



The Athena Wellness Podcast
Episode 198 – Disrupting Your Deep Grooves with Karen Salita
May 3, 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: Today's episode is brought to you by The Athena Wellness Academy, your resource for wholehearted living.

The Academy's featured offering is an online course called, *From 'Type A' to 'Type Be,' How to Mindfully Descend the Corporate Ladder and Invite What's Next*. This course is perfect for you if you're contemplating or navigating a professional transition, and it's available as a self study or with a small cohort of students facilitated by me, Kathy Robinson.

To learn more, I invite you to go to AthenaWellnessAcademy.teachable.com or click on the link in the show notes.



[00:01:21] 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 I'm joined, once again, by writer Karen Salita. During this discussion, Karen shares some advice for those who long to reinvent themselves but are fearful of making the change.

And now onto the show. I hope you find this conversation helpful.

[00:01:51] Kathy Once again, I'm joined by writer Karen Salita. Welcome back, Karen.

[00:01:56] Karen Salita: Thank you, great to be back.

[00:01:58] Kathy: I'd love to explore a passage from your book *101 Soul Seeds*. It's the first one and it begins with this quote, "Reinventing yourself is less about transforming yourself and more about how you're showing up in the world."

So with that as a backdrop, I'd love for you to speak to the listener who is resonating with this idea of reinvention but is very comfortable in the grooves of daily life and maybe even fearful of change. What are some things that you would suggest?

[00:02:29] Karen: Well, first, I love that you brought up this idea of the daily grooves of life, the well-worn path that we've been down so many times that your wheels just stay in there without you even having to think about it.



I think about the highways of life that are easy to travel. We take highways because they're efficient, not because they are scenic necessarily. Often they're not scenic or particularly enjoyable. But really they're just energetically predictable and it allows us to be on autopilot. Yes, it might be easy, but the challenge is if you stay on a highway long enough without paying attention, you're going to end up somewhere you didn't intend to be.

So we really do have to be thoughtful and intentional about whether those deep grooves are actually serving us and taking us in a direction that is a place that we would like to find ourselves in.

A great example actually of being in deep grooves was shared when a study was done back in 2014. There was a labor strike in London. It shut down all the train stations and people had to find new ways to work. It caused a lot of commotion. People were very upset that their daily habits were being disrupted.

The labor strike went on for a short time, not too long. A group happened to be doing a study at the time. They were doing a transportation study. What they found was that when the labor strike was over, 1 out of 20 passengers had found a new way to get to work and they never went back to the old way. So when we think about the deep grooves in our lives, the efficient ways that we navigate our lives, sometimes it takes a little bit of disruption to find a better way.

Anybody who is resonating with the idea of change is probably resonating because there's a small amount of disruption in their lives letting them know that



what they're doing may not be working as well for them as they would like it to be and that there might be a better way.

You mentioned fear. Fear is a tremendous guiding factor in this process, but really, we have to think about what is fear, what does it represent? And I think of fear as just being the anticipation of negative emotion in the future. Fear is not actually threatening, it just is the anticipation that maybe we'll have to deal with some stuff in the process. It's the idea that the emotional discomfort might be difficult.

Okay, well, so you get off the highway, you might have a little bit of a bumpy road, but the idea is that if we don't allow ourselves to get off of autopilot and become intentional with the change that we are looking to create, then we might end up in a life that doesn't feel good to us.

One of the quotes that I like, a famous quote, is that "Change happens when the pain of staying the same becomes greater than the pain of changing." So we have to look at those disruptions in our life that are making the idea of reinventing ourselves seem appealing and allow the disruption to inspire us to find new options for our lives.

For myself, I recently enrolled in graduate school for the first time at the age of 45, which was a disruption because I'm disrupting a 20-year career in a completely unrelated field. I'm still in my career and going to school. And that change was difficult for me at first until I realized that I have a choice in how I navigate the change.



So I would encourage anybody who is going through something similar to put themselves on a playground. And on the playground, think about which part of the playground would you like to play in? For myself, I chose the teeter-totter. I am walking up one side of the teeter-totter slowly and standing at the top. I'm in my job, I'm in graduate school. I can find a balance between the two before I finally walk down the other side that allows me to get to this new place of change.

Some people prefer the swing set. Some people will swing higher and higher and higher and they choose to jump off the swing set when they're ready for change. That is fine for some people, but that's not who I am, that's not how I operate.

So change can happen quickly, and change can happen slowly; it's up to the individual. But if you feel like you're being attracted toward change, find a way of incorporating more of that change into your current life by taking a class or joining a club or doing online workshops and seminars. Let yourself play in that world, let yourself play on that playground while continuing to navigate some of your highways of life.

Eventually, when the other things that you're engaged in provide you with the quality of stimulation and the quality of fulfillment that you're looking for, getting off the highway isn't so difficult anymore because you're going somewhere that you're excited to be. Everybody navigates change in their own ways.

[00:08:15] Kathy: When you mentioned the playground, I went right over to the slide because I'm just going to glide into the next one. The days of jumping off the



swing are over. I don't want to go round and round on the merry-go-round or up and down, I just want to slide and glide.

[00:08:30] Karen: I love that so much.

[00:08:32] Kathy: Then, I would also say, when you are on the playground, to find a friend because it's much more fun, too. It's hard to be on the teeter-totter on your own.

[00:08:41] Karen: Well, it is. I think you bring up a really good point. Having like-minded company on the playground with you sure does make it a lot more fun.

[00:08:51] Kathy: Absolutely and that's what we're all about in this phase, right? Let's make it fun. If we're going to go through disruption, let's make it fun. Let's find new ways.

[00:08:58] Karen: Exactly. And it is fun and it has been a really enjoyable journey. And I do love being able to share the process with other people so that they can experience it, too.

[00:09:09] Kathy: All right, well, thank you so much for being here and sharing it with us. We'll link everything up in the show notes again. And I thank you very much, Karen, for your time.

[00:09:17] Karen: Thank you. This has been wonderful.

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[00:09:21] 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.

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Until next time, be well!

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