



The Athena Wellness Podcast
Episode 128 – Taking Stock
April 6, 2022

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[00:00:05] Kathy Robinson: 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.

[00:00:30] Kathy: Hello and welcome. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

I have a quote that hangs prominently in my workspace. It says: "The life you live is the lesson you teach." I put it on display when I was still working in corporate and dreaming of what Athena Wellness could be. In those early days, I was sure of two things:

1. Athena Wellness was an opportunity for me to live more from my right-brained, heart-based self, the exact opposite of how I worked for decades; and



2. From a holistic well-being perspective, I felt deeply that if I didn't practice what I preached, my message would not resonate and the business would not succeed.

When I review my Athena Wellness journey so far, I believe I am living the life that I teach. And as a result, my life has changed for the better. I implement all the practices and methods I share with you because I want to make sure that you'll get results. That said, I do have Type A tendencies and habits, as you know, that I can easily revert to if I'm not vigilant in taking stock. And perhaps you can relate.

So that's what we'll be exploring today. We'll cover:

- The importance of taking stock periodically;
- A method for reflecting and making mindful choices; and
- My results when I took stock recently, as they relate to Athena Wellness.

[00:02:17] So let's begin with the importance of taking stock from time to time.

Why is it necessary? The practice of taking stock is basically a pause to encourage stillness, learning and curiosity. It's a way to stop and think about the main aspects of your life, determine what's working and what needs to change, and then deciding what to do next.

This is related to what we covered in the last episode when we talked about holding paradox, but it's more personal. Taking stock is about giving ourselves the time to step back from our day-to-day experience, review progress, and create the best way forward. It helps us course correct when we fall back into an old deep groove, without even realizing it, as I recently did.



Taking stock gives us a break from *doing* and invites us to *be* - even if it's for a short period of time - to check in with your body and see how your energy feels. Why? Because your energy doesn't lie. In fact, it's the key to identifying whether you're in congruence with your intentions so you can make mindful and deliberate choices to get to where you want to go.

[00:03:41] Here's a simple process I went through that was unlike the things that I usually do. This time, I didn't pick up a pen, I didn't journal, I didn't take a long walk. I had been wrestling with a question on my life's priorities and it came to a quiet head in my kitchen one evening when I realized something had to give.

I could feel the energy activated and stirring in my solar plexus area. Rather than just pushing it away or distracting myself, I just stood there and named it - calmly - and did a quick mental review: Here's the situation I'm in; I've been trying to work through it for a long time; the things that I've tried to address it didn't have the impact I was looking for; it's time to take a bigger step.

It was very matter of fact. I knew I was onto something because I felt very calm inside. I wasn't grasping for a solution. I was just sure that it was time to make some kind of a change. And so I went to bed. And as I was falling asleep, I put my hand over my heart and set the intention to receive some guidance. And then I had a great night's sleep. And sure enough, when I woke, I had a deep sense of knowing what I needed to do.

So if you're wrestling with a situation that keeps going round and round in your head, simply observe what's going on, name what you're feeling until you feel a



calming inside, set an intention for some guidance, and then go about your day or evening.

When it's time for bed, set the intention again to receive some guidance and see what unfolds. If a few days pass without insight, you can gently nudge it along by taking a small step forward in some way, maybe moving some of your physical stuff, taking a drive, having a conversation with a mentor, doing some journaling, or taking a long walk.

So what were my results as it relates to Athena Wellness? The focus of my work has shifted over the last few years from pure wellness coaching to helping people who are contemplating leaving, or those who have just left, a long-time structured corporate life. This work involves sharing another way of approaching life. One that is less cerebral and more heart-based, what I call wholehearted living.

And I do this by sharing personal experience. And not just when things are working smoothly. The real lessons are showing how to navigate around the challenges through my methodology and my practices, just like the conversation we're having now.

Which is why I don't think it's a coincidence that I recently worked through my own challenge. As I mentioned, these practices work, they get results. But I need to demonstrate that I practice what I preach. If I don't, what I teach and coach won't resonate with my students and clients. They'll be able to feel that misalignment.

[00:07:13] So what happened? I got into a groove, a pattern from my corporate days. The idea that I need to work as hard as I can to be successful at the task at



hand. I've been on that treadmill before and I know where it leads - to burnout, which is what I didn't want to happen with my business or this podcast.

I love creating the Athena Wellness podcast episodes for you. When I started the show, it was just me talking for 20 minutes. The editing was manageable as was the research, the show notes, transcriptions, posting, sharing. But as time went on, the conversations got deeper and deeper with my guests, which I love. But it meant that the editing alone first tripled then quadrupled over time.

This takes time away from other things that I want to create for you, like an [upcoming online course](#) that I know will be really helpful for some of you. I'll have more on that in future episodes. But if you're curious, [I'll link up to where you can email us to get on the waitlist to learn more.](#)

So what I was wrestling with in my kitchen a few weeks back was a question I've been holding since last summer. How do I make the podcast process sustainable without sacrificing quality? Sure, I could outsource almost everything related to the podcast. But whether it's a solo show or an interview, I take great pride in sharing conversations that are deep, insightful and practical for you. Quality is non-negotiable. For me, podcasting is a craft and I want to continue to learn and grow. It's my hope when I post each episode, that you can feel the depth and the care I took in curating that conversation.

But that desire has to be balanced with wanting to bring you more value in the form of online courses and other products and services in the coming months and years. So I've decided to post episodes of The Athena Wellness podcast on the first and third Sundays and Wednesdays going forward instead of every week. This will



give our listeners four episodes a month. And that will begin on April 17th and 20th when I'll be sharing conversations with the amazing Sarah Harris. It's one of my favorite conversations to date and I'm looking forward to sharing those episodes with you.

So I'd like to wrap up by expressing my gratitude. We now reach thousands of people and I appreciate you and thank you for being a listener and helping us grow. And I look forward to creating episodes that continue to inspire you for years to come.

[00:10:23] Kathy: 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 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!

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[00:11:24] [END OF AUDIO]