



The Athena Wellness Podcast
Episode 222 – Reimagining Midlife Wellness, Part IX – The Plan
September 20, 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 recording this at home on a rainy day that's feeling like autumn is on the horizon.



We'll continue with the ninth installment of our multi-part series on Reimagining Midlife Wellness. This series has focused on the importance of staying well as we get older, especially in times of transition.

These talks provided a framework to help you to find what matters most to you at this stage of your life and ways to continue to take positive action to be well. You can download the framework I'm referring to for free at [athenawellness.com/action plan](https://athenawellness.com/action-plan), and I'll include a link in the show notes as well.

[00:01:43] Last week, I shared how I worked through these episodes alongside you utilizing *The Athena Principles* to reimagine my own midlife wellness. I outlined my strategic takeaways from the process and promised to share a more detailed plan for the months ahead. But what unfolded in my thinking this past week surprised me. And that's what we'll be exploring today.

I'm sharing these thoughts with you because I think the transparency is really important. Even those of us who are considered wellness experts are impacted by life's transitions and have to be mindful to keep our well-being top of mind. And I'm still wrestling with the question I mentioned in the last vancast, which is, "What does well-being look like for you in your next chapter?"

I mentioned last week that part of my updated strategy is to be less exacting in my approach, because I'm no longer training for endurance events, like ultramarathons, yet I want to continue to stay strong, flexible and healthy. I'm trying to find ways to enjoy what I do from a mind, body and spirit perspective.



And I got a taste of that last weekend. Here's what happened.

[00:03:04] I decided to go on a trail run early last Sunday morning. It was a gorgeous day and the trails were pretty empty. My body felt strong so I decided on a five mile route. I had one earbud in and put on a playlist I hadn't heard in quite some time. I got lost in the music and the movement and the scenery. And before I knew it, my run had concluded. I felt like I was in the middle of this beautiful sanctuary both inside and out. And I left the Reserve feeling exhilarated.

I drove home thinking, "This is the way I want my wellness practices to feel. In fact, this is how I want my life to feel - uplifting, wild-hearted, connecting, inspirational and enlivening."

And I have to tell you, my friends, that is not the way I've approached my wellness or my life in the past. It was more about doing the best I could, pushing myself, competing with my past results, making detailed plans, tracking the metrics and doing better next time. And I conducted my corporate life in the same manner, always trying to up my game to be the best I could be. And it worked - for that time in my life.

But it feels like I'm shifting to a very different way of being in my personal life and now as a business owner. In fact, sometimes I have to remind myself that I get to make my own rules now and I'm free to do things in a completely different way. I feel that this is what I'm being called to do. This is what reimagining is.



[00:04:55] It's been said that you teach what you most need to learn. So the irony isn't lost on me that the signature course that I teach is entitled, *From Type A to Type Be*. When I teach that course, I guide high-powered executives on how to downshift. While the intensity of my life has lessened since I left the corporate world, it's now obvious to me that there's a lower gear for me, too.

Downshifting is a choice to simplify and let go. It's about examining your habits and determining how to live a simpler lifestyle. And that's what I seem to be craving right now. It's not about working less. It's about focusing on the things in my work life that puts me in a flow state. It's about finding joy in the everyday home and work responsibilities and tasks and eliminating the noise and the friction. It's about relishing what poet David Whyte calls "well-people solitude" - the quiet, the contemplation, and being present in the experience of a flowing, yet disciplined life.

[00:06:14] With that in mind, here's how I'll be using *The Athena Principles* and the related practices to shape my wellness and business plans for the fourth quarter of this year:

- **Principle 1 - Self-compassion:** I'm going to give myself permission to redefine what it means to put forth my best effort.
- **Principle 2 - Intention:** I'm going to create space by assessing my attachment to things and ways of being, especially overscheduling and overcommitting.



- **Principle 3 - Consistency:** I'm going to say no to what doesn't fit in that vision and practice being in an open state with no plans, schedule or activities for periods of time.
- **Principle 4 - Growth mindset:** I'm going to observe how I've been utilizing things like busyness, distraction, and technology to soothe, and then make positive adjustments.
- **Principle 5 - Accountability:** I'm going to dive deep into the activities I love, like writing, reading, learning, exercising, eating well, nature, hiking, meditating, and deep conversation.

[00:07:38] And now the practices I'm committing to for the fourth quarter of this year:

- **Contemplation:** A few months ago, I began a practice that I love. As soon as I get up in the morning, I step outside to greet the day. I do some deep breathing, I activate all of my senses, and I do a little gratitude practice. It takes about five minutes. Then I sit on my meditation cushion, set my timer for 10 minutes, and just experience the empty space. It's a beautiful way to ground myself and set the tone for the day. And I'll continue with this daily practice.
- **Journaling:** I want to go deeper with my writing and I'll be exploring a new embodied approach to personal storytelling. I'll be joining other writers in a hybrid online class with live discussions throughout the autumn months.



- **Positive action:** I'll commit to the positive actions that I outlined in the Accountability Principle that I just shared, relating to writing, reading, learning, exercising, eating well, nature, hiking, meditating, and deep conversation.
- **Holding a question:** This practice will be split between the deeper writing that I'm doing, which is always question based, and the walking and hiking I love to do each week, where I walk with a question that I'm working with.

[00:09:12] As I wrap up this series for now, I'll summarize my plan this way: I'm utilizing *The Athena Principles* and related practices to reduce complexity in my life, while encouraging growth and a deepening relationship with myself and the world around me. This means committing to living in alignment with my own personal rhythms and the changing seasons.

For the rest of 2023, I'll be exploring these new ways of living so when 2024 comes, I'll be ready for my new decade. And at that point, when I revisit this fourth quarter experiment, I'll share how I'm reimagining my 60th year and new decade.

I hope you'll consider doing the same. And I also hope that this series has inspired you to reimagine your midlife wellness. Remember that you can download the free Athena Principles overview that I used for this episode at [athenawellness.com/action_plan](https://www.athenawellness.com/action_plan) to help you chart your unique path.



If you have any questions or comments about this series, please do reach out to us. You can email us at hello@athenawellness.com. And I'm looking forward to hearing all about how you're reimagining your midlife wellness.

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[00:10:36] 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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[00:11:38] [END OF AUDIO]