



The Athena Wellness Podcast
Episode 170 – Vancast: Self-Worth and Celebration
December 21, 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: Before we begin the show, I wanted to let you know that at the time of this recording, I have two 1:1 coaching packages left for the winter season.

The *From Type A to Type Be* coaching program is a transformative journey that's compassionate, yet results-driven, perfect for those ready to reclaim a life dream. If you're looking to transition out of a corporate career, reinvent yourself, write that book, start that business, or optimize your holistic well-being, visit AthenaWellness.com/coaching or click on the link in the show notes to learn more. You can book a free, no-pressure clarity call with me at your convenience and I welcome the opportunity to speak and work with you.

[00:01:23] Kathy: Hello and welcome. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.



Today's show is a Walking The Talk Vancast, a look behind the scenes into what I'm learning and working through along with a takeaway for you. These portable episodes are informal and casual, recorded on the go from wherever I happen to be at the time. And today I'm camped out in my new winter spot, by the fireplace, with my van recording equipment set-up, doing a fireside chat.

[00:02:03] Last month I shared the beginnings of my 2023 planning process, incorporating some of my *From Type A to Type B* learnings. I looked back at 2022 and prepared the lists that I suggested that you try. They were: What I Loved, Labors of Love, What Worked, and What Didn't Work. While I gathered information that was helpful, it quickly sent me down a rabbit hole of questions. What should I change? How will I continue to grow? What is success in 2023?

That last question is one that I've tried to address in my teaching, coaching and speaking engagements this year. I've been working with people who have experienced big transitions, such as leaving a long-time profession. And most of what we work through together is the identity shift - "Who am I without the business card that I carried for years?"

[00:03:07] I was thinking about this question as I continued to make my plans for 2023. And it led me to create a blue sky exercise for myself. I wanted to break out of my usual thinking and invite the big ideas using this premise: "If I had no business or personal commitments, what would I like to do, feel and experience in the new year"



That's a big question, because what it's really asking is, "What activities and relationships are worthy of my time, energy and attention?" We'll get to worthiness in a moment. But first, although I'm still working through these exercises myself, let me share one thing that I noticed as I looked back to look forward.

And it's this - I rarely acknowledge my progress. I finish one thing and I'm onto the next. This didn't come as a big surprise. I've always been wired this way. It was kind of instilled in me when I was a kid. If I was unable to keep myself occupied, there was a list of chores my mom would have been more than happy to dole out. So instead, I opted to keep myself entertained.

This learned skill was helpful throughout school, college and corporate life. I found that finding ways to be useful without being asked was a differentiator. It kept me engaged, too. I always had projects that piqued my interest. But in those days, stopping to celebrate for more than a moment seemed frivolous.

When I wrote my book, *The Athena Principles*, I recognized the shortcoming of this approach. So much so that for the fifth Principle of Accountability, along with creating a process for checking-in periodically and compassionately adjusting when needed, I also recommended celebrating wins.

So I was a little disheartened when I realized that I never truly stopped to reflect on and celebrate what I've been creating and what I've accomplished since starting Athena Wellness.



The word *celebrate* is defined as: To honor or mark something by festivities or other deviation from routine. Celebration, in the way I'm thinking about it, can be as simple as pausing to recognize what's good in your life - relationships you've built, skills you've acquired, talents honed, abilities practiced - any and all experiences contributing to something meaningful for you.

When you work towards something significant, there are times of not knowing and doubt that require a mindset of persistence, resilience and self-reliance. Mindfully marking your progress can act as a fuel source and motivate you to keep going. When you consciously acknowledge your experience, you're honoring your journey and who you are now.

[00:06:28] From a wellness perspective, anything positive that breaks your routine can create well-being, which reduces stress and can even release some feel good hormones. Celebration can also lead to feelings of abundance and make you more productive in a healthy way. And this is where self-worth comes into play.

Self-worth runs deep within us - it's who we are *without* our degrees, careers, professional titles or possessions. It's defined as our own sense of value as a person. It's about owning all of who we are, including the parts in shadow and light. And it's about how we honor our worth through healthy boundaries, self-care, and giving voice to what's important to us.



With a strong sense of self-worth, we're better able to own our feelings, actions and lessons learned. And we're able to respond to situations with empathy, always looking for a mutually agreeable solution.

So when we bring together self-worth and celebration, we take the time to notice how we're empowering ourselves in this moment. When we do this repeatedly, we strengthen our relationship and trust with our inner knowing, which leads to increased confidence as we take the next step.

With this as a backdrop, I've been wondering how I can invite more celebration into my days. Maybe for 2023, it's as simple as keeping a running list in the back of my notebook of how I'm growing, what I'm learning, what risks I'm taking, how I'm playing bigger, how I advocate for myself, when I defend important boundaries, or when I make time for self-care. I'm going to play with that idea during my retreat time between Christmas and New Years.

[00:08:38] And now to you - my invitation for you starts with a question: When was the last time you celebrated yourself? And then the follow up: How might you invite celebration into each day?

Here's a few ideas to get you started:

- **Name it:** What are you celebrating and why is it important to you? It can be as simple as noting it in your journal or including it in your thoughts as you fall asleep at night. It's a nice way to drift off after an active day.



- **Be grateful:** Who helped you get to the celebratory milestone? Spend a moment in gratitude for them along with what you're celebrating and how it makes you feel.
- **Break the routine:** How might you commemorate the occasion by giving yourself an interruption to the everyday norm and the disciplined action that got you here? The reward process itself will give you a nice dopamine boost.
- **Share it:** Who can appreciate your happiness? Your partner, a few close friends, fellow business associates? The process of being witnessed allows you to learn how to receive positive feedback, adding to the feel good loop.
- **Incorporate it:** How might you include a celebratory review in your weekly or quarterly prep process? By making celebration a habit, you'll feel more present and rooted in your own power and positive mindset.

Developing the ability to celebrate who you are and where you are will help you ride a wave of self-worth into 2023. And that feels like a very healthy way to start the new year.

I'll leave you with a similar sentiment from Oprah Winfrey who has said, "The more you praise and celebrate your life, the more there is in life to celebrate."

[00:10:53] 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'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!

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[00:11:55] [END OF AUDIO]