

## Ep 112: Resourceful, Resilient, and Unstoppable



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With Your Host

**Kym Showers**

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

## Ep 112: Resourceful, Resilient, and Unstoppable

I'm Kym Showers and this is *Reinvented After 40*, episode number 112, Resourceful, Resilient, and Unstoppable.

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 pod. Glennon and Abby call theirs the pod. So today I'm calling it the pod. They call it the pod squad. So let's call ourselves the pod squad. I just got the sweetest email from one of my clients, Kerry, shout out to my client, Kerry. She sent me this amazing snapshot of her brother's stepdaughter, who's 25 years old and who is listening to this podcast. Her name is Alicia. So shout out to Alicia, who is related to my beautiful darling client, Kerry, for sharing *Reinvented After 40* with all of her friends.

So I just want you to know, 25 year old women are listening to *Reinvented After 40* because it's for all of us women. This is a movement for independence, for resourceful, resilient, unstoppable women whatever age we are. It is so exciting to be a woman right now and I am all in and we are unstoppable. This is how I feel, my friends. I feel unstoppable every day. I am so focused and so clear and so consistent. It's just who I am now. This is me. And I'm not even hesitant anymore.

I'm so geared towards this new up-leveled version of me and this is what happens. When you see yourself in a new light and you show up as her every single day you actually do the consistent work of becoming your dream self. You have a higher self that you can imagine in your head. Let's say you admire someone who is living the life that you want to live, you can study her and then you can pick out the attributes that you want to develop

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for you. And I promise you, it'll boil down to the way that you think and feel about yourself.

And then the amount of consistency that you show yourself every day, the way that you show up every day. It's so important. It is the most important thing, absolutely. So to be able to shift our thinking to see things in a new light. And to see ourselves as our most powerful, our most resilient, our most resourceful, our most unstoppable, and step into that energy changes everything. So this is what I'm all about. I keep going first, right when I think that I've reached my potential everything opens up for me. And I see so much more to create for myself.

So when I think things can't get better, things just get better, everything keeps expanding. I was talking on my Instagram this week, you guys, about Adam Grant's new book that I'm listening to. It just came out on Tuesday of this week and it's called *Hidden Potential*. And oh, my gosh, he's written so many successful books. He puts out all the scientific evidence, all the studies that prove whatever he's talking about to be true. And so I always find him so interesting. And I'm so curious about our potential as women in the second half of life.

And just I'm attracted to women who have an enormous amount of self-confidence, an enormous amount of perseverance, an enormous amount of grittiness, of resourcefulness, of resilience. These are women who are literally unstoppable. And unstoppable to me, you guys, means that anything that life throws us, we're just like, "Okay, we'll deal with that, that's alright. It's not going to stop me." Or if somebody has a negative opinion of us, if someone has a negative opinion about me.

I haven't heard any negative opinions about me lately because I don't have any negative opinions about me so I'm not attracting that in my life and I think that's kind of how it works. So I've been doing so much work the last six years to turn my negative opinion about me around to a very optimistic

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opinion. And whether it's realistic or not, it doesn't even matter because we all make up our opinions about ourselves. So we might as well think opinions that lead us in a very good direction and help us to feel good about ourselves every day.

So that we can get to work to add value to not only our lives and our families lives and our friends lives but the world in general. This is how I think about it. I think that this work that I do every day in my own life, making sure that I am a very healthy, happy, thriving, resourceful, resilient, unstoppable 62 year old woman in my life. Living a very powerful, beautiful, good energy filled life. You know what that does? That just brings all of that to the world. That's the role that I play in the world, in the goodness of the world.

And I think if we all catch hold of that idea, we can really make a profound difference. Because obviously if someone asked me, if I could have one wish to come true. I would pick world peace, especially right now I would pick world peace. But if I get consumed with the news, which I don't, I do not listen to the news. I do not read the news because it is so hard for my brain to recalibrate and to stay in my business, in what I'm here to create in my life.

And knowing that one life at a time, if we're all doing our work in the world, that adds up to millions and millions and millions of lives doing their work in the world, which adds up to world peace. So if everybody were doing the work to love themselves well, to create abundance for not only them but for their families and everybody that they touch, to bring their particular brand of optimism to the world. We would absolutely have world peace. So I just look at it, what's the part that I play?

I'm just a puzzle piece in this puzzle of the world, so I'm one piece. But when I add my piece and you add your piece it will all add up to world peace. That's just how it works. So we can't get overwhelmed. I just want

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you to know the way that I protect myself, the boundaries that I have in my life, so that I do not leak energy to things that are outside of my control. I'm very clear about what's in my control. So I stay in my own lane. I'm not swimming around and everybody else's lane trying to get them to do things that I want them to do, that I have opinions about their lives.

I don't get overwhelmed by negativity because I just protect myself. I protect my brain from that. That is not my work. My work is obviously to be a very powerful, resourceful, resilient, unstoppable, optimistic, focused woman doing her work in the world. And I'm telling you, it makes such a difference, it's a ripple effect, because now I have all of these women in the second half of life who I'm coaching every week.

And when you're listening to this, you guys, oh, my gosh, this podcast episode 112 comes out on my November retreat, first day, first day of my November retreat. So it's next Thursday. All my people will be here in Avila Beach, California. And I have all kinds of goodness all planned and lined up for my clients. I love, love, love them all so much. I see them as their highest self, their truest self, their loveliest selves, and I treat them that way.

I see them as resourceful, resilient, unstoppable women. And so they just keep up-leveling their life and their self-concept and their self-confidence and their self-belief, that's how it works. When one boat rises, all boats rise. That's why it's so important that we're together in person.

And then on Wednesday before the retreat, my client Kylie who lives in Queensland, Australia, is flying into San Luis Obispo, California Airport just for this retreat. You guys, she said this is part of her future self. This is her dream life. And so she is flying all the way from Australia to be at this retreat. And I love her so much for doing that because it just shows so much self-love and self-care and self-worth and self-value. She's betting on herself in the future and I am so happy for her.

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So I am going to go pick her up at the airport on Wednesday morning. I'm going to take her to lunch and take care of her on Wednesday and we're going to have the best time. And a lot of my clients, I have never met them in person but I feel like they're my besties. So it's just this amazing reunion and a lot of my clients were here at the last retreat, and they're all coming back. And that definitely will feel like a reunion. And they're all going to get to know each other. And we're just going to have a three day party and it's just going to be mind blowing and so fun and so important and so valuable.

I want it to be so worth their time and 100% I know it will be. So this podcast episode comes out on retreat Thursday. And I just know that I'm so excited about that. I want you to know that you have the opportunity to come to my next retreat, which will be the first week of May 2024, if you join my January group, which you can do today when you're listening to this episode. You can go to my website, [kymshowerslifecoach.com](http://kymshowerslifecoach.com), take your spot in that group.

It will be on Tuesday mornings, California time, 9:00am and we will meet every single Tuesday morning at 9:00am for six months and you will up-level your life and blow your own mind. You will become the resourceful, resilient, unstoppable woman that you know absolutely you can be. You will get all the tools. You will get all the encouragement. You will get all the motivation every single week. You will get access to my client portal, to the client website which just keeps filling up with more goodness and more value.

You can go to that any time 24 hours a day to get some inspiration. You will also, if you sign up this week, the first week of November, you will get so much extra. I'd like all my spots to be sold out this first week of November for the January group. So the January group starts the second Tuesday of January 9:00am in the morning. It will be every Tuesday, California time at 9:00am for six months. You will come to my May retreat of 2024 and your whole life will change.

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And you'll be in a group of women who are doing exactly what you're doing. You will feel so connected. You will feel so motivated and inspired every single week. And who doesn't want that? We all need that. We all want that in the second half of life, it's so important. So take advantage of that. You'll get so much goodness extra by signing up this week so I encourage you to do that and you'll hear from me right away. Well, you'll hear from me after retreat for sure, but I will get all kinds of goodness mailed off to you as soon as retreat is over so you'll be so glad you signed up.

So do that and tomorrow actually, Jeff and I leave to fly down to San Diego. We are going to see in person my favorite comedian who is Leanne Morgan, who is in the second half of life. She is 57 or 58 years old. She is such an inspiration for me. I'm just going to keep putting myself in rooms of women who are doing magnificent things in the world, who are living their dream life, who are taking what they know that they're good at and just getting better at it. Being willing to be embarrassed at first, you guys, I am so willing to be embarrassed all the time now.

If you're keeping yourself small and stuck because you're so afraid of being embarrassed, I'm just telling you, get good at being embarrassed. And I know I say that a lot, but I'm telling you, this is the key to the dream life. We just have to not be afraid of these negative feelings and being vulnerable and being embarrassed and all of that. That is required when we want to up-level our lives, it's just, yeah, I'm just going to go be embarrassed. And embarrassed is just a feeling. So we just have to get good at our feelings, really. It's just a relationship with me and me. It's just all going on internally.

So once I can manage my thoughts and emotions and not make any of them wrong and just open up to all of it and just consider how that just makes me even more resilient, more resourceful, more unstoppable. When I'm willing to feel all the feelings that come on this journey of the dream life in the second half of life. Oh, my gosh, then we're all just taking off and soaring and creating all of our potential. So we're going to spend the weekend in San Diego. We're staying at the Gaslamp district. Is it the

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Gaslamp district? But anyways, you San Diego people, you know what I'm talking about.

But we're staying at a really cool hotel. Of course, I got my own room at my request. I said, "I will not go unless I have my own room", you know that. And he said, "Forever, you're going to want your own room in a hotel?" I said, "Forever I'm going to want my own room in a hotel." So, he was like, "Okay." So let me encourage you with that. So we're going to go see Leanne Morgan. She is so funny, you guys. If you haven't discovered her, you have to go to Netflix and watch her Netflix special. That's how I found her.

And now she is in a Reese Witherspoon, Will Ferrell movie, playing Reese's older sister. It hasn't come out yet, but I'm just so proud of her as just a woman very close to my age who has been relentless with her craft. Can you imagine how many embarrassing moments she has had in the last 20 years doing stand-up comedy on a stage as a woman in the second half of life. I have so much respect. She inspires me and motivates me every single day when I think about her and what she's doing.

So I'm just so honored to get to go down and just be a part of the audience when she's just making us all laugh because who doesn't just love to laugh their guts out. I do, any time I can laugh, I'll watch her on Netflix before I go to bed at night. I'll just watch a few minutes. Just I have a good belly laugh before I go to bed. I love that so much. So we're going to have a great time in San Diego, fly home on Sunday. I have a lot going on here.

All my clients are coming to my house on Friday evening for a fun, happy hour sunset. And so I'm getting my house all set, so an update on my landscape. It is done. I just listened to my podcast episode from last week and I recorded it a week ago. And if you listened to last week's episode, I was telling you about how I didn't like the beginning of the landscape. So I



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had them stop it and I didn't think we were going to get it done, but I changed my whole mind and this is such a good example.

I'll expand probably another day, but I made the decision to stop when I was tired. I made the decision in the evening that I didn't like what they had done so far. And then I changed my mind the next day after I talked to him in person and we talked it out. And he said, "Let me just finish this section, and if you don't like it, then I'll pull it all out and we can start all over." And I go, "Okay, that sounds good." Well, he finished the section and you guys, you know what? I really, really, really like it. It is so cute. My whole front yard is so dang cute.

It's just a little different than what I had in mind, but I love it. It's so darling and so charming and so simple. And so I think it's exactly how it was always supposed to be. So I just want you to know the whole thing changed and my landscape in the front and back is all finished and done and it's just adorable. And they're going to come back this weekend while we're gone and power wash the outside of the house because it's so dirty just from all the dirt and everything being taken out and hauled in and all of that.

And so my carpets are getting cleaned in the morning before we fly out. My windows are getting washed on Wednesday. So I'm just gearing up for retreat and I'm so excited. So that's why I say, start a business in the second half of life, do something big, so out of what you think is possible for you. It will absolutely explode your life in the best possible way. It'll be so hard and challenging, but that's what we need. We need to build our capacity to grow our resourcefulness. We need to build our capacity to grow our resilience.

We need to be unstoppable, gritty women in the second half of life who are motivated by love, by love for the world, by love for ourselves, by forgiving ourselves for anything in the past and then just being so future focused.

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This is how we get every single thing we want is by letting go of the past, only taking with us what's useful for us, forgiving ourselves, forgiving everybody else. Letting it go, that's such a great habit, a great practice that will pay off so well in the future for you.

And then get going on your future self, every day a practice, a habit. Stick to the plan. I have this six month planner, I know I've told you guys about, that all my clients are going to get at retreat. And then all of you who sign up for my January group. I'm going to mail them off to you. And I'm going to help you become a woman who completely details out her day every single day for the day after. I call it plan tomorrow today. You write down the exact time you're going to get up in the morning. You write down the thoughts you're going to think. You write down the food you're going to eat.

You write down the things you're going to drink. You just detail your day and then you keep that darling planner with you all day long. And you follow that planner and you do that over and over consistently. And you are going to be the woman of your dreams. That's how I've done it. This is what's worked for me. So to be clear and committed and consistent every single day is the way, that's the path. That's the path to the dream life. So we have to be disciplined. We have to be women in the second half of life who are willing to put in the work. That's who we are. That's who we want to be.

Those are the clients that continually keep coming to me and happily paying money to me. Can't wait to pay me so they can get their spot, so they can up-level their life and become the woman of their dreams and I know that's you. I know that's you. I know you have a little buzz in you right now. You know I'm talking to you. And I want you to grab your spot and come work with me. You get two whole months for free when you sign up this week in November. I have so much goodness waiting for you. You'll be so glad you said yes.

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Okay, I think that's what I have for you today. I love you so much. You are who I'm thinking about when I am obviously preparing for these recordings on Thursday mornings. I want you to know that you're not alone. You are part of this movement. If you are listening to this podcast regularly, I do consider you one of my people. And if this podcast is changing your life, you can't even imagine when you come to work with me in person how much that will change your life. You are worth it. Your future is worth it.

And it is just a blast. We just have a good time and just the quality of women, you guys, that I get to work with. I mean, it just surprises me, it just keeps surprising me how awesome you guys all are, it's so fun. So I want you to know how resourceful you are. I want you to know how resilient you are. I want you to be completely unstoppable and know when life throws things at you every day, which means your brain just thinks thoughts and drums up drama.

I want you to know you can be unstoppable in the midst of all of that. You can just leave room for all of it. Stay on track. Stay clear. Stay focused. Stay persistent. And nothing really ever has to stop you in your tracks because we are unstoppable because we know how to be resilient and resourceful. And we know how to manage our mind and manage our emotion. And we're just truly amazing women in the second half of life. I love us all and I just don't think there's anyone better than us. So that goes out to you.

I want you to be encouraged and inspired and transformed by every single thought that I offer you today. I love you. Have the most awesome week ever and I will talk to 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.