

## Ep 102: Be Ambitious in the Second Half of Life



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**Kym Showers**

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

## Ep 102: Be Ambitious in the Second Half of Life

I'm Kym Showers and this is *Reinvented After 40*, episode number 102, Be Ambitious in the Second Half of Life.

Welcome to the *Reinvented After 40* podcast. I am your host, Kym Showers, and I'm a certified life coach for women in the second half of life. Each week I'll bring you direct advice and inspiring, practical wisdom to help you live your very best life and create a future you're absolutely obsessed with. It's going to be fun, let's get started.

Hey, my friends, welcome back to the podcast, episode 102. I am so happy to be talking to you this morning. I went to the 5:00am Orangetheory class, which kind of has become my favorite. I love it so much. I'm done working out at 6:00am. It's such an incredible feeling. And for some reason I have so much energy at 5:00am, so I highly encourage you to do that. If you're curious at all about Orangetheory, if you're curious at all about becoming a morning person, if you're not a morning person. I am here to 100% tell you it will change your life for the better, 100%.

If you get up early when it's still dark every morning, you go and you work out for an hour, super hard and you sweat your brains out, it will change your life for the better 100%. So I'm sitting here in my sweaty workout clothes because what happens when you get up early every single morning and you go work out really hard, your brain changes. Your chemistry in your brain changes. And for me I just think so much clearer after I work out. I have so much more optimistic thoughts. I have a lot of energy, as you can tell. I'm so motivated and inspired.

So I came home and I was like, "I've got to talk to you all right now", because it's so important in the second half of life to be motivated, to be inspired, to have energy and to cultivate ambition. I want you to think about ambition right now, just the word 'ambition'. Because here's what I have discovered. Women in the second half of life are not ambitious anymore.

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That's our problem, we don't even think about being ambitious. We think ambition is for the young people. And it's for us, it's for us to cultivate.

Ambition will create so much goodness for ourselves in our life, and it's contagious. So obviously I have cultivated a lot of ambition in my life and it hasn't come easily or naturally for me, you guys. It has all been work and it has been on purpose and especially since 2020. I had a year where I just had to fight every morning just like probably all of you to get motivated to do anything, to do the smallest of tasks. I just got in such a bad rut, a bad habit, and I've already told you this.

I was drinking alcohol every day, at four o'clock I'd have a glass of wine or whatever Jeff and I had planned for happy hour, which was not a good idea for me, and it had a terrible back end effect. I was just low level energy. I had zero ambition for anything. It was just a rut and I know what it feels like to be there and I've had several seasons in my life where I have felt like that, very unambitious, lacking motivation, lacking energy, lacking optimism. And so I know what that feels like. And I'm just telling you, it doesn't just happen to us.

This didn't just happen to me. I had to decide that I wanted to change my life. I had to decide that I wanted something better than this, than this rut. I had to make a plan and harness discipline and override my brain every single day to stop drinking alcohol every day, to create something new every day, to get back to working out hard every day. And have a plan for my body that had gotten so soft and puffy and just a body that I didn't feel good in and get my mind bubbling again and focused again and clear again. This took ambition and this is what I'm talking about.

So I want you to know it's absolutely possible for you. And getting up early every single morning at the same time and going to work out hard for at least an hour every single morning, I don't care how old you are, literally the older the better. This will absolutely cultivate, I mean that right there is

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ambitious. So you can claim to be an ambitious woman. That's your first sign of ambition is when you decide, I want something better. I am going to commit to getting up early at the same time every morning and going to work out, going to exercise hard.

And building muscle is so good and useful for us in the second half of life, getting a strong body, eating well, eliminating all the sugar and alcohol and breads and all the stuff that our body just doesn't like and makes us feel so tired. All of that food that we eat, that our brain loves, our brain gets a dopamine hit thinking about pie or donuts or a cocktail or wine or whatever your food of choice is that feels not good. And you know that it's not good for you, but in the moment you choose it. In the moment it's like it chooses you and you don't have any resistance to it.

I am telling you, ambition is what you need. Ambition will override all of that because you'll have a goal. You'll look at someone like me and you'll go, "If she can do it, I can do it. Look at her body, she's been working out every single day at Orangetheory since December and she has built a very strong fit body that she feels so good in. If she can do it, I can do it."

So if she's telling me all it takes is for me to get up early every day, and no matter what my brain is telling me, no matter how hard my brain is resisting it, I'm going to override my brain with ambition and I'm going to get my workout clothes on, and I'm and get in my car, I'm going to drive to Orangetheory. I'm going to work out hard for an hour with every other awesome woman there. If I do that every day, let's just say every day for a year, my whole life will change.

The whole direction of my life will change because my brain will get so much happier and clearer and much more optimistic, much more focused and energetic. And my whole body will feel so strong and feel so good in my clothes and also have a lot more energy to create new things. So being ambitious in the second half of life is very rare, it's just rare. And you

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actually, my friend, showing up for this podcast and listening, this is a sign that you have a little bit of ambition because you want to improve yourself. You want to improve your life. You want to do something new.

You want to get better. You want to feel better. You want to up-level everything. You want to create more resources, more love, more time, more energy, more money for yourself. So just you showing up for this podcast is ambitious. And then following it through with doing something new, following through on what you really want, which is exercising every day, eating right every day. And having healthy, happy, thriving relationships not only with yourself, but with the people you love the most.

That's very ambitious and this is a work worth doing. Being ambitious is everything in the second half of life. So that's what I want for you. I want you to realize that you may have lost your ambition along the way, which seems to be pretty normal. Maybe by the time you're 40, you find yourself lacking ambition and also lacking potential and lacking talent. I don't know, whatever your thoughts are, I want you to know you can turn all those thoughts around and tap into your potential. We all have so much potential. And I love thinking like that.

I see so much potential in me, but our trouble is, let me tell you what our trouble is and if you're a mom and you're in the second half of life and you have grown kids, this is what I hear all the time from my clients, "Oh, I'm just so disappointed in my son." Or, "I'm so worried about my daughter. She just has so much potential but she's wasting it." So that's just us in someone else's business. That's us trying to control someone else. That's us getting out of our own lane.

We're seeing potential in other people when actually we should start seeing potential in ourselves. Why don't we stay in our own business, in our own life and in our own lane and tap into our own potential? And that's what we spend our resources on. We just get out of our daughter and our sons'

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lanes and stop worrying about them and them not living up to their potential.

And I can tell you, if that's what you're spending your energy on, something like that, if that sounds familiar to you, just get honest with yourself, you're not living up to your potential. That's what's bugging you the most, truly. When you're not getting along with someone, it's not because you don't like who they're being, it's because you don't like who you're being in the relationship. You're not living up to your potential in that relationship. You are not living up to your potential in your own life. You don't like who you're being.

And I want to tell you right now my friend, this is your beautiful, amazing work because you already are beautiful and amazing, really truly. I want you to see yourself the way that I see you. And we just waste so much of our energy and our resources and worry and in self-doubt and in other people's business. This is what our problem is in the second half of life as women.

And when we take ownership of our life experience, when we take ownership of our lack of ambition and then turn that around to building and cultivating ambition and becoming literally ambitious women in the second half of life, everything is possible for us. This is what I'm talking about. We start tapping into our potential when we cultivate ambition and we set goals and we discipline our mind and focus our mind. And we do what we say we're going to do. And we're not stuck in a rut anymore, we pop ourselves out of that rut, and we actually start taking action.

And we take action from the feelings that we really want to cultivate and we really want to harness in our life and that is up to us. We are the ones that create the energy in us. We show up with any kind of energy that we decide to show up with. That's how much power we have in our own life. We don't have to count on anything outside of us to create that for us. We get to

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create ambition for us. We get to create motivation for us. We get to create enthusiasm for us. We get to create happiness and joy for ourselves.

This is what we're capable of. This is why we're here. So I am just going to be the one to go first, I just will, I'm going to do it for all of us, but I really want you to jump aboard this train that I just have going down the track. I mean it is moving along at a pretty good pace and I want you to join me. I want you to create ambition for you and your life. And if you're here listening to this podcast, I'm 100% sure that's what you want for you too. It's so much fun, you guys. It is such a fun life to live.

When Jeff left this morning for work right before I sat down to record this, he goes, "Well, I'm off to see the wizard." He kissed me, just was the sweetest kiss and we just stood there for the longest time, looking at each other's eyes, me all hot and sweaty and him all fresh from the shower and looking very debonair, and we just stared at each other for a while. And he goes, "Well, I'm off to see the wizard." And then I go, "You know what? You are the wizard."

It made me think about the Wizard of Oz and that little man behind the curtain. And everything that that little man behind the curtain was able to create right for Dorothy, all that goodness, all the beauty and the witches, all the 50/50 of life. And I think sometimes of my brain like that, of your brain like that.

So sometimes we can harness the power that little man behind the curtain has and our brain creates the 50/50 of life like the good witch of the west and the bad witch of the north. I can't remember, it was the north or the west or the south or whatever, it's been so long. But that whole scenario, that whole landscape, that whole story, is how our brain works. We think that it's all real, our thoughts create our reality. So we live in the reality that Dorothy lived in, in us, in her whole journey in the Wizard of Oz.



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And we can harness our journey. What I'm trying to tell you is that we're in charge of our brain if we want to be. And we get to create everything for ourselves. And if we want the yellow brick road and we want all these beautiful friends and we want to create rainbows and beautiful things in our lives and lots of optimism and color which you know I love, we can do that. We can harness this kind of ambition.

It's our brain, it's the little man behind the curtain that we are actually manipulating. We're thinking the thoughts on purpose. We're manipulating our powerful resource of our brain to create this amazing life for ourselves, this amazing reality. So that's what I meant when Jeff said, "I'm off to see the wizard." I'm like, "Dude, you are the wizard." That just gives me goosebumps. You guys, my friends, we are the wizard.

We get to create any kind of beautiful journey we want to create from here on out. Ambition is one of the best resources that we have to create. We get to create that for ourselves. We get to set our goals. We get to aspire to anything. It's so important to have a north star, to have someone that we're looking towards. I told you that right now I'm thinking a lot about Taylor Swift and everything she's creating and how her ambition has given me so much ambition. And if I can be that for you, I'm here to be that for you.

If my ambition can create ambition for you, take it all. I want you to have it all, that's why I'm here. I'll go first, I want to be that example for you. Trust me, if I can do it, you can do it. You can even do more than that and I want you to do more than that. I want you to surpass me by a billion, if that's what you want, if that's what's possible for you. So I'm only in competition with who I was yesterday. That's who I'm in competition with.

We had a running benchmark this morning at Orangetheory and we run for a mile on the treadmill. And I ran my mile 7 minutes 44 seconds, which you guys, that's so freaking fast. I'm so fast on that treadmill. I'm so proud of myself. I ran it so fast. I ran two miles yesterday and I ran yesterday two



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miles in 20 minutes yesterday. But I ran one mile in 7 minutes and 44 seconds this morning. I'm just like, you go girl. And that's ambition right there. I just want to be better than I was yesterday, you know why? Because it's so fun.

It's such a fun life to be ambitious at 62. And I want you to think like that too. It's just my mindset. It's just my thoughts. And then I keep creating this very enjoyable reality for myself with this ambition. That's the benefit of ambition at 62, whatever age you are, the older the better, I say. And cultivate some ambition for you and watch what happens. That's what I want for you, that's what I want for all of us. And I will always go first. You can keep your eye on me, I promise you. I'm always going to be creating something more for myself, and that's ambition, in the second half of life.

Alright, my friend, I love you so much. Thanks for showing up today. Don't forget you have a few more days to enter my contest, follow, rate and review my show. Go to my podcast page on my website [kymshowerslifecoach.com](http://kymshowerslifecoach.com) and click on the 100 episodes, little picture of me, the icon of me on my podcast page on my website and it'll give you the directions. Follow the directions into my contest and then three of you are going to win AirPods Pro which will be such a fun gift to receive in the mail.

So I really do want you to win. It's just so fun to enter a contest. If you're feeling lucky today, you've got to enter. And thank you for all of you who have entered and given me so many beautiful reviews. I read them every day and they're so fun. And I am going to read them on this podcast at some point, so listen up for those. Also, my next group starts September 14<sup>th</sup>. If you're an alumni, you for sure want to join this group. It is going to be the best one yet. We've got so much goodness happening.

And then my very last group of the year starts October 4<sup>th</sup>. That's for all new clients and you do not want to miss this group. And then we have my beautiful retreat starting November 2<sup>nd</sup> in Avila Beach, California, that is

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right around the corner. I'm working on that and I cannot wait. So I love you, have the best week and I'll see you next Thursday.

If you love this podcast, I invite you to come work with me. Go to [kymshowerslifecoach.com](http://kymshowerslifecoach.com), sign up for my next group and retreat, and let's create your dream life together.