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"Exhale. Smiles. Natural curves of my mouth form without thought or intention.

My instinct is to write: things feel so good, perfect, aligned.

There's a piece of old Raina that says - don't jinx it. Then my inner voice giggles at that old mindset.

*My therapist said once: **what if all the "bad things" that are meant to happen in your lifetime have already happened?** What if your past is as painful as it gets for you? Would you show up differently today knowing that?*

Of course, death + life events, sure, I'm not avoiding those, sadness will come, but the

RELEASING.

fear-based worry, what if it's no longer needed?

I released fear a couple of months ago, wrote her a letter, and quite literally since that day, I've felt lighter.

Not perfectly painless or naive - but clear, aligned, with this deep knowing that all the good that I'm working & living towards - will happen.

I see peace - I feel peace. Exhale.

Yesterday flowed beautifully. I sat for 1.5 hours during my oil change and wrote my weekly email - releasing what "was" and "should be" and it felt fantastic.

I feel clear & focused business wise & I'm honestly excited to get it all done.

This is where I will practice what I preach as my "get to-do" list grows, the old Raina wants to work-work-work to get it all done. "Now" Raina knows there is no rush.

I'm listening to the book: TOP 5 REGRETS OF THE DYING and this section - regret #2: I wish I didn't work so hard.

2015 Raina would have rolled her eyes as she sipped her midnight glass of wine, clacking away at the keyboard to grow her business.

I'm grateful for her, thankful for her work ethic, I just wish I could go back & life strategy her ass.

I am where I am because of her and now, I get to choose another road.

This road feels scenic, one you just look at wondering how the Universe could create something so beautiful. There are potholes, sure - but looking past those, it's like a post-card.

AND - it's not even the final destination!

Exhale. I'm going to do some yoga, post some content, go live in my IU Group, then head to the ranch to soak up the smells of Baby Joey.

It's truly become my happy place.

Each day that passes has me questioning if I'll be able to leave it."

EXHALE.

To me, that exhale represents a release.

And that's what I wanna address first as I dive right into my May Newsletter.

I had decided that I wanted to talk a little bit about how I structure & organize my day in a way that it aligns with my bigger picture vision. It's a frequent question I get.

It means we have to release the *shoulds*, the old wired beliefs, the thought processes and habits that are continuing to keep us stuck.

This includes doubt, worry, fear of the unknown, all of it. The most simple way I do this is through journaling (if you haven't realized that by now, haha). In my journaling, I can write all of it out, everything that's holding me back.

People will often say, *well I don't know what's holding me back* - and I will challenge that with, yes you do. You're just not getting quiet enough to hear it.

Whether you're sitting down to write or just creating a quiet space for you to reflect, ask yourself that question: WHAT AM I HOLDING ONTO THAT NEEDS TO BE RELEASED?

It could be shame around your eating habits

It could be limiting beliefs.

It could be money mindset holding you back?

It could be an old story of "I can't because ____" that is quite literally just in your head.

When you write and/or reflect, don't allow the thinking to take over, talking you out of whatever pops up. Write whatever pops up and get curious about it.

I'll share my vision with you in a second but before I do, I'll share that I had to let go of the idea that "I cannot do this on my own" - whether it's business, parenting, moving, whatever - I've had this crippling *belief* that I can't do this on my own.

In my journaling and in therapy I realized two things that have allowed me to move *through* this:

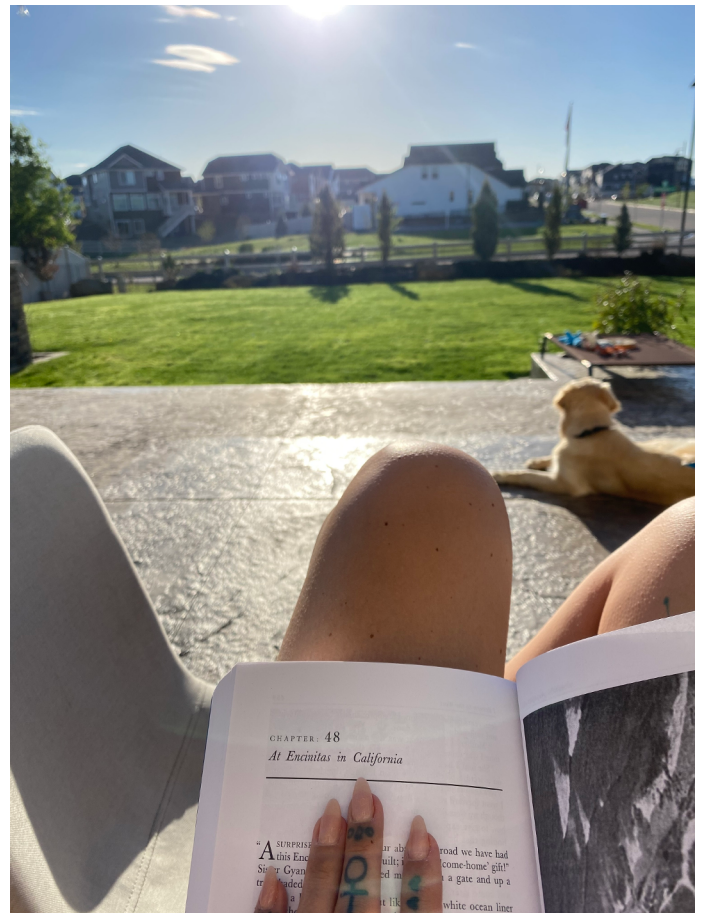
1. In every situation, I've always known what was best and led with that, trust in self.
2. We're never really alone and whether it's friends, mentors, or community, I have people to lean on when I need the emotional support to continue.

CREATE THE VISION

On my social media, I've been talking more and more about vision. Perhaps it's annoying you because you're like - *I've got this. I know what house I want, where I wanna live, what car I want, etc.* But - have you created the **feelings**? This is what I visualized:

I live in Encinitas, CA. I just bought my first home and it's got a 180 view of the Pacific Ocean from most windows. I wake up with the sun, nature's alarm clock is the sound of waves crashing into the shore outside my home. Archie and I slowly roll out of bed to make matcha and open the doors so the breeze and smells can roll through the hallways. We sit out on my balcony and listen to the waves as I read my one chapter and write my one page. I take a moment to close my eyes and let my brain clear out, expressing gratitude for the environment that I've created. I get my workout clothes on and we take an hour long walk around the beach and through the town, grabbing a green juice before we head back to the house to do some work. Once we're back, I sit and work for a couple hours, one on one calls, checking in with clients, writing, creating, it feels like a beautiful flow I've spent the last few years creating. I pause for lunch and we enjoy it out on the patio, watching the surfers catch waves, ride them in, and fight their way back out. I do another couple hours of work before we close the computer and head out the door to the dog beach. I watch Archie, living his best life, running his heart out and going as fast as his little legs will let him. Pure happiness.

We load up and get home to rinse him off and I head out to a yoga class. I've prioritized getting out and into our new community and have fallen in love with yoga. I do an hour class every other afternoon to turn my brain off and give my body some love. On the opposite days, I head out to the stables to work with and ride Joey. I get home & feed Archie his dinner before heading out with him to one of our favorite restaurants. I sneak little bites of chicken t him under the table as people greet him while they walk by. I smile, in love with this city and the people that fill it. We walk back home and start out wind-down: massaging Archie's legs before I hop in the shower, then read in bed until I fall asleep at 10 pm to the sound of ocean waves, creating a meditative state. CALM. PEACEFUL.



ALIGN THE ACTIONS

So what now? You've got the vision, you can feel it (how incredible does it feel?!) and see it, and now what? How do we move forward with intentional action to bring that into fruition?

I believe it starts with releasing urgency & expectations. Your vision might be 1, 2, or 4 years away (4 in my case). *Knowing* that will be your reality *at that time*, we have to release this idea that we will feel/embody it all immediately.

Instant gratification is killer.

And then, I think the best action to take is to start small.

REFLECT: What (from my vision) can I start incorporating now in this current season that I'm in? It may be one thing and it may be 100. Go through and write out all of the things you could do *now*.

For me, it was a lot. I could wake up slowly, with the sun and Archie in my bed. I could make my matcha and open my patio doors to let the air in. Some days it smells more like farmland than ocean air but it's close enough. I can read to grow, I can write to release.

I can take a moment in gratitude for where I am, where I've been, and where I'm going. I



can take a long walk with Archie, I can structure my work day differently and intentionally. I can go to a yoga class and start getting out into my local community more. I can visit Joey, take Archie to dinner, wind down in alignment, and fall asleep to ocean sounds on my phone.

Instead of waking up in frustration that I'm not on an ocean, I can wake up with, and think about what I have control of and what I can do now, to start enjoying my life and the season that I'm in.

It might not look exactly like my vision but I can start embodying what it's going to feel like.

FIND THE FLOW

With this exhale, vision, and aligned actions, magic happens. I'm not being dramatic either... Lemme share more of my experience.

I've been doing the things. You see it, I'm sure, on social media - my flow. You've seen me wake up in an incredible state of calm & peacefulness. You've probably noticed that my "work day" starts and stops around the same time each day & my long walks with Archie and visits with Joey are a daily non-negotiable. I'm doing yoga & pilates at a local spot and I've been having so much fun with the community there. Farmers Markets, events - a deep dive into my local community. You've not seen much of my evening flow because I try to limit social media, but it's recharging & intentional. I even went as far as getting Archie trained as a service & therapy dog so I could volunteer and have him with me more.

The magic? I've fallen in love with the now, with this process of becoming.

When you start acting as if you're already living that future vision, all of the emotions and feelings start to come with it. The calm, the peace, the joy, the excitement.

One of my one-on-one clients said something the other day, asking if California was still in my vision and I smiled, it felt almost as if she knew what I'd been thinking because to be honest, I've fallen so deeply in love with my current reality, that I've been looking at ranches here in the mountains.

I want Joey in my backyard, playing with Archie.

I want to continue nurturing my new friendships.

I want to be where the sun is.

I want to see the snow capped mountains.

I've fallen so much in love with my *now* that I want to see how beautiful I can continue to make it.

The thing with vision is that it can always change, molding to what our heart really desires.



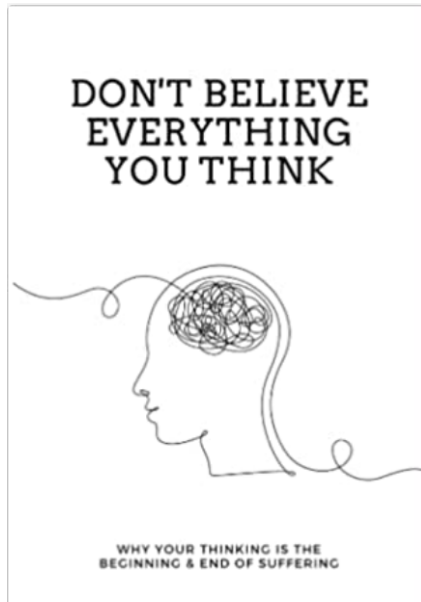
- JOURNAL ENTRY: 05/18/2023

*"Exhale. Thursday. Pivoting. Listening. Trusting. I started my IG: what does Raina need today? She needed a slow, intentional start to get her brain moving. She made the bed to get her space in alignment. She's writing to clear her thoughts & process the thinking because she knows she'll show up with more focus if she does. She'll pause & take deep breaths. She needs movement so she's heading to pilates class. She needs community so she's going to have a cup of coffee with Andrea. She needs collaboration so she's meeting with a new connection, Kari, via zoom today - zooming with Ali after that. She's working & writing, with focused energy in her afternoon work block before greeting the kids home & going to visit baby Joey because she loves her family **and** needs that disconnect to turn work off. She needs presence so she will be just that, present. She needs joy & adventure so she's going to stroll and roam at the farmers market tonight, not rushing. She needs to take care of her health so she will comehome & cook dinner then take a long sunset walk with Archie before disconnecting for the night. Exhale. Her life is just calm. It's not without intention, work, willpower, focus, and a vision. Last*



night during the reiki, I had such clear thoughts of my vision. It's shifting, while I have this subconscious that's not wanting to shift, it is. It's a large white fence, tall, surrounding a large plot of land, sometimes I can't even see Archie when I look out, it's so large and expansive. There's no separation between my home - my cozy white one-story, windows consuming every wall - and this giant plot that Archie and Joey consume. It's all ours. The mountains and sunset create a beautiful backdrop behind the line of trees that follow our fence. I saw my chickens, my garden, one big open space we all share knowing no boundaries. And then I blink, what about Encinitas? What if my vision is shifting? What if I've slowed down to create an aligned space here - that it makes me fall deeper in love with where I am now? What if. A beach house would always be a beautiful vacation spot though. Exhale."

MUST READ.



This book was one I kind of just stumbled upon. Uncovering the difference between thoughts vs. thinking. Thoughts being our initial, instinctual, inner voice and thinking being the act of letting those thoughts wander. Thinking is the reason for our suffering, the doubt, the fears, the worry, and the reasons why we're **stuck**. I definitely recommend this quick audiobook perspective shift!

CLICK THE IMAGE TO CHECK OUT THE BOOK.

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