

OCTOBER 2022

VOLUME 18



itsjustyou *NEW* sletter

RAINA O'DELL @ITS.JUST.RAINA

Today feels...zen. Like I can take deep breaths, noticing a small smirk of my lips. I feel good. Peaceful really, even though dogs bark, a kid is staying home sick, the other goes to school in about an hour. Still feels good. Yesterday also went well, minus writing but I did I get a bit one on my course between calls & before my nail appointment. Today, I will focus on writing between calls. Focus. I wanted to get it out today, maybe I still can if I'm disciplined. I've got several consults today, my goal is to get a few new coaching clients signed up. Write in between, and then I have my therapy session at 4:30 pm I think. Dinner, then write, then walk, then write - and done before bed? Yes. Exhale. I sat several moments, even on my walk, even eating pizza - just thinking: Ahh, this in between feels good. The beautiful in between. It's not free from stresses or worries but it is beautiful. Is everyone's "in between" this beautiful? Are they simply too busy, stressed, desperate, chaotic, and unorganized to notice? I think so. I think of all the things people complain about: lack of support/family drama - check. Illness - check. Kid stress - check. Romantic stress - check. Am I just choosing to see things a little differently? Not to sell you, Raina, but I think this is the power of journaling. Being able to recognize the things that feel heavy, distracting, painful, or other and put a twist on them, a boundary, a silver lining, anything else you can cling to so you can see: "oh, things could be worse" and when it's out in front, you see things as they are, not as our thoughts make them out to be. I'm not alone because of family stuff and boundaries in place - look at the amazing friendships I've built instead. Sure, I live with a permanent ileostomy, my body will never look the same, and I work through a fear of food every time I chew, wondering if this will be the meal that puts me in the hospital, but truth be told - I feel fucking fantastic. Will I feel this way forever? Who knows. Kids - teenagers, enough said. But I can cling to every moment, good or bad, with certainty that I will not get these days back, ever. Be here. Romantic stress - I'm not where I thought I would be at 35 years old - at all. But I know this isn't

BEAUTY IN BETWEEN

forever and I can enjoy the process of each relationship, enjoying the foundations being built. Exhale. You're right where you need to be.

- JOURNAL ENTRY: August 31, 2022

I love that journal entry. When I read back over it there's a peace that comes through which I've never had before in my 3+ decades on this planet. That's something worth sharing.

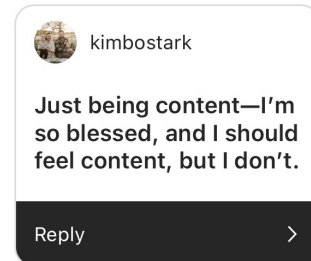
I've been working on my course for nearly 3 months now and I'm insanely excited to share it with you. In my journaling this morning, I felt unsure about what I would share in my October Newsletter as this will be the one being sent out right before my course launches so I wanted it to be valuable. I thought back thinking about the *life events* I could share but so much of it felt like I'd be repeating stories and that's not where I wanted to go. I then thought about what questions I get asked daily on IG and *ding-ding* *Yes. I'll answer some questions.*

I sometimes post that little question box on my IG stories saying *ASK ME ANYTHING* and some of you are nosy as hell. Haha, I mean, I suppose it comes with the territory of sharing my life on Instagram for the last decade. So many of you have been with me as I "thrived" in a marriage then filed for divorce and got sick. You watched as I started discovering who I am and started dating again. You watched as I let people into my bubble only to release them. You've witnessed the pivots as my walls and boundaries have grown.

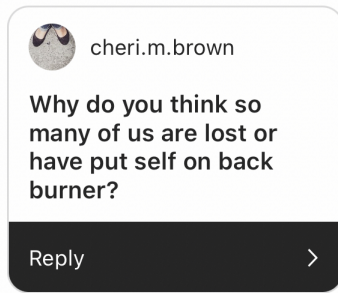
So to start - number one question I get asked is: *Where's Chad?*

Some of you may think - Chad who? But those of you who watched that part of my journey are curious. I did share some vague tid-bits in my last two newsletters so I'll be a bit more honest here in the fact that some people come into our lives for a moment, some for a season, and some for a lifetime. Chad & I grew so much together and while I can't tell you what the future holds, we needed to

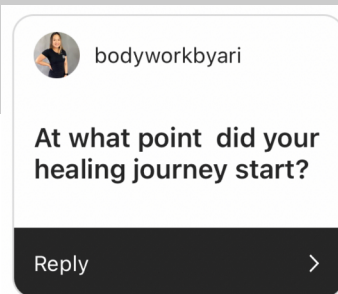
pause to grow as individuals a bit more. Okay? :) Okay - now that that's out of the way, I'm going to answer some questions that have always felt a bit heavy and/or the responses I wanted to give were too long to share in stories. I couldn't find a reel audio to answer them to share here.



I start with this one because to me, it's exactly aligned with my journaling entry. I believe that being content is a choice. There's a fine line between being content and happy, satisfied even - and comfortable. And then I need to point out that word: *should*. I hate that word. Who said so? Who, at what point, told you that you *should* feel content and why are you letting them decide what your life should look/feel like? Whether you really are or not, I want you to start thinking about what *you* want. Sure, on paper, things may be great. I challenge you to search for the great in your day. People tend to cling to the negativity, the 20% that's going wrong in their life without thinking about the 80% that's going right. That doesn't mean you have to settle and while things can be *good*, you can still want more. We are in a constant state of growth as humans and what once checked all of our boxes may shift years from now. I am insanely thankful for the life I have right now, *and* I have a vision of something bigger. My challenge to you is to create a vision - that dream - what do you really want life to look like? With that vision, realign your day to day so you're in constant motion of moving forward. Be in a state of gratitude and full presence in your *today* as it's your beautiful in between. We don't have to live the big picture vision now, we can be excited about where we are and even more excited about where we're going. And for the person who's perfectly happy where they are and aren't craving growth, be there. Be fully in it, without expectations.

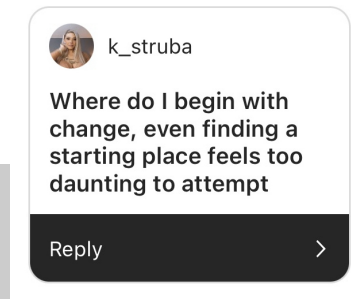


Society. Pressure. Thoughts, comparison, outdated belief systems... I mean. That's a journaling prompt for you! *Why do I feel lost? Where is that coming from? Why am I always putting myself on the back burner.* If you journal the right way, letting your ego and thoughts take a back seat, you'll get an idea of where those thoughts came from for you. How many of us had children and were under the impression that they needed to come first no matter what? How many of us have this people-pleaser living inside of us that says yes for everyone else and no for ourselves? I've had to write and be still, many times, to identify where my wired thoughts were coming from so I could identify the truth. The truth for me is that I have to come first. Before my kids, my jobs, my friendships, my relationships because if I'm not good - and I mean *good*, then I can't foster those relationships the way I want to. Great question and that's my opinion, but I'd love for you to write on that.

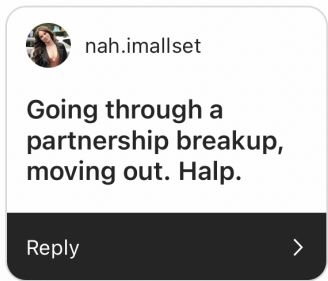


I think life is a constant cycle of experiencing, healing, growing, experiencing, healing, growing. It's never ending. During each *life pivot* a piece of who I am was left behind so a new identity and belief system could emerge. I had to heal myself from my family and the beliefs I grew up with. That's a constant work in progress. I've had to heal from relationships in high school that I thought would last a lifetime. I've had to heal through being married to a narcissist and learn to trust people again - another constant work in progress.

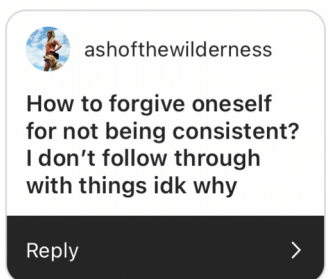
I've had to heal through my illness. I let go of the image and vision I had for one version of myself while pausing to think about what this new journey/body would look and feel like. I've had to heal through lost friendships, broken relationships, different versions of myself as a parent. Each *healing* required a mourning as I released who I was to accept the newer (and improved) one. I'm not naive to think I'm done here, there will be more experiences, more healing, and more growth to come.



Have you created a vision yet? Start there. In 2-3 years from now, what do you want your life to look and more importantly, feel like? Don't think 5-10 years, keep it to 2-3. Imagine, at that time, that this is the highest version of yourself - the most bad ass *you* you can imagine. How do you want to feel in the morning? What time do you wake up? How is your energy? What is the morning flow you're in love with? Are you in the same job or have you moved onto something new? What does your work day look like? How does it feel? How do you feel after work? What do you have for dinner? What do you do for fun? What do your evenings look & feel like? Once you have the vision, you can begin to identify step one. We often jump to step 10 of 100, worrying about step 57 and what roadblocks will arise in step 24. None of that matters, just step one. It might look like making better food choices tomorrow. Maybe it's starting a new book, journaling one page, creating a vision board, going for a walk, taking a 5 min pause in the middle of your day. Take some time to really stop and think about the little shift(s) you can make now that are going to be stepping stones for you as you experience, heal, and grow. When overwhelm comes, you grab your journal and you write like your life depends on it... because it does. *Where is my overwhelm coming from? Why? What could I do now to relieve that feeling and make movements forward?* Truth is, everything we need to know is inside us.

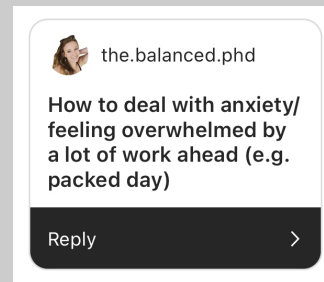


This. never. feels. good. I first wanna hug you and then tell you to give *yourself* the biggest hug because there's a mourning that's happening if it's not over yet. We are shedding a skin. Who we were with that partner is dead, she's gone. Now lives someone else with a higher wall and a weight on (or off) her shoulders. If we worked together one on one, I'd make you close your eyes. Pause, release the thoughts that are flooding in so you can sit with the emotions and name them. Heartbroken. Stressed. Nervous. Afraid. Peaceful. Anxious. What are you feeling? When you've felt it. Think: *What do you need?* I needed to go inward. I needed to get to know the new Raina that was walking around in my skin calling it home. What felt good to her? What did she need her day to feel like in order to heal through this temporary season? Only you know what you need. Maybe it's a bath. Maybe it's therapy. Maybe it's a solo-travel trip to Tofino (10/10 recommend) to walk out a little bit of an Eat-Pray-Love journey? This isn't my actual advice but after my divorce, a friend told me that the best revenge was a hot body and a fat bank account. So I decided to work on my health & my business. What do you need?



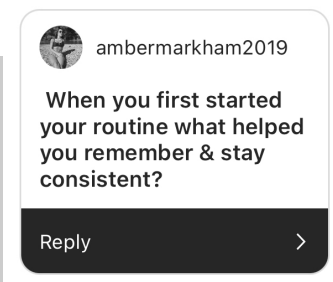
Well - two things: One, you do know why. Two, you are the only one holding expectations on yourself. Pause and write. *What am I not being consistent in that I'm feeling guilty for? Where's the guilt coming from?* Is the word *should* popping up? I don't know your situation but I'm here imagining that you think you *should* be working out and eating right

and you're having trouble with consistency in that. Maybe it's deeper or maybe it's spot on, but let's run with it. *Why are you not doing your workouts?* Are you constantly being interrupted? Is there a more convenient time for you to do them? Do you not enjoy it? Why are you trying to force something you don't love? Maybe we need to shift the language around what *workout* means and shift that into *movement*. What are some things you can do to check the *daily movement* box that feels good? Don't want to workout at home, go do a class at the gym. Don't want to go to the gym? Go for a walk. Bored with a walk, do a hike. Identify where your *should* is coming from and replace it with something you'd look forward to. The guilt piece - you know what I'm going to say - journal. *Where is my guilt coming from? What are the stories that I'm telling myself? What's the truth?* You're not a lazy piece of shit for not working out 7 days a week. Maybe you're a busy woman and in this season of life consistency in movement means taking a 20 min walk with your dog after work each evening. What needs to shift?



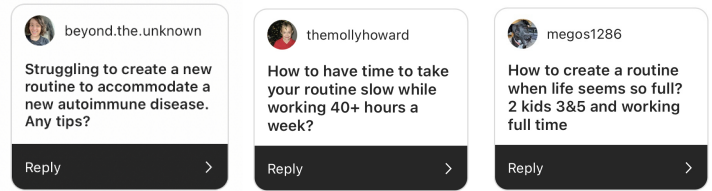
When I first started my life coaching business, overwhelm was the word that popped up right alongside *anxiety* when I sat to journal each day. I'd write: Today I feel... (anxious or overwhelmed) and then ask myself - *why? Where's that coming from? Why am I feeling anxious?* Then answer it: *I'm busy. My day is jam packed. I feel like skipping my workout and just going upstairs to work because I need 6 more hours in the day to do all that I need to do.* Right? I've been there. Use your journaling time as an outline for your day until you get over this hump. My journaling pages would look like: *okay, after I write I'm going to do my workout. 30 mins, no more. Then I'll make my shake and sit outside for 3 mins to pause. By 9:30 I'll be in my office to start....* it went on and on but you get the point. Write out what your day will look like and how it will flow. I also use a time-block planner (coming with my course) to keep myself on track.

I fill in my non-negotiables and then fill in the gaps with my to-do's and focuses. Out to the side, I brain dump all of my to-dos for the week. If I'm on a call and something pops in my head, I dump it. After the things are dumped, they're put in a gap to do when it fits. Write next to it - how long will this task *actually* take? Sometimes the list is so long it's overwhelming but each task could be 5-20 mins and you can knock them out quick when you're focused. I mean, I have an entire module in my course to show you exactly how to do all of this but I hope this helps a little bit! Overwhelm doesn't always mean we have too much to do, it means we don't know where to start. Make a list and get yourself organized.

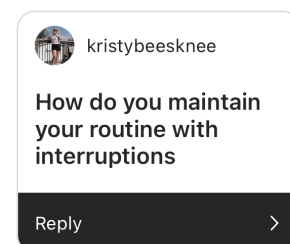


My vision along with pain association. I knew exactly what I wanted my day to feel like so clearly I could taste it. I knew how I needed to show up, the energy I needed to maintain, and the tasks I needed to complete to become the person who could achieve that vision. Create the habit and then it's a reminder of: *if I don't do this... how will I feel today? How will I feel tomorrow? And if I do this... how will it feel?* Being sick, for me, was a blessing in disguise because I got to experience how crippling illness can be. Stress along with shit-self care created a mess I had a hard time recovering from. I knew exactly what to do if I wanted to feel like shit every day. What would happen if I just decided not to allow myself to get to that space again? When I started, I took note of the habits I wanted to gain more consistency around. I wanted to start reading daily, personal development because I wanted to grow my mindset. I wanted to journal to heal from trauma and talk through my growth. I wanted to move my body and eat like I gave a fuck. I then identified little cues I could create that tee'd me up for that habit. Matcha & read. Preworkout & journal. Movement & post-workout shake. All of the habits I wanted more consistency around started to

set me up for the next habit to create what feels like a perfect rhythm in a routine.

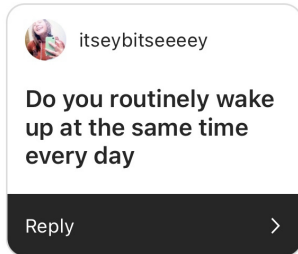


Same problems, different label. Do you see it? Everyone has life happening all around them from a full time job that's sucking the life out of you to an autoimmune disease that's taking life from you and children who are your entire life. *What's gotta give?* That'd be my first question. *What are you clinging onto for dear life, afraid to let go of?* I've been in the parenting and invisible illness world for several years now and there's one common trait that we have - making our "thing" our entire identity. We do that in our routine also, you can hear it in the language we use as we share *why* the said thing won't work for us. In my course, I walk you through creating a routine that's individual to you and your life for this exact reason. The first step is to get crystal clear on what your current day looks like and where the gaps are. Gaps are sometimes hidden in camouflage as social media scrolling, Netflix binges, etc. If those things make you happy, great, but if there are other things that you're wanting to gain more consistency in, those are the gaps I'd shift around first. Once you'd found the gaps, what are the things you are wanting to implement more of? Plug them in. Now it's implementation. Boundaries need to be set, communication needs to be established, and your vision behind why these new habits are important to you needs to be *solid*. We all have the same hours in a day, right. 168 hours in a week - it's time to get selfish with how you spend them.

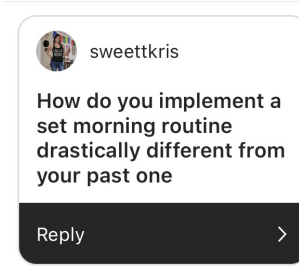


Really, it depends on the interruption. Have you identified what the interruption is and when/why it's occurring? Interruptions are a result of a broken boundary or lack thereof. I would ask - *have you established clear boundaries around the thing/person causing the interruption?* If not, we should most definitely start there. If you've established the

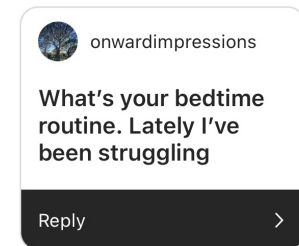
boundary - notice. Why is it still an issue? When I started dating again and my boyfriend and I moved in together, I wanted him to greet me when he got home from work. I communicated that so he did it - what I didn't realize is that I'd be mid-work mode when that happened and then I'd find myself frustrated at the fact that I was getting interrupted. So, gut check - did you give clear communication around those boundaries? When I moved into my new home, I wanted to do my morning flow of reading, journaling, and working out. I found myself frustrated with interruptions from the kids as they got around from school and workouts being cut short so I could make school drop off in time. I had to pause and rethink how my morning was going to flow so I could approach my routine with grace vs. frustration. So gut check, do you need to rearrange things a bit to allow for ease? Only you have the answers.



For the most part, yes. I do set an alarm Monday - Friday for 6a and allow myself to snooze once! I'm up and snuggling Archie for a few minutes then start my morning flow. On the weekends, I don't set an alarm unless I have to and I continue my routine, taking it as slow as I want/need to. Don't get me wrong, I think I slept in till 7:30a once because Archie let me but that's rare. When the sun is awake, he thinks we should be awake. Weekends are most definitely my favorite because I get to go at a pace that feels more peaceful.



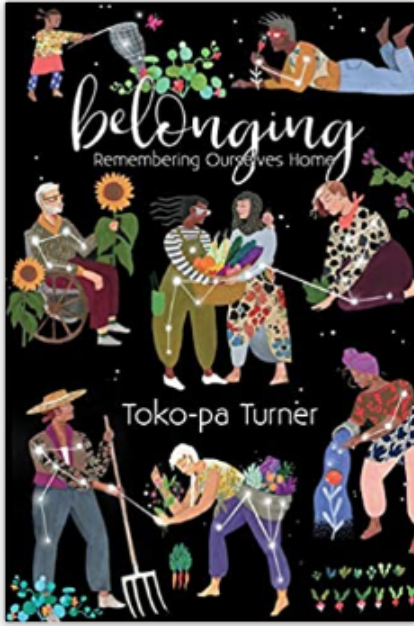
Life pivots sometimes require a dramatic change. I walk you through the entire process in my course but it starts with a vision. What does this drastically different routine look like - more importantly, what do you want it to feel like? Once you've got the vision, you find the gaps in your new day and identify those non-negotiable things, plugging them in. If you're rush or on time constraints - identify what you *can* do and what you have time for. If nothing, you must be okay with that unless something else is able to change. I think we get stuck in comparison as "*shoulds*" flood our minds but if you can remove that and gain crystal-clear clarity around what would feel good to you in the season you're in, that's where I'd tell you to start. Vision.



I'm out of space but this is important. What would feel good to you? How do you want to spend your evenings? Mine are off social media for the most part, dinner with my girls, walks with my dog, and whatever feels good. I wind down around 8p doing my skincare/shower routine and then I'm plopped in bed with a Colleen Hoover book before lights go out at 10p. Every. Night.

FIND YOUR RHYTHM

MUST READ.



BELONGING: remembering ourselves home by Toko-pa Turner

This book was suggested to me by one of my one on one clients and it quickly became a favorite on my mile-long book list. I have been deep into the audio-book because Toko-pa's voice is {so} meditative and I wanted to listen while I got my workout clothes on each day. I recognized myself in almost every chapter as I related to the the healing and growing from releasing the hustle mentality, grief and mourning as I shifted from one life to the next, and have worked hard to rebuild the relationship with myself (the most important relationship of them all).

This is probably a book I'll be ordering in paperback so I can reread it and highlight the areas that stick out the most to me because it really is a bible of healing & reconnecting with yourself. Isn't that what we all need to focus a little more on these days?

WORK WITH ME.

It's almost time! Gah - I literally can. not. wait. I've been spending all of the gaps in my day working hard to finalize my course content, videos, tools, etc. so I can launch with confidence on 11/11. With a waitlist in the hundreds, I've got chills thinking about how epic this launch is going to be and the energy that is going to be in our group membership (included with course)! I've mastered this game - this routine game - I will stay consistent in my rhythm, in the things that feel good, in the habits that bring me energy, help me show up strong as a mom, friend, entrepreneur, and continue to do the things that bring me true joy. I am beyond excited to help you uncover what that looks like for you - 11/11 can't come soon enough.



intentionally unstuck

Your blueprint to creating a daily routine +and maintaining consistency no matter how much is on your plate.

Self-paced & guided course launching 11/11/22!

GET ON THE WAITLIST