

Ep 115: You Are Everything



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Kym Showers

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

Ep 115: You Are Everything

I'm Kym Showers and this is *Reinvented After 40*, episode number 115, *You Are Everything*.

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 in podcast land, welcome back to *Reinvented After 40*, episode number 115. You are everything, did you know that? You are, you are everything. There is no one like you on planet Earth, there will never be, nor has there ever been. You are everything, you are lacking nothing. Happy Thanksgiving. I just want you to learn how to appreciate you and what happens when you actually start believing that about you, your own amazingness in this world.

And how magical you are is life changing. If you can just learn how to be the witness of your own greatness and stop dismissing yourself and stop belittling yourself and stop actually pushing away compliments, pushing away love and gratitude when people are offering it to you. And stop saying, "No, no, no, it wasn't that big of a deal." Women in the second half of life, we're so good at that. It will actually change every single thing about you and your life, the way that you think and feel about yourself, the way you see yourself when you look in the mirror every single day.

The way that you show up, the energy you show up with every day. I'm telling you from experience, this has been the one main thing that has given me the exact dream life that I've always wanted. Is just to learn how to see myself in a really good light and give myself all the credit for everything that I've accomplished, everything that I have worked on, all the changes I've made on the inside of me in my own brain and in my own

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heart and in my own being. The beautiful disciplines that I've created in my life.

I just see myself now as magical. I am not lacking anything. I literally tell myself in the mirror every day, "Kimmy, you are everything." So I don't think I'm better than anyone else. I'm not comparing myself to anyone else. That's the difference between confidence. I don't mind us feeling proud of ourselves. I really want us to feel proud of ourselves. I feel so proud of myself every day. But I for sure don't think of myself as better than anyone. I don't even have that thought actually. I just give myself what I've always needed. I give myself what I've always longed for.

I give myself the validation that helps me inside to be whole and to be full and to walk around in my life, giving out so much good energy and so much love because I feel so loved on the inside of me. So when we can actually know who we are, decide because it's really a decision, it's a bunch of decisions we make every day. It's choices that we make to think about ourselves differently than we've always thought about ourselves. So happy Thanksgiving again because I know this is coming out on Thanksgiving day.

And I didn't want to title it gratitude or giving thanks or appreciative, because that's so cliché to me. So I just want you to know that when you know you're everything, that you're lacking nothing, 100% I guarantee it, that's who you are. But when you know that about yourself, you live in an elevated state of mind and of heart. And actually energetically you are drawn to different types of conversations. You're drawn to different types of people when you are not looking for validation and love from outside of you, you stop people pleasing.

You do the continual, rigorous, relentless work of getting yourself out of codependent relationships and learning this whole new way of relating to people at a different level. You're not trying to manipulate their thoughts

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and feelings about you. You do not need them to think a certain way about you. So you are not doing things to get them to like you or to make you feel a certain way because you already feel the way that you want to feel. You already know how to give yourself that.

And this is what I have learned and I'm so grateful for this work. I so appreciate myself and the work that I have spent the last, I'm just going to call it six years since I found this specific mindset work. But actually, my entire 62 years I've been pursuing whatever is possible for me, that next level. I've always had this desire. I've always known that there are endless possibilities for me to live the life that is literally burning inside of me. And I am just a dreamer and I really do think at 62 I am everything. I am my own everything.

And if you go to church and if you believe in God and Jesus and whatever you believe spiritually, I know all of those beliefs. I believe all the same things too. And I'm not saying I don't believe them still. I just believe them from a different perspective. I really do believe it from an elevated perspective. I think that we have made God way too small. And we try and talk about spiritual things as if we know for certain how things are spiritually. And I just want to tell you 100%, I have no idea how things are spiritually.

I just choose to believe that everything is spiritual. And I just know that there is a higher power and that the universe, I always call it the universe, is conspiring in my favor. Everything about life is really geared towards love and connection. There's nothing better than that. And when we can learn how to connect with ourselves on that kind of level, that's when we realize we're lacking nothing. That we are absolutely everything we've ever needed and will ever need moving forward.

Wherever you are in life, I want you to know your brain has just been feeding you subconscious thoughts that maybe you were even told when you were little and you've just believed those thoughts as if they were the

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facts about you. Maybe no one has ever told you how beautiful you are, how amazing you are. And everything that you do is so profound and how proud you should be of yourself. Maybe no one has ever looked you in the eyes and said, “Did you know you are everything?” You are everything.

I was holding my brand new grandbaby in the hospital and I was just looking at his deep blue eyes. And I was thinking, “Chip, you are everything.” And my granddaughters, I tell them that all the time. And I’ve thought that since the day they were born. And that’s been my revelation of me and what I’ve always longed to hear.

What I’ve always longed to hear is, “You are everything. Kimmy, you are lacking nothing and everything is possible for you. You are smart enough. You are beautiful enough. You’re strong enough. You have everything you need to create everything you want to create in this life moving forward.” So what is it that you want? What is it that you want to think about yourself? What feelings do you want to be able to create for yourself every day when you get up? What new things do you want to try? What do you want to get good at? You are brave enough to try anything new.

So just pretend, I am looking you in the eyes right now and I’m telling you all of these things because 100% my friend, they are true. We can live a profoundly beautiful, spacious, free, safe, great, courageous life when we know we’re everything. And when we live from this energy of gratitude for this life we’ve been given, this one precious, amazing life that we get to live. And every day is just a brand new day. And I drop old un-useful thoughts all the time when they come up.

And I just rearrange my agreements, I’m like, “Oh my gosh, there’s another layer that I’m working through right now.” And I’m like, “Oh my gosh, I can’t believe I’ve been participating in this. I don’t want to participate in this anymore.” Just layer after layer of work, which I’ve loved doing. And I just want to be my best self, whatever that might look like. And I believe it

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comes from this place of knowing who I am, deciding who I am. And being willing to do the rigorous, relentless work every single day, it is so worth it.

I look at myself in the mirror, I show up for myself every single day, and I look at myself in the mirror and I just say, "You are beautiful. You are everything. What do you want to create today? Let's have some fun." And I want you to be able to see yourself in that light. And all it does is create this expansive, amazing, energetic, motivated life that you feel like you're always in a flow, where you feel like you're aligned with the greatest good of the world. And I just call that gratitude. I call that appreciation. I call that a life well lived.

And that's what I'm thinking about when I think about Thanksgiving. And I love turkey. I love mashed potatoes. I love stuffing. I love green bean casserole. I love gravy. I love pumpkin pie with whipped cream, I mean all of it, I promise you. I love my grandma's Jello salad. I'm going to make my grandma's Jello salad as I always do, with green bean casserole. That's always what I bring. But my brothers are coming, flying in from Germany for Thanksgiving. And I haven't seen them both in so long and I miss them so much.

I get to be with my family. So you're listening to this possibly on Thanksgiving, but I'm going to pretend you are, comes out on Thanksgiving. But on the day before Thanksgiving, so yesterday, on Wednesday, the day before Thanksgiving, my brother-in-law is coming to my house to make his famous chili verde, which we always have the night before Thanksgiving. So we will have our chili verde night here with our family on Wednesday.

And then on Thursday, we're gathering at my sister's house and they do deep fried turkeys, which are so fabulous, you guys. And then my sister does a wonderful, her mother-in-law's stuffing recipe that is so delicious. It's one of those that has nuts and apples in it, one of those. It's so good. And

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then she makes mashed potatoes. I'll help her with that. I'll bring green bean casserole and my grandma Vivian's, Jello salad. I think my stepmom, Debbie, might be bringing the pumpkin pies. That's what her and my dad always did. I bet that's what she's doing.

We do all bring a little something and then we have a feast and we play games. It's so fun. We just have the best time together. I have the best family in the world. So grateful for all of it. And I hope you can say the same thing. I have curated a life that I'm obsessed with. And that's what I'm all about as a life coach for women in the second half of life. I want you to know, whatever age you are is the perfect age to start your coaching journey.

And there will be such a profound change in your life just to be in my energy every week, to see actually what is possible for you and to be able to be the witness of the things that you're believing about yourself that are absolutely not serving you. And realizing that you get to choose what you believe. You don't have to believe anything anyone else believes. Can you imagine? That is mind blowing. You get to choose what you believe.

And I will 100% convince you that believing in yourself, believing that you're amazing, believing that you are everything, believing that you are loved and you are worthy of every good thing in this life. Will be to not only your benefit, will actually change the trajectory of your life in the second half of life. You're going to create even more than you created in the first half and it's going to be even better than the first half of life but it will be to the benefit of the world.

And when it's to the benefit of the world, then that is a life well lived, my friend. So I just wish you the happiest Thanksgiving, the best holiday season. I will talk to you a few times in December. I love the holidays and my goal, and I said it on Instagram. If you don't follow me on Instagram, you guys, I'm @kymshowerslifecoach on Instagram and I post almost

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seven days a week. I rarely miss a day. I just post motivation for you. I post inspiration for you.

And I post encouragement for you because we all need a daily dose of all three of those things, motivation, encouragement and inspiration. I know how to give that to myself now. I know how to harness those feelings in me. I do not have a bad day. I love my life. I love my habits. I love the work that I do. I love my rest and I love my work and I love everything in between. I love being by myself and I love being with my people. I'm not afraid to be quiet. I love being quiet. I love looking at my brain. I love examining my thoughts.

And I know I've told you this before lately, but the key practice that I have with my brain, first of all, I'm in love with my brain. I decided to really befriend my brain and let it be my dearest, closest friend. But I'm also in charge of my brain. My brain is not in charge of me. So I just appreciate my brain. I love my brain. I take care of my brain. And kind of just like my closet and my refrigerator, I'm always cleaning it out. I'm keeping it really spacious and clean, and I'm only attaching to thoughts that serve me.

And I'm thinking thoughts on purpose. I'm retraining my brain all the time. I'm constantly cleaning it out. So my brain still offers me thoughts like, this is not going to be a good day. I just watch a thought like that go by like a cloud in the sky. I'm just like, "It's going to be the best day. What are you even talking about?" Really, truly I do not believe any thoughts like that. I don't engage in any kind of gossip or any kind of, I don't listen to the news. I don't watch the news.

If someone wants to talk about somebody or something, that's negative, I always go, "I don't want to talk about that." Literally, I don't want to talk about it because it takes too much work to bring my brain back to things that are important to me, that I want to think about and talk about. That's why I say live with blinders on. Do not engage in any kinds of conversations

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that are negative. Truly, you guys, I don't think there's such a thing as toxic positivity because if it's optimistic and positive it doesn't have an ounce of toxicity in it.

So I don't even know what that means because I live a very positive, optimistic life on purpose and it truly is that. It is not anything toxic. It is not anything fake or phony. It is me being me every single day. So I just want you to know it's possible for you, if you want to get out of the ho-hummery and the kind of a negative spiral maybe that you have found yourself in, you want to pull yourself out of it. I want you to come work with me and I want you to come work with me now, today. I want you to work ahead of time.

I want you to be a woman who is unoffendable, who is undeniable and who is unstoppable with blinders on. That you are so focused on you and what you're here to accomplish in this one beautiful life of yours. And that is the work of appreciation. That is the work of Thanksgiving. That is the work of gratitude for this life that we have been given. It is such a gift and I am just using every ounce of it up. And I appreciate it more than I can ever say in words. And it just keeps expanding and getting more and more beautiful and satisfying and I just love it so much.

So come work with me, kymshowerslifecoach.com. We'll get started today. The minute you sign up, I'm going to send off all kinds of goodness to you in the mail. I'm going to schedule a session with you so I can get to know you. I'm going to get you started on your Plan Tomorrow, Today planner. And then when the group starts in January you will be up and running and so excited about the mindset shift that has already happened. Don't think it's going to add anything onto your holiday season, it absolutely will not.

It's just going to be extra support for you. So don't let your brain talk you out of it. Your brain is absolutely going to try and talk you out of it. Let me just tell you, if you say yes to you and coaching, you will get everything and

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more than you can ever even imagine. That one thing that you really, really want to change and move towards in the second half of life, and especially in the first half of 2024, I 100% guarantee you will do it if you come work with me.

And then block off on your calendar, Thursday, May 2nd, Friday, May 3rd and Saturday May 4th of 2024 because I will be hosting my third client retreat in Avila Beach, California, at the Avila Lighthouse Suites. It will be over the top and life changing in itself. So there you go, my friend, I love you so much. Happy Thanksgiving. Have a wonderful, fabulous week and I will see you next Thursday.

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