

Podcast Episode #004  
**Why Your Body is Your  
Most Valuable Asset**

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**Announcer:** Welcome to the Lift Your Life Project with Coach Pamela.

**Pamela:** Welcome to the Lift Your Life Project. I'm Pamela Mitchell, Coach Pamela, and this is the podcast devoted to helping you meld your personal self and your professional self into an enhanced version of your best self. My goal is to help you take control of your work and your life, feel more relaxed and confident, and experience the satisfaction and fulfillment of a sustainable, successful life. Lots of really, really fun stuff to talk to you about today. In our Tales from the Coaching Front, we talk about why your body is your most valuable asset, and I give you some tips for taking it to the next level. In today's Ask Coach Pamela, I answer a question from Diane who is wondering if she should take her personal passion and try and switch it into her career. My answer to her may just shock you. That, and lots more, in this episode, so let's get this show started.

**Announcer:** Now, it's Tales From the Coaching Front.

**Pamela:** This morning I was having a conversation with my friend Yolanda. Yolanda is like me. We are both totally type A, high-powered, work-work-work. She and I were talking about how we were reluctant to take time for our bodies. We sort of get into this mode where we're always pushing to get things done, get our projects done, meet with people, do all these things. Because of that, we just sort of neglected the whole physical side of ourselves. We would be tired, hungry, stressed, but we ignore those physical symptoms because it's all about getting stuff done and being productive. As we were talking about this, I was like, oh my God. I am so guilty as charged. I spend time talking to my clients about this. I'm like, guys, you need to pay attention. You need to be taking time for your body. I know there are a couple clients who are going to be laughing as they're hearing me talk about this and admitting that I myself struggles with this. I am fully in that category where sometimes I will just ignore what's going on with my body just to get more work done.

However, what I realize is that that truly is not a positive, healthy way to be. In fact, it's not sustainable because our bodies are the foundation for how we operate in the world.



Like I said, I just kind of really woke up to this as I crossed my 50<sup>th</sup> birthday a year ago. When I was young, I could just push-push-push, and we all know that. We're in our 20s, oh yeah, we just keep going, whatever. Now, in my 50s, I realize you know what? Got to invest in the body. It's the foundation. It's so critical to pay attention and be willing to invest in my body. Then if I'm not willing to invest, then I can't expect myself to function at the highest level that I want to. I can't be my best self in the world. That was a big epiphany for me. That investment was so critical.

Here's the thing. We always think investment is working out. That's the typical, high-powered woman way of looking at it, like oh I'm just going to go to the gym. If I go to the gym and, of course, it's usually another version of pushing. Let me do some kind of hardcore spin class, or crossfit, or whatever it is. Then we're like, all right, I did my investment. In fact, that's really kind of a drain. It's good because it drains stressful energy, but it's also draining other energy out of our bodies. What does investment really look like? What does nurturing really look like, and self-care for the body really look like? Like I said, working out is important, but what I've also realized is that it's important from a physical perspective to counterbalance those workouts. If I'm doing a really intense, high-energy output workout, then I also need to counterbalance that with doing stretching. That can be yoga. That can be pilates. I really need to be conscious and mindful around that. If I'm doing 2 or 3 spin classes or whatever, then I've got to counterbalance it and make sure I get at least 2 stretching things in as well.

Second thing that I realized for investment, what else it looks like, massage. Again, relieving tension, relieving stress from the body. Very, very important. Acupuncture. Another way that we can invest in our bodies, bring things back into balance. Simple things. Taking baths. Again, releasing stress. I heard one really thoughtful piece of advice from Sandra Yancey, who runs WomenNetwork. She said to me, just in passing but it really struck me. She said to me, "You know, I try to do one thing for my body every day." I thought that that was such an amazing philosophy that I immediately decided that I was going to adopt that for myself, and I encourage you to adopt that for yourself. Again, what does that one thing look like? It's not just the physical workout. It's being willing to do these self-care and nurturing activities as well.

**Announcer:** That's it for Tales from the Coaching Front, and now on to our next segment. Got a question? She's got your answer. It's time for Ask Coach Pamela.

**Pamela:** I am so excited about this question that we are just going to dive right in. This week we hear from Diane, who's debating whether or not to turn her personal passion in to her career.

**Diane:** Hi, Pamela. My name is Diane. I'm from Milwaukee, Wisconsin, and I'm considering a career shift in the field of education. Traditionally, I've worked in ESL, English as a Second Language. Through my child, who has some special needs and learning disabilities, I've become quite interested and even passionate about Special



Education. I'm considering a shift to Special Education, but because it's so close to home, I also know just how very demanding it is. I'm wondering if I'm going to be able to fold that into my life. Again, the personal experience. Is it right for a professional shift? Any advice you could have on that would be much appreciated. Thank you so much.

**Pamela:** Diane, it makes complete sense that you would consider making this switch into Special Education. Given your personal experience with it, you know how important it is and what an impact it would make in the world. It's a very natural question whether or not to follow this passion. However, if we were talking on a one-on-one coaching session, I would encourage you to take a step back. That would be because there is this myth in our society that things that we're personally passionate about, that we should turn them into our jobs. That's not always the case. Sometimes when we feel very personally passionate about something and it becomes our job, it can be too much of a good thing. This really is a decision about your relationship to the topic of Special Education and where it sits in your life. It's important then when you approach a reinvention, you've got to test those ideas and assumptions.

What I would encourage you to do is to ask yourself some core coaching questions. These are the kinds of things that I ask my clients when we are talking one-on-one. The first thing is to ask yourself why did you initially choose English as a Second Language for your career? What did you enjoy about it? What did you find personally fulfilling about it? Actually sit down and make a list of those things so that you can see them in black and white. Sometimes when we've been working in a field for so long, we tend to forget why we were drawn to it initially. Then the second question that you're going to ask yourself is does your new field of Special Education contain the things that you enjoy about the one that you're leaving. This is really, really important because we just assume, oh I'm passionate about it, but we don't really sit down to analyze, hey, is where we're headed going to actually have those things that we loved about where we were. The other thing that you want to add down to that is what will you miss if you leave your industry? What isn't going to be in your new field, and is it okay to give that up? You have to ask yourself that very consciously, again, so that you go into this decision with clear eyes.

Then the third and final question that you want to ask yourself is how much do you want your work to be your life? This is something really important because right now, Special Education obviously is a personal passion because you're experiencing this with your child. If you bring it into your career, then it's basically all Special Education all the time. You want to make a very clear, conscious decision about whether or not you want to have that. Sometimes it's good to have that topic be our entire lives, but sometimes it's good to have our job facilitate those things we feel personally passionate about. It's perfectly fine to have a job that you enjoy, that gives you some really good things, that also provides for you to pursue your personal passion for Special Education. Either way, give yourself full permission to make a choice for this moment, and then just stay open to how life evolves. Nothing has to be permanent. Thank you so much, Diane, for your question and your reinvention cards are on their way.



# THE LiftOff project *with Coach Pamela*

That's it for this segment of the Lift Your Life Project. Be sure to visit our website at [liftyourlifeproject.com/podcast](http://liftyourlifeproject.com/podcast), where you can download a transcript of today's episode. If you have a question for Ask Coach Pamela, visit [liftyourlifeproject.com/question](http://liftyourlifeproject.com/question) and you can leave me a voice mail there. If I answer your question in an upcoming episode, I will send you a gift of reinvention cards, so definitely leave me a voice mail with a question. You can also connect with me on Twitter, Facebook, and Instagram @CoachPamela. If you enjoyed today's episode, please leave a review for the show on iTunes. Your feedback does make a difference. Today's lift off inspiration comes from Ella Wheeler Wilcox, who says, "With every rising of the sun, think of your life as just begun." Thank you for listening today, and remember. Why settle for good when great is waiting? Take one small step this week to lift your life. Bye for now.

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