



The Athena Wellness Podcast
Episode 124 – The One Question to Ask When Considering Post-Corporate Life
March 23, 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: Hello and welcome to Episode 124. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

In the last episode of the podcast, we talked about The Great Resignation and ways to prepare yourself if you're thinking of making a big career change. Today I'd like to do a little myth busting, regarding the need to have a passion before leaving your current situation.

While pursuing a solo passion is a path for some, most people don't have a singular focus. In fact, when I left my long-term career to become an entrepreneur, I decided on a general direction of wellness and was in the process of writing a book to help keep professionals well, but I wasn't certain where the business would lead.

Turns out a passion of mine is podcasting, which I didn't know in 2019 when I left my job. And another passion has become online education, creating courses to help midlife professionals as they transition out of corporate careers.



[00:01:44] Kathy: I found my way to these new activities through experimentation. And there's a really simple way to get started. It's asking one question, the question I asked myself five years before I left my corporate gig. And that question is: How do you want to spend your time?

How do I want to spend my time? You know, I never asked myself that question before the age of 50. My life was too structured to have that kind of time luxury. But it became a crucial question as I began to think about the second act of my career. How would I like to spend my time? It allowed me to explore what I found interesting without trying to figure out how it would support me one day. It helped me cast a wide net and cultivate the things that intrigued me. I loved learning new things. And one thing led to another in this cool zig-zaggy kinda way.

How do I want to spend my time? Do you know where I found my answer? On my bookshelves. All of the books, ebooks, audio books, magazines, podcasts I was consuming at the time while I was traveling around the globe. They were all about things like healthy eating, endurance sports, fitness, writing, creativity, spirituality, simplicity, connection, contemplation, being in nature. They all fell under the umbrella of wellness, of living a good life.

So I followed that trail. And while I was working my day job, I studied to become a certified wellness coach and created Athena Wellness Enterprises. In my last year of corporate, I started blogging and writing the book, *The Athena Principles, Simple Wellness Practices for Overworked Professionals*. And in a few short years, my business portfolio has expanded and includes not only the blog and the book and the coaching services, but also a podcast, speaking engagements, affiliate marketing, and online classes - revenue stream expansion beyond what I could have planned before I left.

So I invite you to ask that question. How do you want to spend your time?

Here are five ways to begin to experiment:



1. **Explore the times in your career when you felt in flow.** What about those activities made you lose track of time?
2. **Identify your key turning points, both professional and personal.** Can you honor those experiences in such a way that they become useful to help others?
3. **Engage with your heart by doing things you enjoy and see where it leads.** Are there activities you always wanted to try or places you always wanted to go?
4. **Create a place to dream and dream big.** Can you dedicate a journal for these creative business ideas and notes and questions? I use a bullet journal just for this purpose.
5. **Remember that true financial freedom and independence comes from creating a portfolio of multiple income streams with the ability to scale and turn them into passive recurring revenue.**

[00:05:29] Kathy: Here's an example of how this process worked for me early on. Before I ever started my business, in my spare time when I worked in corporate, I was exploring the question of how I want to spend my time. And I started exploring new workouts, which led me to a fitness bootcamp, that led to trail running, that led to endurance sports of cycling and ultra-marathoning, that led me to take a culinary course in plant-based sports nutrition to be able to support that activity, and that's what led me to a Google search on wellness coaching.

Throughout the whole journey, the question I kept asking was, "How do I want to spend my time?" And when I was doing those activities, I asked, "How did that activity make me feel?"

And there were a lot of professions that I eliminated. I knew I wanted my business to be creative, lucrative and portable, so I could work anywhere. So as much as I loved fitness, I didn't want to be a personal trainer, because I would have to report to work at a specific place and time. And as much as I love to prepare plant-based food to support longevity and vitality, I didn't want to be a chef for the



same reasons. So it was a process of elimination, but it allowed me to dream and try on different hats. It was an invaluable experience, all while earning a paycheck.

Where all of this did lead was creating a business where I could bridge both the corporate and wellness worlds. I love taking a holistic approach to wellness – mind, body and spirit – and making those more esoteric topics relatable to Type A, driven executives and entrepreneurs, especially those who have maxed out or become burnt out and disconnected from themselves. It's an honor to hold the kind of space they need to drop the professional facade and do the deep work.

[00:07:33] Kathy: As you work with this experimentation process, you can even take it a step further by letting go of the “doing it all, having it all” mentality. And this one takes time and reflection. But it can be very effective in times of change or transformation, working with additional questions like: What do I value? What matters most? Where am I currently spending my time? Am I learning and growing? And how does this make me feel? Those questions can be insightful on how to keep yourself rested and relaxed by not doing the things that don't add value to your life and focusing on those that do.

As we wrap up today, I hope you found this conversation helpful in connecting with your heart and inner wisdom, setting the stage for personal and professional transformation.

Whenever you're working through these questions or you're at a crossroad and unsure of what to do, remember that the answers can be felt in the body. And you can use this proverb as a reminder: “Tension is who you think you should be. Relaxation is who you are.”

[00:08:53] 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.

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Until next time, be well!

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