



The Athena Wellness Podcast
Episode 059 – How to Learn Your Way Forward with Bobbi Kahler
August 1, 2021

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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's dedicated to supporting you on your journey to live more wholeheartedly.

Hello and welcome to Episode 59. Thanks so much for joining me. Today's show is a masterclass in what can happen when you override your inner wisdom and then what it's like to navigate the long road back into alignment with yourself.

Our guest today is Bobbi Kahler, an entrepreneur and success coach who has worked with more than 3000 clients focused on personal growth and transformation. She's also the author of *Travels of the Heart*, *Developing Your Inner Leader* and the podcast host of *Unyielded, Thriving No Matter What*.

Our discussion begins with Bobbi's own wellness journey. When her work ethic and high expectations severely impacted her health, Western medicine failed her, forcing her to seek integrative solutions. It's a fascinating story of exploration and ultimately recovery. And it's a story with a happy ending because Bobbi is now a thriving athlete who helps others succeed in a balanced manner.



We cover a range of topics including:

- The importance of trusting your inner voice;
- Lessons and takeaways from the year 2020;
- Why “Learn Your Way Forward” is a beneficial life approach; and
- How curiosity can be a superpower.

We end this episode with our Dose of Inspiration segment where Bobbi shares some of the things that are lighting her up these days. And as always, I'll put links to those items and Bobbi's website in the show notes.

Bobbi is also offering the listeners of this podcast a 50% discount off her six week Bottleneck Breakthrough coaching program, if you mention the Athena Wellness podcast. Just visit her homepage, BobbiKahler.com, and click on the “Book a Call with Me Today” button on the upper right hand side. This offer is good until August 15, 2021.

And now on to the show. I hope you enjoy the conversation.

02:49 Kathy

Bobbi, welcome to the Athena Wellness podcast. Thanks so much for being here today.

02:54 Bobbi

Thanks for having me as a guest, Kathy.

02:57 Kathy

So please share a bit about who you are and what you do.



03:00 Bobbi

Well, I am a success coach. And that means I work with people, specifically I work a lot with entrepreneurs, and I help them be successful in all the areas of their life that are important to them. Because very often as an entrepreneur, I know I fell into this trap, you can be successful in one area, typically your business, but some of the other areas kind of fall through the cracks. And so it's really being intentional with what is the whole vision for our life and how do we go about creating that.

03:31 Kathy

Perfect. You have an interesting story about how you discovered integrative medicine? Could you share that with us?

03:40 Bobbi

Sure. Interesting is a good word for it. Life threatening would be another one. (laughs) You know, I mentioned the whole thing about getting out of balance as an entrepreneur. So in 2000, I started my own business. In 2001, my husband and I moved to Portland, Oregon, and we're starting, you know, we're kind of creating the business there.

And by 2003, as an entrepreneur, you put a lot into your business. And it's easy to stop doing the things that you know you should be doing in terms of your health. And I didn't think that would ever happen to me. But it did. I mean, I went from someone who was an avid runner to, you know, I didn't have time to go for a run, didn't have time to cook good food, didn't have time to get enough sleep, enough rest.

And no matter how tired I was, I kept pushing through it. Because that's part of, you know, it's like, well, I can push through anything. And sometimes that's a good thing. And in this case, it almost killed me.



Because in 2003, March 6th as a matter of fact, I collapsed. And by collapse, I mean, I could no longer brush my own teeth. I mean, I couldn't raise my forearm to brush my teeth and that is when it finally occurred to me, "You know what, you kind of have a problem."

And I say that because what's sad about this is not listening to your body. I would say it was a good nine to ten months leading up to this collapse, it started with, I was super tired in the morning when I'd get up, but who wasn't tired, you know? So I'd haul myself into the shower. And it was like, You know what, I'm kind of too tired to stand up while I'm taking a shower. So I'd sit down, because I had to. And then it was okay, so now when I'm putting my makeup on, I was too tired to stand. So I took a kitchen stool up to my bathroom and I'd sit on that, and that's how I put my makeup on.

I mean, this was a slow progression. Had any of this happened overnight, you would have been freaked out. But because it was a slow progression, it's like, okay, well, I kept adapting. So at one point, it was, okay, so after I put my makeup on while sitting down, I needed to rest. I needed to go back to bed to rest before I could dry my hair, because I didn't have the energy to hold the hairdryer up. But it didn't occur to me. I mean, it just didn't occur to me.

And then the thing with brushing my teeth, I thought I was so clever because I could lean on the vanity, rest my elbows on the vanity.

Kathy

You were being entrepreneurial!



Bobbi

(laughs) You know, like I can solve a problem! So I'd rest my elbows on the vanity and all my weight would be resting on that as I'm sitting on that stool and all I had to do was raise my forearm. And that's how I brushed my teeth.

Until March 6th, I made it to the bathroom, I was sitting on the stool, I put the toothpaste on the toothbrush and I couldn't raise my forearm. And that led to doctors who told me they couldn't believe I was alive. One doctor said, "You know, you have like a 3% chance of a full recovery." And here's the thing, he was in Western medicine, it was a university hospital. He was a very, very compassionate doctor.

Talk about being a little like, it's not getting in, right? When he told me that, I said, "Okay, but when can I go for a run again?" It's like, you're not hearing me. Oh, he's like Bobbi, he said, "You might have to accept that your days of being an athlete are over." And I thought to myself, I understand I'm sick. Because that was six months in, six months after my collapse. And I thought, "I understand I'm sick. But I'm not giving up on being an athlete. It is part of who I am."

And at that point, he told me he's like, "Bobbi," he said, "I don't think there's anything Western medicine can do for you." Because there's no pill, there's no surgery.

Kathy

Were they able to pinpoint what the issue was?

Bobbi



He believed it was something that they were studying at the time. And it happens to high performers and we push ourselves beyond what we should be doing. And we collapse.

So at that point, it's like, okay, well, because I'd never even heard of integrative medicine. You know, I grew up in the Midwest. And so it was a year, it was about 14 months after that I finally found, she was a naturopath. And she was an integrative doctor. And she said, "Bobbi, I've seen this, I've treated it, I can help you." And she said, "It's not a fast recovery. It'll take two years, but I can help you."

08:25

And that was one of the most hopeful days of the whole journey. And that's when, I mean I hate needles, I'm using the word *hate*. And then she's like, acupuncture is going to help. Massage therapy is going to help. I did hydrotherapy. She completely changed the way that I was eating. I wasn't getting enough protein in the morning, we changed that.

You know those 13 x 9 cake pans that we use to make the flat cakes? I had a cake pan full of vitamins and supplements that I had to start taking every day and I can't swallow pills. My husband, and he was my boyfriend at the time, he had to break them up and crush them.

Kathy

That's love!

Bobbi

We called it my vitamin cocktail because we had to mix it with grape juice or something; it tasted terrible. But that's what I had to do. And so that's how I found integrative medicine.



09:28 Kathy

Wow, I told you it was an interesting story, everybody! You know, you said something, a phrase about listening to your body. So obviously that has shifted, it's almost 20 years now. What is it that you think - was it just the business that precluded you from doing that back then? What do you think led up to that, now with hindsight?

09:50 Bobbi

Part of it was the business, part of it was also the core of who I am. Because I had speech problems as a kid. And my mom worked very hard with me and my core story around that became: "You can do anything that you put your mind to," which is a fabulous core story, except it became a strength that I was overusing.

And I'll never forget, Dr. McDonald was the name of the doctor who eventually helped me, one of the two integrative medicine doctors. And at one point, I said to her, I'm like, "Okay, well, just tell me what I need to do because I can push through anything."

And she just stopped. And she looked at me. And she said, "Bobbi, that's what got you sick. What got you sick will not get you well."

So part of it was, another thing, Kathy, is I was never taught to really tune into my body, like, "Hey, everybody gets tired, buck up." And so it just didn't occur to me that my body was trying to tell me something. So I think it was a number of factors.

And I was trying to - the other thing is, I'm a highly conscientious person. I'm very, very responsible. My husband, my boyfriend at the time and now husband, we were in this business together. So for me to say, "You know what, I'm going to take a rest instead of



working,” felt like the height of selfishness. And now what I understand is, you know, you can't take care of anybody else unless you're taking care of yourself.

11:25 Kathy

Yeah, that's interesting, that comes down to discernment, right? You can't do everything and we feel like we can when we have our own business. So from a longer term perspective then - and I love, “What got you sick won't get you well.” That really sums it all up, right?

Bobbi

It really does.

Kathy

So, you had to re-learn how to approach your life - you still have the business, it's more successful than ever. So, what changed in your approach to wellness then so you could have long term sustainability?

11:55 Bobbi

Yeah. Well, I'll tell you when she said that to me, that might have been the scariest day of the whole thing. And this was a ten year journey. Because the first five years, it was getting back to what I call Chapter One, getting back to a stable place where I was no longer sick. Unfortunately, when I finally got the clean bill of health, like, “Oh, your numbers are within normal,” I was about 10, maybe 20% of the well person I used to be - the healthy, strong athlete. So then it took five years to regain that. So that's part of it.

But as far as what changed - the day that she said that to me, “What got you sick won't get you well,” I was like, “You just took away my signature strength in life. And if I don't have



that, what do I have?" And that was scary. That was the scariest day. That was scarier than the day I collapsed in a doctor's office and my blood pressure dropped to such a point, they couldn't find it anymore.

So I had to learn, "Okay, how do I maybe not fight my way through everything? How do I learn to adjust? How do I learn to when I'm tired, take a break?" And I didn't learn that very quickly because I kind of kept pushing for a while and it got to a point, this was in 2005, June of 2005, that I had another really bad relapse.

And we were getting married in August of that year. And Dr. Barb said to me, she said, "Um, let me make this simple for you. Unless you quit your business, you will not be alive to see your wedding." And that was interesting, because it was both sad and it was like, "Whoa, this is big." It was also a bit of a relief, because it took away that ultra conscientiousness because now my job was to take care of myself, you know what I mean? So things like that.

And over the years, I think it's now paying attention. When I'm tired, I notice that very quickly and I'll say, "You know, I'm gonna go take a rest." I still get massages on a regular basis because I know that helps support your adrenal glands. It helps you to stay healthier.

And I do not skip my, I'm gonna say, workouts but they're not really workouts. They're fun, right? Because I love cross country skiing. I love paddleboarding. I love biking. I love hiking. Today I went out on the lake paddleboarding. I saw two different moose, it was amazing. But that's part of my wellness

Kathy



Yes!

Bobbi

Nature rejuvenates me. I mean, we live at 9000 feet and that's not by accident because I know that's what replenishes my soul. I have to manage my stress. And then, of course, the way we eat. You know, I'm not saying I never have a snack because my weakness is tortilla chips, I'll just be real. Who doesn't love tortilla chips and salsa? But those are treats. And I think about food now as fuel - how am I fueling my body? So I don't know, Kathy, if I answered your question.

15:19 Kathy

it's a great conversation. What I love is this idea of redefining - you had to redefine who you were. I mean, your main thrust behind everything you did was taken away. And it's like, "Who am I?" So as you're physically getting stronger, you had to remake yourself. What was that process like? And then how did that feed into your business, which it sounds very much like came out of this whole experience?

15:49 Bobbi

Yeah, one of the things I did, because it was scary, because I used it before getting sick - every day I'd wake up and I would have, you know, a loose leaf piece of paper with a "to do" list - because I could do it. Once I got sick and once it became obvious, like, "Oh, this isn't something that's going to go away in a couple days," I started a practice that I continue to this day. And it is: "If I can only do one thing today, what should that be? And it's amazing, because all the other stuff that isn't nearly as important, falls off the list, you know, so that was part of it.



And then, I think, learning how to rely on others. That was something else I had to do. And that wasn't easy because I've always been extremely self-reliant. But yet, it feels good when you find those people you can rely on. I mean, those were really the major ones, you know, and just really kind of tuning in more.

But now, you know, obviously, I've started well, we, I'd say, we put the business on pause in 2005, because it was not something I ever really gave up on. But it was like, we have to take a serious break. And now it's probably stronger than ever, well it is stronger than ever, and I'm stronger than ever. But it's that intentionally taking care of myself so that I can take care of others. When I was basically trapped in bed for however long that was and it was years, I couldn't help anybody else. And that was a major shift in my perspective.

So like today, when I went out for my paddleboard, I don't consider that was a selfish act - that was self care. And it's so that I can be prepared and healthy and come from strength, so that I can be there for others.

17:41 Kathy

Mmhmm. Beautiful. You know, I think we probably have similar clientele, which is the Type A, and for me, it's more corporate type, because that's where I come from, and people who are leaving that. You have more of the overworked entrepreneur...

It's a really hard thing when they're not collapsing to counsel people in this way. So if we have listeners out there who recognize themselves in your story, and say, much like you did, "I don't have the time to not do this," or "I can't," what might be some small steps or some ways to avoid this incredible experience that you've been through?

18:23



Yeah, I would say, trusting your inner voice. Right? You know when you're tired. And here's the thing, too, trusting your inner voice and not letting the voices of others be louder than that inner voice. Because I remember when I was sick, before the collapse, like leading up to it, and even after I collapsed, people would say to me, "Everybody gets tired." That's right. There's tired and then there's, "You can't lift your head up off the pillow." So trust that voice that's telling you, you might need a rest.

And here's the thing, it doesn't have to be a two week vacation. Right? How do you build that into your everyday. I don't care if it's 10 minutes, 10 minutes, 20 minutes for yourself. If it's taking a latte on your back porch, that's my new thing. I make myself a latte and I go to the back porch and I, for 10 minutes. That's my time.

So I think some of those small steps. I think sometimes we think that it has to be big, like we have to go to a spa or we have to go to a retreat. Those are great. Think about how you integrate it into your everyday life, you know?

And do we really, oh, here's another... Do we really need to be on call 24/7? Is the world really going to come to an end? Like this was um, gosh, last fall. The company I work with, I partner with a company, with some clients. They're based out of, they're on the east coast. And so a lot of my clients were on the east coast, but I'm like, "Well, when I get up at seven, I should be checking my email before I do anything else." Like I'm not even out of bed and I'm checking my email. You know what, probably there's nothing in my inbox that can't wait an hour. Because if it's that important, they should be calling me.

So what I did, and plus I wanted time to write, and so I reached out to my teammates, and I said, "Hey, this is what I'm doing. I'm not going to check my email until nine o'clock my time. However, if something comes up that you need an immediate response to, call me



on my cell. And no one complained. And you know how many calls I've gotten? Zero. And everyone else is like, "You know what, that's a really good practice. I'm going to start that too."

And the other thing that I've done over the years is my work email. I don't look at it after five or six, you know, depends on if, unless I've got something going on with someone where they're, they need a response from me, like, we're going back and forth on something like that. But that's another thing, you know, so how do you make it into your everyday life? Versus oh, this is something for some day, or it has to be really big or whatever? It doesn't. This is, this is your life? And how are you taking care of you?

21:03 Kathy

Mm hmm. Yeah, from what you're saying, it's really coming down to boundaries and communicating those boundaries, right? And intentionality. So listening to that voice of "What do you really need?" and being able to put some parameters in that gives you that and not at the impact of anybody else or the expense of anybody else when you're communicating it appropriately. I think that's wonderful advice.

21:27 Bobbi

That's right. The boundaries are huge. You know, and, and I was surprised. There were a few people along the way, not anybody that I've worked with, but friends, put in air quotes.

Like I remember, it was a Fourth of July barbecue that someone was having. And this is when I was in a state of, this was right after the doctor told me like you better quit your business or you won't be on live to see your own wedding. And I woke up on the Fourth of July because I really wanted to go to her barbecue. But I woke up with a raging migraine and I could barely sit up.



And Rick said to me, he's like, "Are you really up for going to a picnic?" And I said, "You know, no, but I don't want to let somebody down." And he's like, "If she's your friend, she's not going to feel let down. She would feel like you need to take care of yourself," which is probably what you would feel, that's what I would feel towards someone. Unfortunately, this person didn't. She said, "Well, I'm terminating our friendship." And I thought, then it probably wasn't that good of a friendship.

It's easier to say that now almost 15-16 years later, but that was painful at the time. I think what I had to accept is that doesn't mean anything was wrong with me or my decision. Maybe it doesn't mean anything was wrong with her. We just weren't a fit. And that's okay.

So really giving yourself that permission that you need to do what's what's best for you, and it's okay. And the right people, the right people will support you.

22:54 Kathy

Yeah, I think you find that sometimes when you change your lifestyle. So going into a more healthy lifestyle, that people that you were less healthy with, let's just call it, you're not as much fun to them anymore. And vice versa. And there's a natural parting. So very, very helpful.

I always like to get some thoughts on this past year. What are you seeing and hearing with your clients? What have their big lessons and takeaways been?

23:26 Bobbi

I think one of the biggest things that's come up is, you know, things obviously shifted. And so people had to change the way they were doing things. So they fell into one of two



camps: There were the people who are like, "I'm just going to wait for things to go back to normal." And then those who said, "You know, I need to adapt."

And it's funny, because right after the pandemic, when it started, I think I was coaching, it was a whole group of managers I was coaching, it was in May. And I had, I don't know, probably 40 of them out of the 70 that I coach on a quarterly basis. Forty of them said, "I'm kind of waiting." And I thought, let's see how long you're going to wait, because I don't think this is going back to normal anytime soon. By August, most of those 40 were like, "Okay, we've got to adapt." So it's that adapt mindset - "Okay, so something's changed, I have to adapt."

The second piece of that is that it's been kind of a, I'm gonna say a great chance for people to look at, what are the strengths they have right now, right before the pandemic hit. And then how do I build on those and extend those into new areas, you know?

So a super simple example. One of the managers I was talking with, he's also responsible for sales. His name is Mike. He's up in Alaska. And he's like, "Bobbi, I've never had to sell over the phone." And he said, "I'm used to walking into businesses and can't walk into businesses anymore." And he's like, "I'm lost. I have no idea how to sell."

I'm like, "Things have changed, but you still understand the basic process, right? You have to have a conversation, you need to do discovery, you need to learn what they need, you need to learn can I help them? You need to talk about what you do in a way that makes sense. It's the same process. How you are doing it has changed." And he's like, "Oh, okay."

And so I think that for people to see how is their skill set being extended is really important. The other important distinction, and this also came with Mike, but I've seen this countless



times, is people at first, they're like, "I'm not comfortable, therefore I'm not good at it." Those are two separate things.

When we're learning something new, we're often uncomfortable. I think about the cross country skiing, there are times when I go out because I love it. Um, but again, I come from the Midwest. So living here in the Rockies, when I'm going down something steep, it's scary. But even though I'm uncomfortable going down, it doesn't mean I'm actually not good at it. And it doesn't mean I'm not learning. And more importantly, that's usually when I grow the most, even if I fall.

You know, my husband always says this about skiing, because he grew up skiing. So of course, it's easy for him to say, he's like, "You know, if you're not falling occasionally, you're not pushing yourself hard enough." You know what I mean? Now, he does wait until I get back on my skis before he says that to me. But I think it's a great lesson.

And I'm seeing more and more people kind of embrace that and that's what the pandemic gave a lot of people - it was that grace to fall. Like, "Hey, this is something brand new. I remember, I've never done, I shouldn't say never, well I never used Zoom to do a workshop. I had used WebEx in the past, but very sporadically. Most of my training was in person. Most people understood, you know, the first few times you do training over Zoom, there's a learning curve. And I think we all had that feeling of "We're in this together." So I think people gave themselves more of that grace to say, "I might fall, but I'm going to learn and I'm going to grow." And that's what I love about it.

27:06 Kathy

Yeah, I was calling it "social cover," meaning that everybody was kind of in their own little hubs and there was some time to figure stuff out. And I love that word grace. Because



suddenly, we were seeing common humanity. You know, we were seeing toddlers running through the Zoom screen and all kinds of things. And it's just like, real people, right? It wasn't the work mask anymore. It was like, "Look, this is what's going on." And I think there was a lot of empathy, you know, beyond the professional empathy that hopefully we extend to each other, which I think is really amazing.

I'm wondering if you saw the difference between your entrepreneurial clients and your corporate clients, because it feels to me that entrepreneurs by nature, are more comfortable with growth and with uncertainty, and the corporate types, and I'm on both sides of this equation now, in my corporate life, it's like you don't want to rock the boat, you want to execute and deliver and anything that gets in the way of that is seen as, you know, it's like danger. So have you seen that?

28:11 Bobbi

I would agree. I think entrepreneurs in general, just, they know that they have to, because if you've been in business for a year, how many times do you have to adapt? I mean, everything, you're constantly adapting. The other thing I'd say, it's really interesting, when you asked me that, some of the managers I work with within the corporate world, the ones who were I'm gonna say, they jumped more quickly. And I think they became successful more quickly, had more of the entrepreneurial mindset. Like, you know, what, hey, I've got to take responsibility for this. This is what we're doing. But in general, yeah, I would say the entrepreneurs were a bit more adaptive right from the beginning. They have to be.

28:52 Kathy

Yeah, yeah. It'll be interesting to see what comes out of this on both sides. There's opportunity here, right? And there's innovation because we have to do things differently. And what actually changes in the wake of all of this?



29:03 Bobbi

Yeah, I think it's an exciting time actually to see what happens as we come out of it.

29:08 Kathy

Yeah. You know, you've got a wonderful phrase of learning, learning your way forward. So it seems like it's very applicable in these times. What's the origin of that phrase and how did that become part of your approach?

29:21 Bobbi

That is, man the origin, I think that's something that has just been a part of my story, like forever. I mentioned how I had the really bad speech problems as a kid. I actually the speech pathologist who told my mom when I was 6, like, she's never going to talk correctly. She'll have, you know, a lifelong disability and all this kind of stuff. Luckily, my mom's like, "Yeah, we're not listening to that." And so she worked with me.

And then when I was in the eighth grade, I decided I'm going to take a speech class when I go to high school because I still had speech problems and I hated speaking in public. And my speech teacher, luckily, his name was Mr. Jordan, he was also the coach for the Speech and Debate Team.

And after my first speech, which was a complete and absolute train wreck, and I'm not being hard on myself, it was terrible. He asked me if I could stay after class and I thought, "Oh my God, I've done so bad he's gonna kick me out of the class."

But he didn't. He said, "Would you consider joining the Speech and Debate Team?" And I thought, I even asked him, I said, "Were you in the room? Because it was awful." And he



just smiled. He's like, "Yeah, it wasn't very good." But he said, "You have potential." And he said, "I believe if we work together," he said, "you could become successful." He said, "Because you've got great raw ingredients, the rest we can learn." And I think, Kathy, that when I think about it, it probably started there.

So Learn Your Way Forward, to me, is putting yourself in the game and saying, "I'm going to learn what I need to learn along the way." And this is something that I've helped my clients with a lot in coaching, right, because we all have a place where we are and a place we want to get to. So this is just about learning that anything we need, we can learn, right? Whether that's skills, behaviors, mindsets, knowledge, we can learn what we need to learn.

And I passionately believe in that. I've coached more than 3000 people, I know this to be true. I don't know a lot in life, but I know this to be true.

And there's three steps to it. There's, it's the triple A, right?

- So the first one is **Act**: We have to take an action. If we don't take an action, we can't learn anything.
- And the second one is to **Assess**: So we take an action and then we assess it - how did that go? Did it go as I anticipated? Did anything go sideways? Is there anything that in the future I'd want to do differently?
- And then the third a is to **Adapt**: What do I want to change? And sometimes it's like, "Hey, you know what, I'm not gonna change anything. I'm gonna keep trying this and continue to watch it."

And when I think about Learning Your Way Forward, I think about it in terms of having the curious mindset that you'd have in a laboratory. Instead of the pressure of "I have to get this right," - no, you're learning. The curious mindset of someone who's just exploring and



who's curious about what they're doing and how it's working. It takes so much pressure away from us. It allows us to show up differently. And it allows us to really embrace the learning. So that's what I mean by Learning Your Way Forward.

32:29 Kathy

I love that. And I think that curiosity, by nature, then allows people to be a little self-compassionate as they go through this, which keeps that cycle going of Act and Assess and Adapt, over and over again, to be able to refine skills.

32:43 Bobbi

Yeah. And the other thing about curiosity, which makes it so important, and this is something I hadn't, I had to take neuroscience as part of my grad school. Thank goodness, it wasn't a lot. But something that really stuck out to me, and I remember this, **we cannot feel both curiosity and judgment at the same time. So think about that. If we're being curious, we're not judging ourselves, oh, you're stupid, or you're, you know, whatever. We're just being curious. It also applies when we're coaching other people. If we're being curious about their behavior, we're not judging their behavior. And it's tremendously powerful, because we're our own worst critic. So anything we can do to kind of tame that voice, the better.**

33:26 Kathy

Agreed, yeah, that's wonderful advice. I love it: Act, Assess, Adapt, and do so with curiosity. Beautiful.

Well, you know, Bobbi, we like to wrap up these episodes with something that we call a Dose of Inspiration. And you've already shared some of your wellness practices and some



of your struggles. So what have you read or listened to lately that you think our audience might enjoy?

33:49 Bobbi

Wow, there's a few things that come to mind. There's an app, and I just discovered, it's called Healthy Minds and it's put together by neuroscientists, researchers. And it is a fabulous app that you get every day. And some of them are meditations. And some of them explain the science behind some of these, like awareness principles.

And the thing I really love about it, too, is for the meditation, because I'm one of those people where it's hard to sit still surprisingly enough, so there's an active meditation, like if you're out for a walk or if you're paddleboarding or whatever that might be. And there's also a seated meditation and you can pick the time - five minutes, 10 minutes, 15 minutes, whatever.

So you can start small and work your way up. And I have found that to be just incredible and I just love the awareness stuff. Like, you know, once a day, I'm going to stop what I'm doing and I'm going to tune into - What am I hearing? What am I seeing? What's around me? I just, I love that app. I love it.

34:49 Kathy

I'm going to check that out myself. That sounds wonderful. That's great. Anything else that you - from a listening or a reading perspective?

34:58 Bobbi

I am reading a few books right now. Oh, I just finished one by Aaron Sanchez, who's the chef. And it's called *Where I Come From*. And at first I thought it was a place, but it's really



more where he comes from in his heart. So I loved that. I'm reading a book right now called *Elevate*, and I forget who the author is. But it's a good book, just about how do we elevate ourselves in our experience? And then someone recommended *Green Lights* by Matthew McConaughey.

Kathy

Sure, yeah.

Bobbi

Have you read that book?

Kathy

I have.

Bobbi

I think I read 100 pages the other night. I couldn't put it down. I didn't expect to like the book. But it's interesting. It's just a very interesting book.

35:49 Kathy

Yeah, I love that when that came out, it hit like number one in Spirituality. And that's not what you would expect when you pick up a book from Matthew McConaughey. But he is a wise gentleman, yes.

36:01 Bobbi

Yeah, just very like, wow, I found it just captivating. And I was tired. I wanted to put it down and stop. There you go.



36:08 Kathy

Excellent. I'll put links to those in the show notes. That's wonderful. Um, what new thing or experience are you looking forward to trying?

36:17 Bobbi

Um, well, it's kind of, it's an extension of what I love. I know, it's like late June, but I'm already thinking about cross-country ski season a few months away. So I'm thinking about, "Okay, what are the new runs I want to do? Where are some new ski places that I haven't been before?" So it's kind of an extension of something I love.

I just... man, cross-country skiing is my happy place.

Kathy

I'd say, you know, I'm a fairly athletic person. That's one of the hardest things. I mean, I do CrossFit, like, no problem. But to get on cross country skis, that's no joke, especially at 9000 feet.

Bobbi.

Yeah. Last year, I was really disappointed, we had a bad snow season. I only made it out 77 times. The season before I made it to 97. I'm like, "I want to hit 100." So that's my goal.

Kathy

That's good. That's good. Well, I wish you an early winter.

37:13 Bobbi

Thank you.

Kathy



That's great. Envision the perfect road trip? Where do you go? What do you do?

37:18 Bobbi

Ah, okay. That's hard. Because the best road trip that I've ever taken, it was, we had a vague idea of where we were going and every day it was like, "What do we want to do today? What do we want to see today?"

So I think if I were doing another road trip, I would kind of like that approach to it. So, but some that come to mind - a road trip around cross-country skiing, surprise, surprise. I mean that that would be awesome with my two dogs and my husband.

Another thing I'd love to do, and this has always been something I've wanted to do, is to go to the northeast in the Fall to see the autumn colors and combine that with a biking trip, you know, because that's our other real passion is road cycling. I don't know how we're gonna do that with the dogs. But maybe I'll figure that out at some point.

38:10 Kathy

It's great. I actually did a Vermont cycle trip in October and it was unbelievable. Highly recommended. What has you feeling inspired these days?

38:24 Bobbi

Okay, this might sound weird, but here we go. About, I don't know, four weeks ago, I really made a commitment to carving out more margin for myself. Because, you know, I tend to run a little bit at the red line. And it's been very intentional. And I love it.

Like I said, you know, 10 minutes out on the back porch with a latte. But just having more margin. It allows me to do more of the things that I love. Like I love cooking. I don't have a



garden because the deer and the elk and the moose eat anything I put in the yard. But I have three decks and they're all decked out with all these flowers. In my neighborhood I'm known as a flower lady. But actually having the time to plant the flowers, to be intentional with it, to tend them, to water them. That is just, I don't know, it's feeding me somehow. I don't know if it's lighting me up, but it's feeding me.

39:25 Kathy

And filling the tank.

Bobbi

It's filling the tank.

Kathy

Yeah, that's good. That's good. you're practicing what you preach. It's very impressive.

39:33 Bobbi

It's not always easy, but man has it been great. Now it's getting easier.

39:38 Kathy

And then lastly, what has you feeling optimistic about the future?

39:43 Bobbi

I would say if the challenges of my past have taught me anything, it's to be confident and optimistic about the future. It's that Winston Churchill quote, and I always butcher the quote, but it's essentially the future may be unknowable, but the past should give us hope.



And I think, you know, last October we had the big fires come through and we were, it was an emergency evacuation - 198,000 acres gone, 28 of our neighbors lost their homes. Our house was saved. But that night when we had evacuated, it was hard to get to sleep. And I thought, "Wait a minute, are you saying that this is the challenge? This is going to be the thing that you can't overcome?" And I thought, "No, if the challenges of my past have taught me anything, I know I can overcome this." And it was with that thought that I found peace and I went to sleep. So that's what always makes me optimistic about the future is just that trust and confidence that I can make it through.

40:44 Kathy

That's great. That's wonderful. Um, I'm sure our listeners will want to get in touch, Bobbi, what's the best way for them to be able to do that?

40:51 Bobbi

Probably through my website. It's just BobbiKahler.com. They can learn more about me there, they can find my podcast, they can contact me there. And I'm also pretty active on LinkedIn. It's just Bobbi Kahler. There aren't very many Bobbi Kahlers.

41:07 Kathy

Very good. And I'll link all that stuff up in the show notes as well. Well, it was a really beautiful conversation, Bobbi, thank you so much for being here, I really appreciate it.

Bobbi

Thank you for having me. I loved it.



41:24 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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