



The Athena Wellness Podcast
Episode 190 – Vancast: Inviting New Life Experiences
March 29, 2023

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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 friends. 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 so happy to say I'm back in the van, surrounded by bare branches and gray brown mountains, filled with the promise of spring. I just got back from a hike in the woods and I'm so excited to bring you this episode from the van.



[00:01:17] In the last vancast we talked about the importance of reaching beyond our comfort zone and into the learning zone, which isn't so much a leap as it is a step out of the status quo. And that may have you asking, "Well, what do I do once I take that step?"

That leads me to one of my favorite topics, discovering and exploring a broad range of interests in both work and play. So why is this important? I've come to learn that creating a purposeful life based on what you love starts with learning how to spend time doing the things that bring you joy. And if you're anything like me, the many years you've spent building a career may have disconnected you from these activities and this feeling.

Carving out the time to explore doesn't happen overnight. But when you start to make room, even a little bit, you'll find delight in the discovery process as you cast a wide net to find the people, places and activities that call to you, whether they make logical sense to you at this stage or not. Being open to new and exciting experiences, that's part of living wholeheartedly. And it also becomes a new way of life.

[00:02:42] As an example, in her book, *Big Magic*, Elizabeth Gilbert tells the story of her friend, Susan, who prioritized her curiosity over fear and re-engaged with her inner adolescent, the one who loved figure skating.

Susan quit skating as a teen when she determined she didn't have enough talent to be competitive. But as her 40th birthday approached, Susan found herself



feeling lethargic, yet restless, and asked herself, “When was the last time I felt truly joyous?” And the answer was when she was ice skating as a teenager.

So she hired a coach, bought some skates, and three mornings a week she got up before sunrise to head to the rink before going to work. She was the only adult on the ice surrounded by lots of girls with big dreams. And she found she loved it.

This didn't mean her inner critic didn't have its say that it was self-indulgent and a ridiculous idea to entertain. She heard it and she did it anyway. And she kept doing it because it was something that brought her alive. And that vitality spilled into other parts of her life as she continued, and continues, to skate several mornings a week for the pure joy of it.

[00:04:13] And now to you. What will expand and amplify your life? And how might that energy spill over and inform other aspects of your daily living?

If you're unsure how to answer those questions, start with curiosity. By its very nature, when we're curious, the logical brain gets to take a backseat and the heart gets to lead. The paths you begin to follow don't need to make sense, just like figure skating didn't make sense to anyone else but the 40 year old skater.

Here's a little three step exercise to get you started:

1. In your journal divide a page into four sections labeled People, Places, Things and Activities. Set aside five or 10 minutes and write down whatever comes to mind. Who do you admire or who are your favorite people? Where do you or would you like to go? What is your prized or coveted possession? What do



you or would you love to do? When you come to a stopping point, just put it aside. But come back to it frequently recording more ideas as they come to you.

2. Once you develop a nice inventory, spend a little quiet time reflecting on it. Are there common themes? Can you find some connections? Which ones are really aligned with your heart and not your head?
3. This is where you invite your feelings to come into play, because the things that once made you feel alive may no longer do so. What feels nourishing and life affirming to you now? And how do you want to feel while you're engaged in these activities?

How you want to feel is an amazing incentive for behavior change and life transformation. Keep in mind that in the beginning, you won't wake up each day and feel exactly the way you outlined in this exercise. But the output from this exercise can act as a guidepost to make you aware of when you're in Integrity with your life desire and when you're out of alignment.

[00:06:40] Over time, you'll be able to navigate in the direction of a life that you're shaping intentionally. Be flexible and understand that there are a variety of routes to get you to your intended outcome. This will help you enjoy the journey as you set out and take those first steps, keeping you focused on heading in the right direction toward what matters most.

Creating a purposeful life is a fluid process and it's an ongoing one as well. It's about living deliberately and authentically and gently moving toward the person



you want to become, enjoying the journey as much as the destination which starts with doing the things that light you up.

So what inspires you? Do you want to feel adventurous, powerful, present, calm, free, engaged, alive? You get to choose.

I'll leave you today with the words of Eleanor Roosevelt, who was credited with saying, "The purpose of life is to live it, to taste it, to experience it to the utmost, to reach out eagerly and without fear for newer and richer experience."

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[00:08:01] 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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