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itsjustyou *NEW* sletter

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Every morning I step on my back patio - it doesn't matter how cold it is - and I just sit. I let the sun meet my face and I close my eyes, inhaling in the crisp air. If you've never been to Colorado, you might see my 37 degree stamp on my Instagram stories and think I'm a crazy person for sitting outside. Those who have been to Colorado know that in the sun, it feels like 65. I don't just sit to sit though, I sit to reflect. Old Raina wouldn't have taken this time... no, she would have let the dogs out and rushed to make her morning coffee while stressing about the day ahead.

Instead, I make her inhale slowly, exhaling with intention. On every exhale, doubt leaves my body. Self-doubt, you know it? Each inhale to me, is *knowing*. The deep knowing that I'm right where I need to be. The doubt is exhaled confidently and with steady force so that it can leave my body, New Raina has no space for that.

New Raina is set on making sure that her surroundings are the perfect space to allow for the energy needed to be created. I was thinking just the other day, in the last 15 years, I've lived in 14 homes.

I know, that's crazy. It sounds crazy to share, my kids are 13 & 15; knowing that I've pulled them to and from so many places kind of makes me sad until I think about the memories & places they've got to make, see and experience. With that *experience*, I guess you could say I've gotten really good at making spaces *mine*. I'll dig in to what I mean by that, but whether it was a duplex, a single family home, an apartment, or a space in a family's home, I've mentally and physically, made adjustments to be sure that the space I'm in, fuels me.

There are many homes I've lived in that did in fact feel off: you can't settle, you can't ease into it, it feels *off* for whatever reason - I didn't say long in those. The universe always seemed to move me in and out of the places I needed to be, when it was time to move on. Can you relate at all? Whether you've been in the same home your entire life or you've popped around like I have, having a space in your home that allows your daily routine to thrive is so important. It can be a room, a corner, or a section of the house... But before you read further, I want you to identify your new space in your home and continue reading with it in mind.

CREATE your SPACE

Prior to moving into this home, we lived in a beautiful 1920 brick home in an amazing neighborhood in Denver, CO. As amazing as the home was, it was dark. There wasn't a lot of natural light coming in other than my plant room (ugh, it was amazing). After celebrating the 100th (2020) year with that home, we *felt* the need for something different. I started looking for other homes in May 2021 and went on *probably* 20 home tours before I walked into our current home. As soon as I walked in, I knew it was our next "for right now" home. More so, I saw everything I own, placed in it; I knew where my couch would go, the dining table, the plants, the bookshelves... I could see it all. There was a room right when you walk in the door, it's open, at the front of the house, not much privacy; the old owners used it as an office. I knew it wouldn't be Chad's office - too noisy, my office? Maybe, but it needed to be more than that. I don't "sit & work" often so I don't want a desk in it, but I know that it needs to be all things MIND, BODY, and SOUL. That's the space I was excited to build for *me*.

I sat and thought about the day I wanted to live, my perfect day I had journaled on, not even a year ago. I needed a space for me, meditations, thinking, brain dumping, moving my body, realigning, and zoning TF out. I personally think we all need these spaces. So, I picked a room and I started to daydream and visualize: *I'd love a space to mediate. Insert cushions by plants. I need a place to sit and journal, but one that draws me in. Insert big chair in the corner. Plants and Citrine next to it... okay. I needed to feel some privacy still, closed off where I could breathe without feeling watched by Chad & the girls, insert plant wall. A place to watch my workouts (insert tv) and move my body (insert mats & bike), or just lay down and stretch if I need to.*

LEFT TO RIGHT: I'll share the what & why.

I wanted each corner to be cozy. I got that recycled wood ladder on Etsy, obsessed with it. I hung a couple blankets on it that mean a lot to me: one earned for hitting a goal in my company, the other from a girls trip to Tofino with my best friends. The corn plant in the corner is the first plant I ever purchased, that lived to tell my story. Prior to 2019, I had zero plants - if I ever shared a photo of me with a plant before then, it's dead. All dead. When Chad & I moved into the loft in Denver, we got these corn plants. They were half the size.

A little cushion in front of the plant for the boys to plop on, moreso it hides the cord running to my MYX Bike. Have I told you lately how obsessed with that thing I am?! The bike brought some excitement back into my life around movement.

You see the big open window allowing for the perfect view into the living room? I love/hate it. I love being able to see the boys & have the open view but that open view can be a bit distracting. The plant wall was one of the first ideas for the room. I got the majority of the plant hangers locally but did find some inexpensive bundles online. In 2020, I discovered propagation, being able to give birth to more plant babies, and it became an obsession. I used all of my little babies to fill the hanging planters, they're perfect. The next corner is where I am most of the time while I workout - in front of the mirror. Snagged this beauty at Ikea, I love it. Bertha is next to the mirror, I've had her (the plant) since we lived in the loft too. Light free weights below it, and a ringlight because, well it's kind of my job. :) I did get these cool wall anchors to attach my bands to for more workout variations, love those.

Okay - TV. We have a smart TV so I can stream my workouts if I don't want to use my bike.

The next corner is where some intense magic happens. This is my journaling corner. It's the coziest corner in all



the land. I've got random pillows thrown on with a blanket in the back. Dexter is usually hiding in this chair and it upsets Archie because he's too big & clumsy to fit in it. It's a big scoop chair that I found at World Market - I can link one similar - But if you've never been there, it's worth checking out. A lot of my home is from World Market, haha! Cool pic above it, Chad picked that out. Our stability ball to the right, for Archie's physical therapy workouts and to the left, a upcycled wood table that I found on FB Marketplace. I put one of my plant babies on top, my Citrine crystal that was gifted to me by someone randomly on Instagram (tears for real) next to it, and my journals in front of them. That imagine, the feeling I get by looking at that specific corner, it's like taking a deep

I stacked my books/workbooks/journals on the shelves with some random work awards next to them. I thought about hiding them in the basement, but I realized that I need to remember the work I've put in. So I display them. The plant above it also used to be, tiny. I can't bring myself to cut off that big tail & propagate, it's too beautiful and full. A little globe from Target, some super trainer bobble heads (haha), a little zen garden, it's all up on top. I have some yoga mats, a foam roller, and some yoga blocks stacked, you can't see it but my Mala Cushion is right there too. If you're looking for more *comfort* in meditating, it's definitely worth checking out for you or a friend. I get questions often about the squares on the wall that all of my workout bands are hanging from. I'll try to link some similar but I got these

A PLACE TO ZONE OUT OR IN

breath. I can't describe it well enough. Ahh, look up - you see at the top of the window - those are my propagation tubes that I used to birth my babies (hahah). I got this kind too - both are amazing! I just sit them in the window and gaze at the roots... I'm getting weird. The cactus to the right of the window was a loft purchase, he was - geez, three feet shorter - back then?! It's grown so much. I had him outside during the summer and I think it's just what the plant-doctor ordered. The bookshelf next to it is Chads. He's had it since he was, like, 2 or something. A really long time. I didn't realize this until years into dating him but he holds on to a lot of things that are sentimental to him. I've trashed/donated so much, randomly, carelessly. It's made me appreciate him more. He said I could paint it, I just don't know what color I want to do yet.

specific ones at Ikea. They have hooks that attach to them and I just keep my bands, sliders, and other workout equipment hanging from them.

And well - that's really it.

I stand in the doorway of this room and just take deep breaths sometimes. It wasn't pricey, it was intentional. It wasn't overwhelming, it was calming. It wasn't for fun, it was needed.

I knew that the best way I would continue to show up for myself would be to create boundaries and communicate my needs. A space to call mine, a place to retreat, escape. A place to dig deep, a place to sweat it out. A place to zone out or in. A place to live and a place to shut down if needed. Close your eyes.

What does that space look like for you?

SELF-CARE GIFT IDEAS

With the upcoming holidays, I thought it would be fun to share some of my favorite things. If you'll notice above, I tagged most of the keywords with links to the product mentioned. If at any point you thought: *oh, I need that* or *I know ___ would love that* - click it and it should take you directly to a spot to

check it out and purchase. I have a lot of other items tagged in my Amazon store if you'd like to check it out. I'll also list some of my favorites below, some are affiliates, all are products I love. If you have questions, I'm an open book as you know so just reach out - I hope you have an amazing holiday.



HANDFUL BRAS

Handful is about more than bras, more than the "girls" inside the bra. We're about Us, the bigger, plural, life-is-better-together Us. About women. Unique and wonderful as individuals. Unstoppable together.

Shop Code: RAINA



HONEY ALTHLETICA

We are a family-owned business that combined our two loves: shopping and athletics to create the Honey Athletica brand and vision. We want to reach men and women everywhere and provide them with the highest quality and best designs in athletic wear.

Shop Code: RAINA10



GOLDEN ROOT: TURMERIC LATTE

Our Turmeric Latte is inspired by a centuries old Indian home remedy called golden milk or "haldi doodh", which is Hindi for turmeric milk. This homemade remedy is often used to combat inflammation, the common cold, and aid in digestion.

Shop Code: RAINA10



HOPE FITNESS GEAR

Our resistance bands are used to enhance many workout regimes (Marathon Training, Body Building Training, Sports Training and Therapy) and are used in many HIIT and strength training programs. We source the highest quality to support individuals of all fitness levels in achieving greater well-being.

Shop Code: RAINA



LUMEN METABOLISM TRACKER

Lumen is the world's first hand-held, portable device to accurately measure metabolism. Once available only to top athletes, in hospitals and clinics, metabolic testing is now available to everyone.

Shop Code: RAINA25



I sat down to journal today and the date stood out. As I write, it's the end of the month and I reflect back to last year. I wrote on my Instagram stories that at this time last year things felt dark, heavy + impossible. It's true, I don't think I ever shared how impossible things felt for me. Stacked on top of that, I had guilt for even feeling that way. *STOP*, I'd think, *look at everything in front of you that you've done, look what you've built, what you've manifested. STOP*. I couldn't see, big picture what was coming or what was possible. There was no 1-2 year vision let alone a 10-year plan. My day to day felt irrelevant and unimportant and my desire to show up for others dwindled. 2020 for a lot of people, was the year that things fell apart.

ONE YEAR. I logged in with my hands shaking, my heart pounding, and my stomach in knots, to do an Instagram live around this time last year. It was my "goodbye for now" video sharing why I was taking a break (for some reason I felt like I needed to explain it - red flag #1). It all seems so dramatic now. Haha! I watch that video and I can remember the feeling of how my voice was shaking. I was burnt out, tired, and hurt. I needed to take a beat, to heal, to breathe, and to live, without an audience. I had lost Raina, the fun-loving, adventurous, creative, always laughing, Raina. I needed to go on a hunt to find her.

I had a one on one coaching call with a client today who asked:
Raina, what has journaling *really* done for you?

I could see the sarcasm in her face, the tone that slightly mocked the idea that journaling could at all create healing, and it made me smile. I responded, thinking of the last year:

"Journaling changed everything for me. It gave me clarity, direction, answers. I get that it becomes hard to *come up with things* to journal about but I decided to just get curious with myself. Sometimes I start by writing my plan for the day: *I'm going to workout, then I have some calls. I've got some anxiety around those calls. Why? Where's that coming from? Maybe I don't feel prepared, qualified. What am I even going to share? STOP. You'll share your experiences. Remember when you couldn't even afford gas? Go there. Remember when you needed an out from a toxic marriage and didn't know where to start, go there. Meet them where they are and guide them based on the lessons and tools you've gained. Why overthink it?* I go into thoughts like that, that allow me to see the fears in my head are just that, false and in my head. It allows me to dig deep into things that are blocking me from being the best mom, girlfriend, and coach I can be. I can uncover things like jealousy I'm carrying, resentment I'm holding on to, grudges I need to let go of, thought processes that tend to feed my ego and cause me to spiral. I notice more. When you notice what's throwing you *off* you can quickly develop the new habit of identifying it, shifting it, and creating a new response. I've fallen into deeper love with my boyfriend, gained a deeper understanding of my teenage children, identified & released trauma, and gave birth to a new *being (me)*, all through journaling."

She smiled, her eyebrows were lifted, and nodded her head. "okay..." she responded.

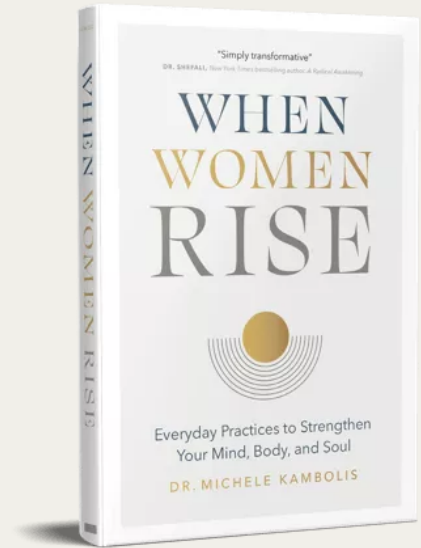
ONE YEAR OF JOURNALING

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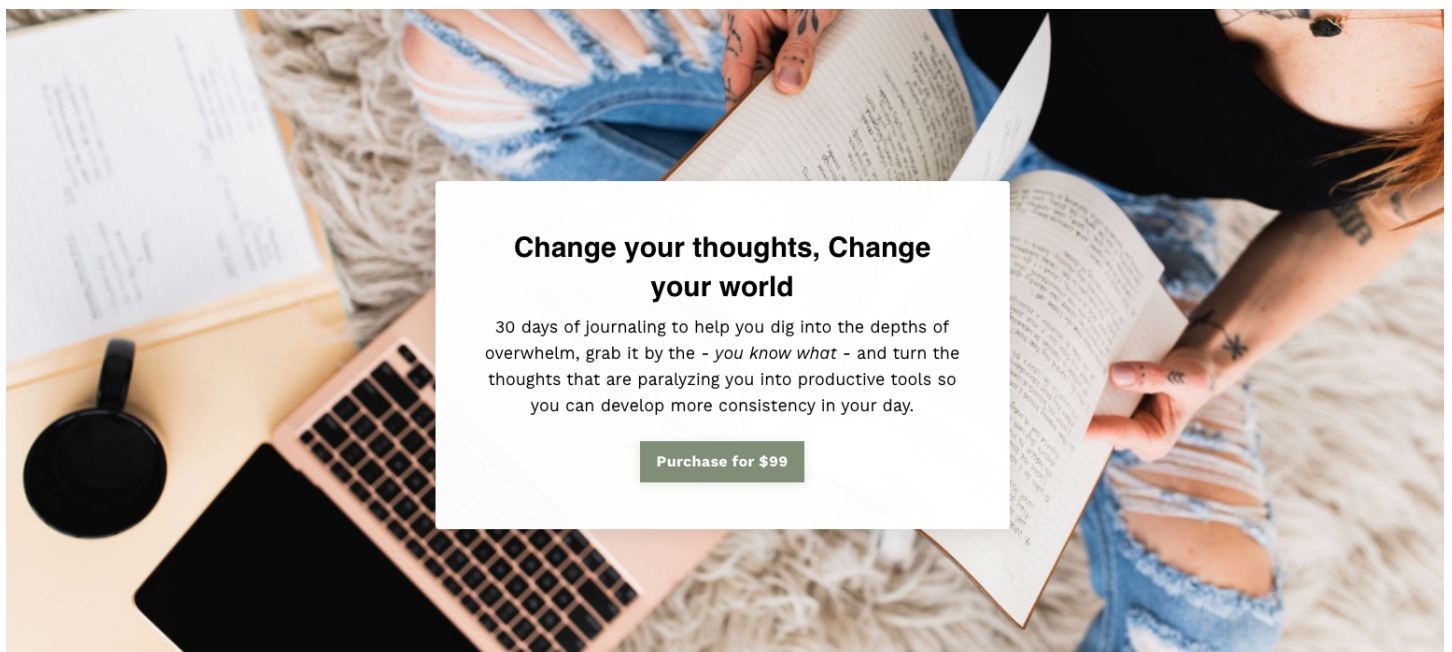


WORK WITH ME.

This course was created by me, a few months after my social media break. I took the lessons, tools, thought processes and ideas that I had gained after several months of consistent journaling and put it together in the form of a self-paced course. I created 30 videos to walk you through 30 days. I provide prompts, real life stories, and actionable steps you can take to gain more clarity.

Imagine...

- Managing the busy-ness of your day without overwhelm
- Waking up without stress or worry of your big to-do list
- Being able to turn off work and easily turn on relax-mode to disconnect from your day
- Having clarity and focus throughout your week
- Turning off auto-pilot and being consistent with healthy habits



Change your thoughts, Change your world

30 days of journaling to help you dig into the depths of overwhelm, grab it by the - *you know what* - and turn the thoughts that are paralyzing you into productive tools so you can develop more consistency in your day.

Purchase for \$99