most empowering thoughts. The thoughts we think, you guys, become the life we live, become the house that we live in. What goes on in our minds on a daily basis matters more than anything else. Successful women don't wait for life to deliver the success. Successful women go and get it. We go and we make it happen by the things we believe. These are 30 of my favorite thoughts but I'm a collector of powerful thoughts, powerful thinking.

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I'm always open to new ones that I haven't even practiced thinking yet. I surround myself with successful women and pay attention to the way they think, the way they work and the way they live. Successful women have a distinct way about them, and I'm always intrigued and I'm always curious. I obviously like to change, and grow, and become the highest most successful version of myself and this is how I do it. I think thoughts on purpose that make me successful. It's always up to me.

I decide what to think and what to believe. And I create momentum for myself, and for my business, and for my life. Thinking these thoughts and believing these thoughts are completely lifechanging. If you want to reinvent yourself, start thinking these thoughts on purpose every single day until you believe them and find evidence all around you to prove them true. There are so many amazingly successful women in the world that I am completely inspired by, and curious about, and I'm drawn to.

I love a good success story because I know it took some powerful thinking, and emotions, and actions to create that success. I want to know what it is. It's been so helpful for my own success to pay attention to other successful women. It's always to our benefit as women to learn from each other, and borrow thoughts from each other. I have a few extraordinary examples of famous successful women for you today and the way that they think.

The first one is J. K. Rowling, the British author of the Harry Potter series. This is her thought on failure, and I love it. Failure meant a stripping away of the inessential. I stopped pretending to myself that I was anything other than what I was and began to direct all my energy into finishing the only work that mattered to me. Had I really succeeded at anything else I might not have ever found the determination to succeed in the one arena I believed I truly belonged.

So, despite having her fair share of obstacles and rejection when she was trying to publish her first book, Harry Potter and the Philosopher's Stone, which became Harry Potter and the Sorcerer's Stone. Soon enough J. K.

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Rowling managed to break through her publishing barriers and successfully launched her book series into films, and merchandise, and even adventure parks. J. K. Rowling is now a billionaire.

My next successful inspiration is Sara Blakely. She is the founder of the Spanx brand. These are her thoughts on fear. Don't let what you don't know scare you because it can become your greatest asset. And if you do things without knowing how they have always been done, you're guaranteed to do them differently, and uniquely, and in your own way.

So, with little to almost no money to jumpstart her now billion dollar business, Spanx founder, Sara Blakely faced rejection after rejection from almost every investor she sat down with. It wasn't until Oprah Winfrey publicly endorsed Spanx that her company started to take off. And now Sara Blakely is a billionaire.

So, let's look at what Oprah Winfrey thinks. Here are some of her most successful thoughts. If you undervalue what you do, the world will undervalue who you are. Doing the best at this moment puts you in the best place for the next moment. Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. The thing you fear most has no power. Your fear of it is what has the power.

Facing the truth really will set you free. Surround yourself only with people who are going to take you higher. You don't become what you want, you become what you believe.

And then let's look at tennis champion, Serena Williams thoughts. I don't like to lose at anything. Yet I've grown most not from victories, but from setbacks. Everyone's dream can come true if you just stick to it and work hard. You have to believe in yourself when no one else does. It doesn't matter what your background is or where you come from. If you have dreams and goals that's all that matters. I really think a champion is defined

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not by their wins but by how they can recover when they fall. Victory is very, very sweet, it tastes better than any dessert you've ever had.

If I don't get it right I don't stop until I do. Overpower, overtake, overcome. If winning is God's reward then losing is how he teaches us. Every woman's success should be an inspiration to another. We're strongest when we cheer each other on. Serena has won 73 career singles titles, 23 doubles titles and two mixed doubles titles. This includes 39 grand slam titles, four time Olympic gold medalist. Has won over \$94 million in career prize money, more than any other female athlete.

I can tell you for sure about Serena Williams is that she thinks very powerful, successful thoughts and that's why she is such a champion.

And my last but so much not least example of a successful woman who I know has brilliant thinking and brilliant thoughts that she shares with us all the time, and so many of my thoughts have come from Brené Brown. She is a successful author of many books on vulnerability and leadership, and I've read every single one. So, she thinks like this. What's the greater risk? Letting go of what people think, or letting go of how I feel, what I believe, and who I am?

I don't have to chase extraordinary moments to find happiness, it's right in front of me if I'm paying attention and practicing gratitude. When I see people stand fully in their truth, or when I see someone fall down and get back up, and say, "Damn. That really hurt, but this is important to me and I'm going in again," my gut reaction is, what a badass. Talk to yourself the way you'd talk to someone you love. Imperfections are not inadequacies, they are reminders that we're all in this together.

You either walk inside your story and own it or you stand outside your story and hustle for your worthiness. I want to be in the arena. I want to be brave with my life. You believe what you think so pay attention to your thoughts and think thoughts that will benefit you.

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So, the thoughts that you think my friend, become the life that you live. If you want to be successful like all of these successful women in every area of your life you absolutely can be. You can be successful in your relationships. You can be successful in your business pursuits. You can be successful in your health and your personal life. If you change your thoughts one at a time, borrow any of these thoughts I've offered you today that feel the truest and the most powerful to you and align with your values.

Drop any thoughts that feel terrible and are not serving you. Successful women think successful thoughts. Successful women think intentional thoughts that keep them motivated, and keep them determined, and keep them moving forward. Successful women know how to manage their minds, know how to manage their emotions, and know how to believe in themselves so hard that they take the actions to create their own success. Success isn't just for other women, you guys, it's for you. You are the one. Success is available to you too.

You have already created so much success in your life and may not even realize it. Maybe you don't see it and take credit for it. So, let's start there. Start by owning everything you've already created that is successful. Give yourself credit and know that it was your particular way of thinking that made it successful. We are in the first week of the second quarter of the year already. How are you doing with your goals? Are you on track?

Whatever you are wanting to create this year by the end of 2022, I want you to overcome any self-doubt by intentionally thinking successful thoughts. This is the ultimate secret. You can have anything you want if you stop thinking that you can't. There is nothing that is for other women and not for you. Your brain just made that up. It's never been true and it's time to stop believing it because everything you want is for you.

Coaching is the sure way and will get you the exact success you're wanting. This is what we do in coaching. You never have to wish things were different. You simply choose to make them different. If you want to



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think about yourself as you never have before, hire me to be your life coach for the next six months and we'll both get to work on your life and in your life, making your 2022 goals a successful reality by the end of this year. You'll be so proud of yourself.

And if you know someone who will benefit from this podcast, please share it. And if you find it helpful and useful, rate it and review it on Apple iTunes because it helps me so much and it helps other women find me. So, you guys, cheers to my first 30 episodes and to many, many more. And cheers to you my lovely listeners for showing up week after week and for 10,000 downloads. Wow. Wow, wow, wow. I love, love, love you and I hope you have your most successful week ever. And I will for sure 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).