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itsjustyou *YOU* sletter

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What do I need to leave behind in 2022? Fear. I'd like to take fear to the beach with us today & hold her under water until she can't breathe anymore. Not the good fear that my book talks about, that you get on the way to good growth, but the trauma-induced fear that keeps me playing safe in my relationships, business, and life. I want her gone. I want to leave behind self-doubt. Those thoughts that peek in telling me that what I'm doing isn't working or won't work, the doubt that floods in when I need to be more vulnerable in a relationship, the doubt that creeps in as I work my business and parent my kids. I want to trade it for a knowing. A knowing that I am capable of making good choices for myself. I am capable of parenting and raising two strong women (because I already am), I'm capable of growing a business that exceeds every dream I have (because I already have one), and I'm capable of finding love and building a beautiful friendship inside of an exciting and passionate relationship (because I'm worthy of it). And, I want to leave behind worry. Worry has consumed me for most of 2022 and I'd like to not let her take a step with me into 2023. With that, I'd trade her for trust. TRUST is my word for 2023. In order to release fear, doubt, and worry - trust needs to be at the forefront of my mind. TRUST in the Universe - a trust that she is going to take care of me. She knows what she's doing and already knows the outcome & life ahead of me. I don't have any way of seeing how things will play out for my future, however, she does & she's aligning everything for me, perfectly, to get to the place in my life at the right time. Right where I need to be. I am putting my trust in her entirely. Trust in myself also. I've always listened to my gut, my voice, the intuition, and have put a lot

CREATE THE VISION

of trust in it, while accompanying it with doubt. Doubt gone - I'm going all in on what feels right for me - inside - and trusting whatever comes up. And - trust in the process. I've learned that everything I need, I have. The Universe & my gut will continue to pave a path for me, it won't be without heartache or pain, I know that - and I will continue to trust that the path is exactly for me, leading me somewhere greater. I'm ready, 2023.

- JOURNAL ENTRY: 12/31/22

It's been one month since I wrote that journal entry, I just realized. We made it home safely from California a few days after writing that page and it was like I had a jolt of energy that could only be explained by a healthy dose of ocean waves & a vision. It could have been therapy, maybe it was the change of scenery, writing & getting quiet with myself; it's possible that it's been a beautiful cocktail of healing. I don't know what it was, but I got back home with a new vision for my life.

Not new-new, just crystal-clear. I shared in the December Newsletter how deeply I love Encinitas, California and my story behind it. I told my therapist that it just felt like home - *still*. It was like being there allowed my entire body to take a deep exhale. Things that were heavy, were no longer heavy. Worries felt like they sort of, floated away, right along with the seaweed on the beach. As I began my drive back to Colorado, I couldn't hold in the tears that came as I watched the ocean get smaller and smaller in my rear-view mirror. I allowed myself to feel the emotions that were coming up - anger, sadness, grief, overwhelm, curiosity, wonder, possibility... it all shifted in a moment when I reminded myself that this didn't have to be the last time I spent time in my safe place. In fact,

it could be a part of this *beautiful in between* I'm creating. I spent an hour or so day-dreaming and allowing my head to wander.

Can I share my plan with you?

Yeah, of course I can. And I do thank you, dear reader, for creating such a safe space for me here to share vulnerably.

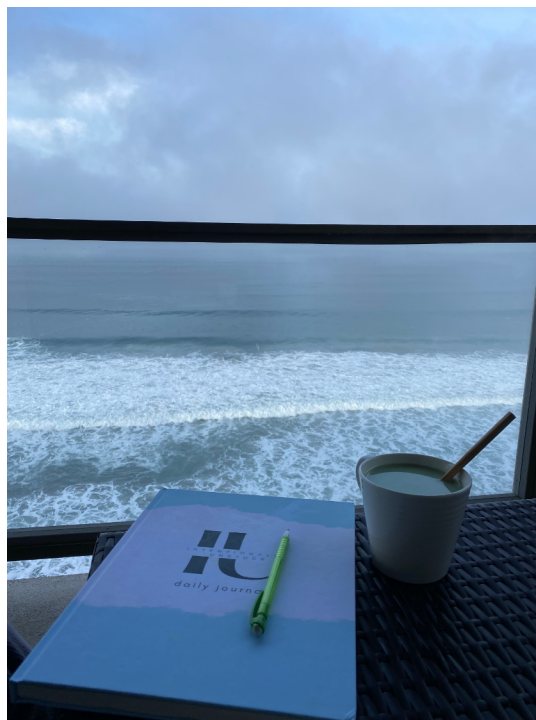
It's a bit weird being in this time and place in my life. I'm going to be 36 years old this month (Feb), I'm divorced, single, raising 16 & 15 year old daughters. I've spent the last 17 years putting those girls first, every decision and thought was around what was best for them. They've spent their entire lives needing me and depending on me in return. I won't get all sappy but I've been thinking a lot about what happens when the *needing mom* starts to look a little differently

While one half of me slowly dies in a sad pile of sadness, another other part of me is kind of excited for the possibilities. My girls have solid plans for their lives after they graduate high school and while I'll be there to support them in any way they need, I've found a little bit of excitement and curiosity as I daydream about what the next phase of life will look like for *me*.

I believe that creating a vision is one of the most powerful tools for creating a day, life, and a routine that you love in the *right now*. When you have the big vision in mind, so big you can see it, taste it, smell it, it allows your current day to day seem so temporary. You're able to slow down a bit realizing there's no rush. Life, the vision you're creating is coming... it's just a matter of time. How will you spend the time, this beautiful in between, while you wait for your vision to become a reality? That's what I got crystal clear on this month.

The first thing I did was write out my new vision. This is also something I tell my clients to do - immersing yourself in the vision, a day in that life. Mine went like this:

I live in Encinitas, California, 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 take 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 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 to 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 our evening wind-down routine: massaging Archie's legs before I hop into the shower, then we read in bed before falling asleep before 10 pm while the sound of waves continue to crash, creating a meditative state. Before I know it, the sun has peeked her head back up to the East and we get to do it all over again.

That vision is so clear I can see it, feel it, taste it, hear it. That's how clear your vision needs to become for you to be consistent in the habits that make you come alive. You *must* come alive in order to make that vision become a reality.

Some people question - well what about a spouse or what if I wanna be married by then? My vision is attached to one person, me. I believe that my vision is so perfectly crafted that the person I'm supposed to be with in that phase of my life will fit perfectly, like a puzzle piece. Your vision must be for you and only you.

If you have a hard time getting that clear, take some time to really allow yourself to day dream and visualize. Spend a day acting as if you're already in it - hell, take a trip to the place in your vision and live a day in the life there. That's exactly what I did when we took our holiday trip, I acted as if it were my home, morning to night, I wasn't on vacation, I was home. That process helped my 4-yr vision become so clear, I'm now re-aligning every

action in my *now* so it matches - I'll share a bit.

I started to really journal on what my daily habits were in my vision - what was the *highest version of Raina* doing each day?

When did she wake up?

What did the process look like?

What did she drink in the morning?

What were her values?

How did she move her body?

What did she buy at the grocery store?

What did she do for fun?

What did she do to disconnect?

What did she do for work?

How is her energy while she works?

How does she shut work off?

What does she eat for dinner?

What does she read?

What time does she start her evening routine?

How does she feel when she falls asleep at night?

I had to get clear on what *that* version of me believed and valued. So many of the habits now were still aligned, still things that *highest version Raina* enjoyed. Reading, writing, moving her body, those habits were still strong non-negotiables in her day. Because that felt so clear, I knew those were habits that *current Raina* needed to continue. If my morning can't look exactly like it does in my vision - yet - what can I start implementing now?

I decided to take every opportunity I could to not set an alarm. My daughter just got her drivers license so it kind of aligned perfectly, she would now do school drop off & pick up, meaning I could sleep in a little later. I put ocean waves sounds on before I went to

bed so I could fall asleep and wake up to the sound of ocean waves crashing. I end up leaving it on the house speaker all day, it's kind of fun taking a lunch break and hearing the waves crash in the background.

I decided that the flow I have now felt good and was aligned with that vision. Wake up, make my morning matcha while I feed the dogs, and then head over to my big comfy chair to do my morning reading. During the winter, I thought I would keep my current journal/movement routine, and I'll revisit that

as it starts to get warmer here in Colorado. I wander upstairs and turn on my audio-book while I get my workout clothes on, then head down to do my morning journaling with my pre-workout. I started doing Yoga in January, I don't even really know why, other than I wanted to mix things up and slow things down. I have been doing random workout programs for 10 years, going hard, cardio heavy, lifting weights - I just wanted a change of pace. Now a few weeks into yoga, I notice a difference in how I

carry myself. It's very much in alignment with how *highest version of Raina* would carry herself.

With my daily habits locked down and feeling aligned, I started to think about the other habits, beliefs, and intentions I had in my vision. What was important to me, what my hobbies were, how I disconnected and recharged. I also started to think of things that I felt lacked in my life right now and how I could provide those things for myself: fun, adventure, disconnect, passion, etc. I have those things in my vision, I needed to get clear on what they



could look like right now.

I put myself back in her shoes - the *highest version of Raina* in that vision. I felt what she felt, the weight off her shoulders, the relaxation, almost zen-like energy she carried and then I got curious on what in my life now, brought those same feelings.

The first thing that popped up was riding horses. I have been in lessons once/week for over a year now and have fallen in love with the process, the smells, the action, the intention, and the energy. I talked to my trainer and decided to add on an extra lesson each week so I could be intentional about adding more of that to this *in between*. I'm on a countdown now, just a couple more months until my adoption is finalized and baby Joey is moved to the ranch where I take my lessons. In March, he'll be 5 minutes down the street from me and I will be rearranging my calendar to fit in more intentional visits/work with him. Until then, two lessons a week to fill my cup.

I thought about my vision & the long morning walk with Archie, the afternoon run on the beach he would one day get, it made me smile just thinking about it. I decided that a step I could take would be to say yes to taking him to the dog park more often, regardless of how cold it is or not, and taking longer, more intentional walks. We are doing that every day to shut off the work day and shift our lens.

I thought about community and getting out of my house to be around people. I can be somewhat of a homebody in my current day,

only leaving the house to get groceries. *Raina* in my vision is out more, she's saying yes to things with friends and putting herself out there more in the community. I decided it was completely possible for me to do the same thing right now.

I reconnected with a couple of friends and booked a few trips. It has been as small as a dinner out, a yoga class, a sound-bowl meditation, and as big as a weekend trip to some place warm. I adventured to Phoenix with two of my good friends and we spent 48 hours laughing, connecting, talking, and playing. It was

like medicine to my soul as I realized how big of a gap this was in my current life. No wonder it felt so good in my vision. I'm continuing to prioritize those things, the values that future-me has, and allowing myself to get uncomfortable enough to make them happen.

I've also been intentional on noticing my resistance and where it was coming in. If I felt myself really resisting something, I wrote about it, getting curious on where that resistance was coming from and what the emotion was underneath it.

Did I need something different? Did it need to flow differently? Did I need to release it? Did I need to change the way I thought about it? It started to become clear to me what was going to stay in my life and what needed to be released. Things like therapy, community, adventure, play, laughter, and grounding, all had a space in my current life and my future vision.

Things like doubt, fear, and worry no longer belonged. I traded them for trust, trust in knowing what directions and shifts I needed to



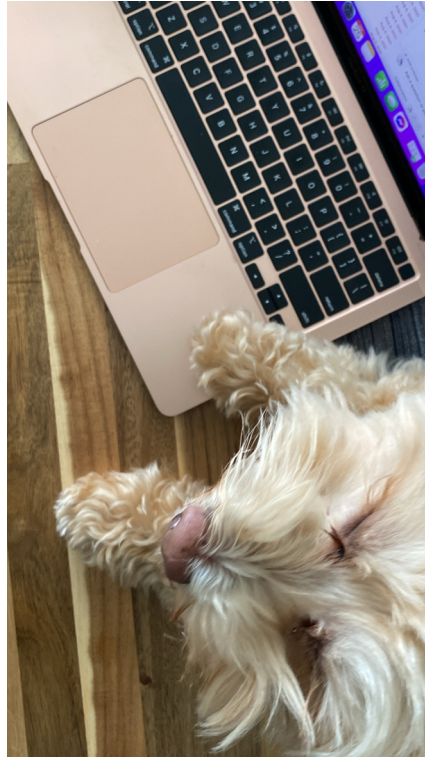
take as I allowed my vision to become a reality.

You may be thinking - *but Raina, how is this going to actually happen, like logistics...* - so let me share a little about where my head went as I had the same thoughts. Like I shared in my December Newsletter, in 2015, I worked my ass off to grow my business to a place where I felt secure and comfortable enough to move my family from Kansas to Southern California. I've maintained consistency in my business and growing it ever since, through divorce, my UC diagnosis, hospitalizations and surgeries, single parenting, moving and relocating, dating, all of it. This is something I'm very proud of, something I'm actually quite passionate about teaching.

When I created the vision to relocate to Encinitas in 4 years, after my kids have graduated high school, I had to fight the thoughts of "is this possible" and exchange them for knowing and trust. Knowing that it's entirely possible and trusting in myself and what I know to continue to build and maintain an income that will allow me to make this vision come to life, purchasing a home on

the coast. When I browsed Zillow & saw the price tags, I started brainstorming on what I would need to do to show up for myself with more intention and focus in my business.

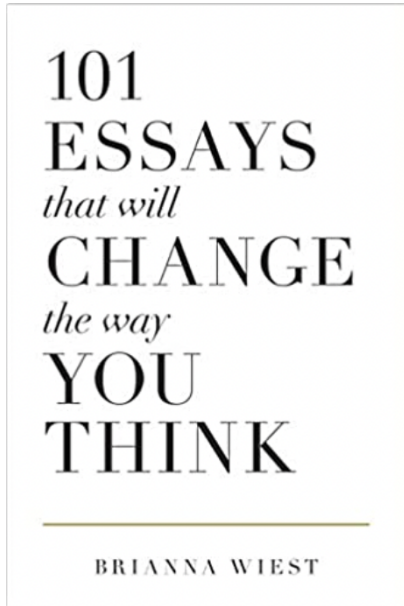
Once I got home, I met with my financial advisor and shared my new *vision* with him. I talked with him through a game plan and strategy for the next 4 years. Once I got off the phone, I set up interviews with several Business Coaches and after connecting with each, signed up immediately to start with them. I told my girls, all about my dream, my vision, our new monthly budget (haha) and everything that I was thinking so they could share in the excitement with me. And now - I share with you. One, because I love sharing my journey with you and two, because I want the accountability.



I think something beautiful happens when the people you care about and believe in you, are all apart of the vision you have and can play a role in helping you get there. It's not about chasing the things, its about chasing the feelings. It's about giving yourself permission to *see* bigger than now.

WORD FOR 2023: TRUST

MUST READ.



Well, it did, exactly what it said it was going to do.

Change the way I think. I listened to the majority of this book as I drove home to Denver from Encinitas and found myself bookmarking line after line.

I had takeaways in all areas of my life, some that I felt super confident in already and others that I didn't even know I needed help in.

From daily routine, to love, to relationships, to negative thinking, to wired beliefs and thoughts that you didn't even realize were in your head and controlling your life, this book opened my eyes in more ways than one.

CLICK THE IMAGE TO CHECK OUT THE BOOK.

WORK WITH ME.

A card for 'One on One' coaching. It features a portrait of Raina ODell, a woman with long brown hair, wearing a dark sweater. The text on the card reads: '1 Month Level Up', 'Raina ODell', and 'Package • 4 sessions'. There is a three-dot menu icon on the right side of the card.

One on One

1 Month Level Up

Raina ODell

Package • 4 sessions

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Whether you decide to start with my 30-Day Journaling Course (\$99), work towards becoming unstuck and more consistent with my Intentionally Unstuck Course (\$999), or decide that you work best with someone holding your hand and keeping you accountable through my 1 Month Level Up Coaching (\$997), I'm sending all my Newsletter subscribers 10% off of whatever route you decide is best. CODE: NEWSLETTER10

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