



The Athena Wellness Podcast
Episode 060 – Just Start with Bobbi Kahler
August 4, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Kathy

Hello and welcome to Episode 60. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by Bobbi Kahler, entrepreneur, author and coach who shares her wisdom on how to move forward for those who may feel stuck or at a plateau. Bobbi also shares her thoughts on how journaling can help us Just Start.

As mentioned in Episode 59, Bobbi is also offering the listeners of this podcast a 50% discount off her six week Bottleneck Breakthrough coaching program if you mention the Athena Wellness podcast. Just visit the homepage of Bobbi's website, BobbiKahler.com and click on the "Book a Call with Me Today" button on the upper right hand side of the webpage. This offer is good until August 15 2021. And the link to Bobbi's homepage is in the show notes.



And now on to the show. I hope you enjoy the conversation.

Kathy

Once again, I'm joined by author and coach, Bobbi Kahler. Welcome back, Bobbi.

Bobbi

Thanks, good to be here.

Kathy

In our last conversation, we talked about your method of helping your clients with Learning Their Way Forward. And I'd love to give our listeners, especially if they're feeling stuck or at a plateau, which I think a lot of folks may be feeling at this time, like not knowing which way to go - what are some ways for them to take some small steps forward?

02:07 Bobbi

Okay, a couple of things come to mind. First of all, sometimes people feel stuck because they think, "I have to have the whole plan." Some people are planners, some people are visionaries. If you're one of those people, fantastic. If you're not one of those people, there's absolutely nothing wrong with you.

So if you don't have the whole plan, it's okay. Pick a direction. Right? Pick a direction. If you're thinking about a road trip, are you going east, are you going west, north or south? Pick a direction and then think, what are some of the smallest actions I could take that would move me in that direction? And you don't have to have all of them. This is simply to get started.



And then after that, take one of those actions, you know, and just see where did that lead me? What did I learn? What new possibility did it open up? Right? And then manage what I call the “Just Wait” voice.

The just wait voice is that voice inside of our head that says, “Just wait.” And it’s there to keep us safe, right? It’s things like, “Well, what if you fail? What if you make a mistake? What will other people think?”

All those things – recognize its purpose is to keep you safe. Do not fight with that voice. Because a lot of people spend a lot of time thinking, “Oh, what’s wrong with me? I have a fear of failure. What’s wrong with me?” Nothing’s wrong with you. It’s a common human thing. So acknowledge the voice. “Thank you for trying to keep me safe. And I’m taking this small action anyway.” Kinda sounds silly, but it works.

But those are things I think about. And what’s amazing to me about Just Start is, I don’t know, I grew up on a creek. I don’t know if you did. And we had a little dam on it. It was Crater’s dam. In the Spring, because this was in Illinois, we’d always have the Spring thaw. And every time there was a thaw, we’d have all these branches come down, and they’d swirl above the dam. I don’t know if you’ve ever been able to see this, but I loved it. And I’d be mesmerized because it would swirl and swirl and swirl. And eventually one branch would break loose from this group and it would go over the dam. What happens immediately after that is the rest of them fall over the dam too. And so to me, that’s the power of just starting – what we’re trying to do is to get one branch to go over that dam.

And it could be something as simple as, like someone reached out to me recently, and they’re in a totally different career. And they’re like, “I’m interested in coaching.” And that was their first step was to reach out to someone and talk to someone who does



coaching. Like, "Hey, what's it like," you know, and from there, I was like, "Okay, and here are some other resources that you could check out." Just get the branch to fall and then see where it leads.

04:50 Kathy

That's wonderful advice. I'll tell you I grew up a mile outside of the Lincoln Tunnel. So I have never seen what you're talking about, but it makes me perfect sense, because I think one of the things that we learn, especially if we're jumping from corporate into our own business is, we think that the plan is going to be revealed at some point - like it gets bestowed upon people. And it works exactly the way you just outlined it. There's a general feeling and then one step, and then the next, and then you find people on your path that help, to point the way. And the worst that can happen is you go a little off track and then you find your way back.

Bobbi

And that's good learning, too, right? It's great learning.

Kathy

I think you're a big proponent of journaling.

Bobbi

Oh yeah.

Kathy

How can journaling help when somebody might be in this phase?

05:43 Bobbi



Yeah. Okay. So journaling can help in a number of ways, depending on exactly where they are. So if someone's like, "I don't even know what my direction might be." That's a different thing. In that case, I like to journal around things like: Where do I feel energy? Right? What gives me energy? What steals my energy? And to be specific with it.

So, for example, I love training, right? I love training and facilitation. Do I love training and facilitation on everything? No. If you ask me to do training and facilitation on accounting, it would probably suck the life out of me. I don't know anything about it, you know? But if it's personal development, woo-hoo, that's exciting. So get specific in the journaling, you know? When do you feel the energy? When do you not feel the energy?

And then there's a great practice, I learned this years ago. I was at a women's writing conference back in '99 at Skidmore College, and they called it "Below the Line" writing. So anytime you journal, set a timer for 15-20 minutes and your job in that 15-20 minutes is to not let the pen or pencil stop moving, just keep writing, keep writing, keep writing, When the timer goes off, draw a line across the page, reset the timer for five minutes and write about "How was I feeling when I was doing Above the Line journaling?" And that starts to get to some of those emotions that are kind of lurking beneath the surface. So those are some of the journaling prompts.

If you have a direction, like "Hey, I'm kind of thinking about this..."- journal about what that is, why is it exciting? Who could you talk to? What's of value to you, you know, just let the pen move.

If a person is really, really stuck, this is something I learned in art therapy class, which I took at the same time I was taking the neuroscience class because I thought, "Oh, I needed an easier class at the same time to balance them out." But it was great



because I learned so much in that class. Write with, if you're really feeling stuck, write with your non-dominant hand in your journal, because what that does is it switches the way our brains work. Because if we're writing with our dominant hand, we can censor ourselves. If we're writing with our non-dominant hand, our brain is working so hard that our real emotions come out. Sounds weird, but it works.

08:14 Kathy

That was perfect. That was perfect. Thanks again, Bobbi. I really appreciate it. I think this is really going to help a lot of people. Thanks again.

Bobbi

You're welcome. I hope it does.

08:29

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!