



The Athena Wellness Podcast
Episode 018 – Are You Working Against Yourself?
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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 prides itself in supporting you on your journey to live more wholeheartedly.

Hello and welcome to Episode 18. Thank you so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Have you ever set out to do something healthy for yourself feeling super committed, enthusiastic and energized? You make the plans, get the gear and start to take steps toward long-term change. But at some point, you lose momentum. You beat yourself up a bit, get back on track and give it a solid effort. And then something else derails you. Weeks go by and that intention you set becomes a memory.

It's at this point that potential clients begin to seek out a wellness coach. The reasons I hear for their efforts coming to a halt can range from being too tired, hitting a plateau, not liking healthy food, and having no support just to name a few. But I believe that the root of their sudden lack of momentum is rooted in fear, the fear of change.



As I wrote in *The Athena Principles*, there's a distance between where you are today and where you want to be. And embedded in the terrain between here and there is change. As we begin to cross that terrain, if we feel the change we want to make will cause more discomfort than the pain we're experiencing in our current situation, we may opt to stay trapped in a life situation that's not desirable.

In other words, we begin to work against ourselves. And that's what we'll be exploring today. So sit back, take a nice long breath to ground yourself in presence and let's get started.

There are times when we begin a new endeavor that we feel so motivated we believe we can quickly begin living our new envisioned life, bypassing the journey. The reason that rarely happens is because we need to work through the beliefs and the past decisions we've made that led us to where we currently stand.

That's where fear can show up and it can take a number of forms. The most common is fear of the unknown. As we begin to walk down a new path, things start to feel unfamiliar, maybe get a little difficult, and we begin to yearn for the comfort of our old routine, even if it no longer aligns to the person we're envisioning becoming. Fear can also show up as behaviors, such as procrastination, perfectionism, negative outlook, negative self-talk, keeping expectations low, self-destruction, or quitting altogether.

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These are behaviors designed to keep us from succeeding and can come from things like imposter syndrome, backlash avoidance and even a childhood experience where we were asked to play down our early successes.



Here are a few thoughts on handling fear the next time you feel that you're working against yourself.

The first is mapping out the journey. While it's understandable to want to quickly advance to the final destination, what milestones might you celebrate along the way? Who has made a similar journey? And what qualities does a person who makes such a journey embody? You can begin to take steps toward incorporating those qualities into your life today.

The next is determine what you're truly fearful of and address it. The more specific you are, the easier it will be to address. For example, if you're thinking about leaving your job, you may feel a fear of uncertainty. But as you dig deeper, you may realize that the uncertainty is rooted in the fear of not having an updated skill set that will land you your new job; that's something more tangible that you can work with. This process of naming and addressing fears will happen multiple times along a long transformation journey. So that becomes a skill set all its own.

Next is staying present. The past will remind you of mistakes and failures, while the future may seem overwhelming. Set your gaze on the next task and take one small step after the next. Block out external interference and focus only on what you can do - and do it to the best of your ability.

Next, befriend resistance. At any point, you could feel the tide rising against you. Understand that this is part of any growth journey and it's there for a reason. Dialogue with it and ask it what you need to learn. Anticipate the answer, but don't struggle with it. In fact, it's been my experience that once you surrender, you'll feel the tide recede.



Lastly, enjoy the journey. If you feel open and lit up, you're on the right path. If you're feeling tense and closed up, you may have made a detour. Take planned stops along the way. Celebrate the milestones. Invite the natural flow of life. Psychotherapist Fritz Perls once said, "Fear is excitement without the breath." Don't forget to breathe. And smile. And laugh. Make friends along the way. Collect stories. It's going to be a great tale one day.

I'd like to leave you with two quotes today. The first is from Professor Joseph Campbell, who wrote about the hero's journey. He said, "The cave you fear to enter holds the treasure you seek." The second is from Buddhist monk Thich Nhat Hanh who offers this, "Smile, breathe and go slowly."

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 can 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!