

Rebellious Wellness^{over 50}

My New Year Wish for You All



Episode 82: My New Year Wish for You All with Gregory Anne Cox

Greg: Hey everybody, Greg here closing out the year with a Shorty, and I wanted to, first of all, if this is all you hear of the podcast, wish you an amazing new year, whatever it is that you dream of, I hope you get it in spades. And I hope you dream big. Cause there's no reason not to, no matter where you are in life, no matter what age you are.

Okay? I don't know about you, but I am done with resolutions. I have been done with resolutions for a number of years because the word resolution sounds almost like reso, like solving the same problem over and over again. Could be finances,

relationship, where you live. The business you're running or want to run and not run, not starting, it could be your health.

You know what I'm saying? We fall into this trap, and the problem with that, there's nothing wrong with making the decision to change something and then going after it. The problem is, I think it comes, it intimates that there's something wrong with us to begin with. , like, I need to change the person that I'm being. My least favorite phrase is just popping up all over right now.

New you, new year, new year, new you. Well, what if there's nothing wrong with the current version of you? What if we dropped the guilt? The mean girl self-talk. The woe is me. I'm old. I'm finished. Kaput. I'm unattractive. And what if we start from a place of appreciation, and then curiosity.

Appreciate all that you are. I guarantee you, you are more amazing, wonderful, powerful, and have reams of life left to live than you would put down on a piece of paper if asked to do so. You could try though. What if I asked? Would you just write the biggest testimonial for yourself ever before going into the next year?

And then see which of those characteristics that you write about you wanna bring with you. Sure. There are gonna be things we wanna leave out for next year. We wanna leave behind whether it's a person, an environment, a habit. But what about who you are right now? We're not conditioned to see ourselves as the wondrous creatures

we are, weaknesses, wrinkles and all because we're conditioned to compare ourselves, and there's an awful lot to compare ourselves on out there in social media, in the world, maybe the neighbors, the people you see at parties in your neighborhood at work, The perfect Instagram and magazine images and videos of women over 50 wearing bikinis, sporting flawless skin and hair, flouncing around their perfect interiors, dressed like models.

Not my life, don't know about you, and nothing wrong with it is if it is your life. It's just that if it's not and it feels bad that it's not, then it's time to step away from social media or wherever it is that's putting you in that frame of mind. I'm not without my comparison moments, but I limit myself on social or I go to those pages where people are more real and provide some kind of inspo.

So let's let go of comparing ourselves to others and begin this clean slate of a year with nothing but love and acceptance for who we are right now. And then only then get curious. What would this fabulous woman want to experience in this new

year of possibility? Because it really is all about what we want to experience if we want a new car.

What's the experience, the experiences of driving a new car? Maybe it's the new car smell. Maybe it's how it looks on the street and parked in your driveway. Anyway, you get the point. So here are a few things I've learned over the years about approaching a new year. This also comes from coaching lots and lots of people. When people set goals and I have no issue with goal setting and we'll get there in a minute,

they're often too vague to be motivating. I wanna get in shape isn't a goal you can build a habit around. But I wanna increase my muscle tone and regain the strength I had when I was in my thirties. That is something that you can build a habit around and measure. Maybe you want to quote. Get healthier.

What does that mean for you? Is it eating differently? And if so, what needs to be included and what needs to go? Is it that you want more energy? What is it about your lifestyle that's keeping you from having that energy? And you know, this may take a little work. It's not like one and done question answer.

Here's one of the key points about creating any kind of life or health change. And it's not popular, but it can be fun and it's definitely cathartic, and that is to tell the ugly truth. Now I just got done saying we shouldn't beat ourselves up. This isn't that. It's being willing to look at how we do our days right now

that's getting in the way of us having or feeling how we say we would prefer to be. There are lots of things that we know we could change that might influence something that isn't right for us. Some people that can't sleep know that eating later, drinking later. Getting on your phone with something that excites you.

None of those things are going to help you fall asleep. We are usually aware of the things that we could do differently, but when you sit down and really go through take stock of how you do your days, and then compare it to the thing you say you want, likely that you'll find a few things that you can that gives you place to start.

It isn't easy to do this on your own. But it's worthwhile. And from there you can see what's in your control and that's freeing, even if it's daunting at first. So when you consider what's in your control, because I know this is a popular area of new year goal setting, so I'm gonna talk about your body.

Do not include your body in what you think you can control. What? You can control how much and how you move, what and how much you eat, and to some

degree, the thoughts that run through your head each day, which are really powerful. What you can't control, especially at first, is how your body responds to those things.

When you make changes to your lifestyle, you will eventually get results. They just likely won't arrive in the timeframe that you would like.

Body has a mind of its own in the second half.

But what about the things I can't control about my life? You know, if it's people that are interrupting your calm or how you'd like to experience your life, it may not be easy to change if they're related to you, especially if they're your boss or your cubicle next door person.

In this case, it's a mindset thing and boundary thing wherever possible and mindset is not like rollover and just accept bad behavior from people or people that are too demanding, that's a boundary thing. But it, it does take some work to work it out, but there's always a way out of no way.

That's one of my favorite expressions, and I believe it, I hold it dear to my heart.

What if you're looking to experience a life that feels more like you and less like others, more expressive and creative, less rote and same old, the same practices will bring clarity to your new year and how to live it.

What can you change? What can't you change? Is it a mindset thing? Do you need to bring in more of your music, the art project that you started a while ago. Change up how you get up outta bed and start your day or end your day. There are simple ways to give our lives, our daily lives, a little spice and see what the result is.

Now, I said '

I talk about goals. So here is my take. Set goals. Sure. But also set systems to get you there. And not the same old smart goals yes, that's fine. I, I don't even remember them. Something measurable, achievable, realistic. I, I don't even wanna go there. I wanna talk more about the systems. This is classic Atomic Habits, the book by James Clear, and I recommend it to everyone who has ever wanted to move forward or accomplish something big or small.

So, in other words, what gets you to your goal is what's most important and can be measured. What gets measured gets handled. You can measure whether you walk four times this week or wrote those 500 words. You can't measure, I'll get my

blood pressure down. I'll just write the book. It's not measurable. You take it and you put it on paper or on your calendar.

I'm gonna do this thing right? And then you check it off when it's done. James says, if you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves, not because you don't want to change, but because you have the wrong system for change.

And I'm going to add. Whatever it is you wanna be different. Start small or at least moderate unless you're the all or nothing kind of person. Wanna get stronger? Start with, I'll do 15 minutes of weight training once a week for the first month. ump it But up to two days a week if you feel good and so on, you know how to do this.

It's not rocket science and if it's not about health, but it's about more creative expression, that you desire, what lights you up? Does music? Put it on dance sway, sing cry. Some music makes me cry. Even the happy stuff feels really good. How about immersing yourself in nature? Dancing? Set aside a time each day to include those things.

If you don't live near nature, meditations with nature sounds could help. So can videos of beautiful places around the world. Some of the videos that are posted on YouTube totally take me away. Sometimes we have to adjust our idea of how something should look.

Before it's right or the way it should be. I used a lot of air quotes there. The last point I wanna share is that your inner wisdom is critical when planning for any kind of change or decision. Decision making in general, you have a wealth of intuition waiting for you to tap in and make use of. Do you give yourself the space and quiet time to listen to that small still voice, especially when you're planning big things like a year.

By the way, I can't plan a year at a time unless somebody puts something on my calendar. I kind of do like three or four months at a time, but I never leave home without my intuition and never make plans for anything big in my life or any big decisions without checking in. It hasn't failed me .

To tie it all up I wanna leave you with this. Make resolutions if you must, but be sure to make them from a place of self-love. Be sure you know how that resolution or goal will enhance your life emotionally, because we do everything to experience a certain feeling.

Get support. We are not meant to do this stuff alone, and I would be honored

to go on part of your journey with you. Don't be afraid to decide on something new. Get all the gear or the books, the paints, and try the thing for a month or two without committing beyond that, cuz you don't know whether you're gonna like it. But shoot, I had something I've always wanted to try, so go ahead and try it.

If you don't like it the way you thought you would ditch it. No harm, no foul. Sure at the midpoint time seems more valuable than ever, but do you wanna live whatever time you have left, putting up with something you thought you'd like, but don't na less nay. Life is too short to settle. Don't settle. Love yourself into a delicious new year with as many adventures as you can, squeeze in to the time that's left after you give all the time that you give to others.

I know. But really we matter and we have so much to give the world, and I don't care whether you're listening to this and you're 45, 65, or 85. There's always more that we get to be and more that we can give the world. Best to you all. Happy New Year.