

Ep 99. Reliability and Enthusiasm



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Kym Showers

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Ep 99. Reliability and Enthusiasm

I'm Kym Showers and this is *Reinvented After 40* episode number 99, Reliability and Enthusiasm.

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 back to my podcast, episode number 99. I mean, come on, 99 weeks I have put out an episode of this podcast. I am so proud of myself. I'm so happy that you have showed up every week to listen, and I've gained a lot of new listeners, so welcome if you're new to the podcast. I'm so happy you're here. I'm right at 100,000 downloads. And I just am living my best life. I'm living my dream. I am telling you, this is incredible.

If you're a woman in the second half of life, which most of you are, I get it. This podcast is for you, it's for us. I'm 62 years old. I'm in the second half of life. And I am creating the exact life that I want to live with reliability and enthusiasm. If I am anything, I am so reliable and completely enthusiastic most of the time.

So I was reading James Clear's newsletter that comes out on Thursdays. And this week's he had this little excerpt on reliability and enthusiasm. And I was like, "Yeah, that's what I'm going to name my 99th episode because it's so good." So I'm just going to read to you what he said. If you don't get

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

Ep 99. Reliability and Enthusiasm

James Clear's Thursday newsletter. I have told you several times, sign up for it because it's just so worth it. I get 1,000 emails, I mean so many emails every day and I usually just delete 95% of them. But I really look forward to Thursdays and this particular email.

So he says, "Being good at what you do is partially about competence, but not exclusively, two other things matter, reliability, you do what you say you're going to do on time and as expected. And also enthusiasm, you're excited to be here and eager to work on this problem, so skills matter but in many cases it's your reliability or attitude that separates you from the pack." It's so important to do what you say you're going to do. Consistency is so powerful when you're living a life just doing the things every day that give you the results that you want.

I am so consistent with all the things that I need to accomplish and one of them is this podcast. I think I told you this before, it might have even been last week or the week before. But I remember when I started it and I really, it was overwhelming to think that I could come up with 100 episodes. So my 100th episode will come out next week and they're doing a best of. So that will be fun. That will be super fun to listen to. And I'm sure I'll learn some things and you'll learn some things. And we'll just have a big old party.

And I want you to know, first of all, I'm giving away three pairs of AirPods Pros if you follow, rate and review the show starting next week. I'll give you direct instructions next week, clear, because I don't even really know what they are. I'm not quite sure how we're doing this, but my podcast team knows. So I've got to figure that out.

But I am recording this episode, you guys, episode number 99 in my hotel room in Nashville, Tennessee on the 21st floor of my hotel. And I have this beautiful view outside my window of all of downtown. It's so spectacular at night. I just finished a super long day. So it's Wednesday. I don't even know

Ep 99. Reliability and Enthusiasm

the date, what is it, July 26th that I'm recording this. And I have such a good attitude. I have so much enthusiasm right now. I'm feeling very tired but that really good kind of tired.

I'm at my 200K Mastermind. And let me tell you a little bit about this mastermind and the people in it and the energy here. The whole reason, I mean that I get in this mastermind every six months, this is my third round of a six month business mastermind to just learn how to be a very successful, very confident entrepreneur. And so I am growing my skills as a life coach, which I feel like, oh my gosh, I am not just a life coach, I have gotten so good at coaching, so confident at coaching.

And then with this business mastermind, I am just growing my skills as an entrepreneur, as a business owner of a very thriving growing business. I've had to learn the skills to do both. I have to know the business side. I'm running the business side because it's just pretty much me right now and I'm also a coach. So I've been learning and growing. I'm always a student. And it's just been so much fun for me, and it's been extremely challenging, but I liken my challenges to fun, it's so fun.

I can't imagine if I hadn't started this business five years ago what I would even be doing now at 62. If you're 62 years old, you've got to start a business. If you're bored, if you don't have any direction, if you're feeling like you don't have a purpose in life, you've got to start a business, start a podcast, I'm telling you. This has been the journey of a lifetime, especially in these last 99 weeks because these Thursdays come around pretty dang quick.

And I've gone from someone who had to write out her podcast word for word to a podcaster who sits down with her microphone and her laptop in a hotel room. And just imagines that you guys are all here sitting with me and I'm just talking to you. And I can do that pretty easily now. It's just added so much joy. It's challenged me. It's expanded me. It's been so good for my

Ep 99. Reliability and Enthusiasm

brain, it keeps my brain sharp. It has definitely grown my enthusiasm. It's grown my confidence. It's proved the power of consistency of doing the thing you say you're going to do and showing up for yourself in your life.

So the first thing you've got to do though, if I'm inspiring to you, I want you to know, everything that I have in my life is 100% possible for you. So that's the power that we all have in our own lives. We don't ever have to feel like that's just for her, I would love to be able to do that, but I could never come up with anything to say. It would be super fun to start a podcast but maybe I lack the consistency. Maybe I lack the enthusiasm. Maybe I lack the self-trust.

Maybe I lack the skill but remember what James Clear says, "It's not so much about the skill, it's about the enthusiasm and the consistency and then you gain the competency." That's just how it works. But anybody, anybody can build these skills with practice. You can be so disciplined and be so committed and clear about what you want that you will commit to it in a way that you will show up and do it every single week. You just start doing it and you just never stop, you never quit. And then all of a sudden you have a body of work.

You have a thriving podcast that has over 100,000 downloads, that you have 100 episodes, you have a growing business, you have a thriving business. You have so much confidence, so much belief in yourself. Another thing that the business has afforded me, my business, first of all, I have such a good relationship with my business. I'm so in love with my business. I have never put any pressure on my business. She is here for me to love, to enjoy, to support, to be consistent with, to show up in.

She's just such an extension of me, my business is, and I just love my relationship with my business. There is just not ever a heaviness or ever a feeling like I don't want to do it. I'm so passionate, you guys, about what I do. I love coaching. I'm passionate about my clients. I'm passionate about

Ep 99. Reliability and Enthusiasm

serving them and helping them create their results. And I am absolutely in love with the business side of my business. I love being a business owner. I love being an entrepreneur and the boss of it and the CEO of it.

So I have become such a good decision maker in my business. So can you imagine what I'm going to create in the next 20 years, in the next 30 years, in the next 40 years? That's what I'm talking about. That's how I think about it. I have so much enthusiasm for my life and my business, actually for myself and everything that I am living for, everything I'm focused on, the reason I get up every morning. I love that my business affords me the ability, the capability, the capacity to do hard things and it's very challenging.

And I've just grown to love and look forward to challenges. And it affords me the ability to put myself in \$25,000 masterminds where I am just surrounded, I think there's, I don't know, I was trying to count this morning, there's probably, I would guess maybe 200 people in this mastermind, mostly women, a few men. All are coaches and you have to make \$25,000 to even be able to apply to be in the mastermind. And then you have to prove that you've made your money back within the six months.

So since I joined this mastermind I have almost tripled my income. That's the power of putting yourself in a room of people who are doing big things and thinking bigger thoughts than you've ever thought before, than I've ever thought before. So I just keep borrowing powerful thoughts from people who are making \$400,000 a year, \$500,000 a year. So I get to be, hang out with people who are coaches doing what I'm doing and pick their brains and hear how they're doing it. It's so powerful and so exciting, you guys.

And I can tell you for sure there's no one here that loves her business and loves her life more than me. And like I always say, I've met a couple of 60 year old coaches, a couple of beautiful 60 year old women. And I know there's plenty of coaches in their 50s here. But I haven't met anyone 62 or

Ep 99. Reliability and Enthusiasm

over. So I'm betting that I am the oldest one here. And I actually went up to the mic yesterday and got coached by Stacey Boehman who is the big coach. She makes, I don't know, she's a \$10 million a year coach. And she is phenomenal at training us in business and in selling and in marketing.

And I've just learned so much from her. This is my third six month round that I have spent. And I have up-leveled my business self-concept at least 10 times or 100 times since I joined this business mastermind. It has been so good for my brain, so good for just the way that I see myself as a business owner, it's been so exciting for me. And I have felt so supported and very well taught. And it's just been an extremely good decision for me to be here. So very brave of me to do it and all it is, is I just went all in on me and my business.

I have just taken so many chances and risks that have felt like exactly the right thing to do. So I just go out on the ledge just like I told you last week and I am just scared and I do it anyway. And my life just keeps getting better. So I'm so thrilled to be living the life that I have. I'm so thrilled to have learned the skill of consistency and what that means for me and the results that I create because of it. Because, of course, it matters not only in business, it matters in every area of our life to follow our schedule. If you put it on your schedule you do it no matter what, you just become the boss of your brain.

Remember, there are useful thoughts and there are un-useful thoughts. And then we just get good at sorting those out and we can actually create the exact results we want when we are thinking the useful thought that will create the feeling and the action that will give us the result we want. That's where the consistency comes in. The consistency is on the action line. We're just consistent taking action on the thing that produces the result we want, that creates the success that we want at the end of the day in whatever area of your life you want.

Ep 99. Reliability and Enthusiasm

And if you're a woman in the second half of life, I just want you to know the only thing in your way is your thoughts. So we just get really good at thinking intentional thoughts, creating new ones, creating better thoughts, more useful thoughts for you so that we can get you unstuck. We can get you on the right track with consistency, commitment and consistency, a lot of clarity on what you want. And then the belief that you can have it all. I mean, I'm an example of that.

You can have a very strong healthy body if that's your goal with consistency and enthusiasm. And enthusiasm is a feeling as well. Consistency is an action, but also consistency is a feeling. I feel like a very consistent woman. I am a very consistent woman, I embody that. That's who I am. I am so reliable. You know anybody in my life feels safe with me because I always do what I say I'm going to do. But most of all, I feel safe with me. I am someone I can trust and that matters to me the most.

So it's so fun to become that woman, the woman you've always dreamt of becoming, a woman who's enthusiastic about her life, about herself, about her people, about her business, about her future. We have such a robust future ahead of us at 62 or at 52 or at 42 or at 72 or at 82. We have so much to look forward to. So that's what gets me up every morning, so we can build a robust business, we can have a robust future. We can develop the skill of being able to create that feeling of enthusiasm about our life every single day. I know how to do that.

I'm enthusiastic every single day about my life. It's incredible. It's an incredible way to live. It has been a layering project for me, like a scaling, like a growing, a scaling. And it's like tiers, it's like steps. It's like a staircase and tiers and we just keep moving forward. So I was so proud of myself last week, I got some kind of flu, I got a virus last week. So I just discovered I'm so reliable and so consistent no matter what.

Ep 99. Reliability and Enthusiasm

So I showed up every day for my work and that was basically it. That's all I could do, but I rallied every single day and I focused. I rallied and I got all my work done but that's all that I did. I didn't do anything extra last week. I didn't work out. I worked out one day last week. I can't even remember the last week that I had that I had only worked out one day. It was totally fine. I just needed to rest and work and that's what I did.

But I was thinking about how strong my mindset has become compared to my Kym Showers 10 years ago, five years ago, even three years ago, even last year. My mindset keeps getting stronger and stronger. It's so tough in that I am so laser focused, I'm very clear about what I need to think about, what I need to get done, what's important. I have very little drama about any of it. And I just remember the days when I would get sick and I'd have so much drama around everything that I couldn't get done. And I didn't have any of that last week.

I just managed my mind and my emotions in such a way that I got myself well and I got all my work done. And I had a very packed week with work last week because I knew I was going to be gone this entire week. So mindset work works, it all works. And being a woman in the second half of life, learning the skill of managing your thoughts and emotions will be the best skill that you will ever practice, that you will ever learn.

When you learn how to stop all the drama in your brain, even when your brain is trying to create drama because my brain tries to create drama. And I'm like, "No, we just need to calm down. Everything's fine. There's not a problem here. Nothing's a problem." And then just not react, but just respond to whatever the day looks like, even when we're sick, even when we so called have a lot to do. We're just kind of unbothered by it. I just took care of myself, I got my work done and I got well. And it took me a few days, but it was totally fine.

Ep 99. Reliability and Enthusiasm

And then on Sunday, I packed up my suitcase and Monday morning I flew to Nashville and I'm 100% here. And I'm just having the best time. I'm learning. I'm pushing myself. I'm doing hard things. I'm raising my hand. I'm 1,000% participating. That's what I decided I was going to do this round was just be all in and say yes to everything and even stand up in the big room with the big coach on the big screens and get coached. It was so thrilling. I literally, you guys, my knees were shaking and I did it anyway.

And I just want you to know that's what it takes. It just takes us to be able to have the life we want, we have to do brave things. We have to do it scared. And I'm just so good at doing things scared. It's kind of fun. So what I want you to know my friend is wherever you are right now, if you're in the second half of life I really want you to think about your future.

And I really want you to make the changes today that will give you the future that you want. And that will cause you to become the woman of your dreams so that you can fall in love with you. You can fall in love with your life. You can fall in love with your business if you decide to start a business. You can fall in love with your podcast or writing a blog or opening a brick and mortar store, going back to school and getting a degree or another degree or getting your master's or your doctorate. We're just getting started. I want you to have that mindset.

I want you to borrow the mindset that I have that feels so good to me. That's why I'm so enthusiastic every single day is because of my mindset. And I have the dreamiest life because of my mindset, because of my consistency, because of my enthusiasm, it's so important. Everything that I have, I'm going to tell you 100 times, anything that I have that inspires you, you can create it for yourself, I 100% guarantee it. Remember when you were raising your kids and you used to tell them, "Okay, change your attitude." I am just saying, I think about that.

Ep 99. Reliability and Enthusiasm

I think about how important our attitude is and that we have the power to change our attitude at the drop of a hat at any time during the day and we can change it 10 times a day, 20 times a day if we are not liking it. And we want to blame outside circumstances for our attitude and our attitude is 100% created by our mind, 100% created by our thoughts. So we have the power to change our attitude. And when we change our attitude it changes our energy. And when we change our energy, changes everything about our life. That's how I live and that's how I want you to live.

And everything is so possible for you. I'm so excited about life. I'm so excited about what we can create together. This week, when this podcast episode comes out, my August 1st group will have started. I just want to give you guys a little heads up if you're on the fence, if you're thinking about joining a group this year. I only have two more groups that I'm going to offer for this year, 2023. Two more groups where you are going to be able to come to my retreat in the first week of November. And I just want you all there.

There will always be a spot for you. I just want you to know that. But my August 1st group has already launched and already going and it's beautiful and just filled with the best women, so excited about that group. And then my September group will be alumni only. So if you haven't worked with me for six months, then you won't be able to sign up for that group. But if you are an alumni and you want to come work with me and come to the retreat, that's the group that you want to get in.

If you've worked with me before you're going to want to get in my September group, I think it's September 14th. It is Wednesdays at one o'clock California time. So get in that group, plan on getting in that group and there will be bonuses for signing up early in August. So plan for that if you're alumni of mine. And then my very last group that I'm going to offer this year in 2023 will be in October. And I don't have the details on that yet. But that will give you the opportunity to come to the November retreat. And then my next group will be in January 2024.

Ep 99. Reliability and Enthusiasm

So just a little heads up if you're on the fence and you want to know what's going on, you're making decisions. If you're an alumni, you have the opportunity to join a group in September. And if you're new you have the last opportunity of the year to join and change your life forever. You guys, my clients are getting extraordinary results. I wish you could sit down and talk to all of them. Their lives are changing week by week by week in extraordinary ways. So you will love, love, love coaching.

It has changed my life, I'm almost unrecognizable because of coaching and I really want you to say the same thing. I want you to shift your whole idea about what the second half of life can look like for you. So this episode comes out on August 3rd. Oh my gosh, we're going up with our family, our kids and our grandbabies to a big lake house that we're so excited about. So when this episode comes out, we're going to be on the road on our vacation with our kids and grandbabies.

And then on August 4th is Jeff and mine's, you guys, 39th anniversary. So this is the 99th episode of my podcast and we celebrate 39 years of marriage on August 4th. So I just am so happy about everything. I'm so proud of us. I'm so proud of me for being very enthusiastic, having a good attitude and being very consistent in my life. It has created an extraordinary life and I want you to be able to say the same thing for you.

Alright, that's what I have for you today. I love you all so very much 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.