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Let silence take you to the core of life. - Rumi

itsjustyou

NEWSletter

@ITS.JUST.RAINA

I deleted it all. Just now - erased.

Before I left for my friend-cation with my best friend, Ali, I sat and wrote the majority of my February Newsletter out. I had struggled to put some valuable content together for some reason so I just paused and hopped a flight to San Diego. Now that I'm home and "finish Newsletter" is the first thing on my to-do list, I don't want to do anything but tell you about my love for a little city called Encinitas and share how it started.

No joke, I just teared up a bit typing that. There's a butt-load of emotion inside me and it feels like I'm going to explode if I don't get it out, tell the story, share the details, and allow you to feel my piece of heaven, even just for a bit while you read. Deep, deep breaths:

I'll start at the beginning. I grew up in a super small town in Missouri so when I had the opportunity to fly to California in 2013 as a brand new baby coach in my company for a Leadership Retreat, I jumped

at the opportunity. I got off the airplane, saw palm trees for the first time in my life, the rolling hills of homes, the crash of waves against the beach, I instantly thought, yep. *Living here one day.*

The next year in 2014, my (ex)husband and I road tripped to Vegas for a work event and fitness competition that I was competing in. I mentioned a short trip to California to him and he bit so we extended our trip. Deep down, I knew I was going to get him to fall in love with it... it became my secret mission. It wasn't hard convincing him that the coast-life would be amazing but he challenged me, "You're going to have to, literally, triple your income for this to work..." and I said okay. *Living here one day.*

The following year, I did what I said I was going to do. I had strategized, put in work, and *this girl* boosted her income to a place where the dream I had could become a reality. We decided to take the kids to Disney in the Summer of 2015 and spend some time looking for rentals along the coast. We started near LA and just drove south, searching for home. You know how the

# LIVING HERE NOW.

things just seem kind of -defeating- for a moment when you're looking at home after home & nothing quite fits? We lined up the last home of the week and drove into a small city about 30 minutes north of San Diego. There's a big sign going into and across the main strip of the area with big letters: ENCINITAS. It's the cutest. We followed the GPS through the town and up a small hill that followed the train tracks parallel to the ocean. Turn left. *You've arrived.* I could have cried standing there in the driveway waiting for the agent to meet us. I looked over the tracks at the surfers lined up on their boards, waiting for the perfect wave. Runners and dog moms claimed the sidewalks like a never-ending parade just for me. We walked into the house and I'm pretty sure a smile was pasted on my face as we went up the stairs into the living room area which had wall to wall glass doors that slid into the wall, opening up to a 180 view of the Pacific Ocean. I looked at my (ex) and he smiled and we said we'll take it. We signed the lease that evening.

*Living here now.*

We flew home the next day to tell our families and start packing bags. We sold all of our furniture, packed up the kids and Dexter, and were on our way to Encinitas within two weeks, calling it home. It was the biggest, hardest, most fulfilling move I had ever made in my life to that point. *Living here now.*

I had *the* best time filling up that home. I did my best to shop local as Encinitas is filled with so many small businesses with beautiful furniture and decor. Most days, the doors to the balcony were open and the breeze that came through was healing. I'd prop my laptop up out there and workout with the Pacific as my backdrop. I also promised myself I'd never take the ocean, my view, the life I had built for granted. I knew how lucky I was to have manifested this into a reality. Lucky and hard-working - definitely hard working.



My mornings looked similar to the way they do now, just with a different backdrop. I'd take a walk each morning with Dexter and we'd stroll along the sidewalk on the 101. We would have most beautiful homes to our left and the ocean on our right, stopping for a coffee and a breath then we'd head back home to do a little bit of work. After, we'd pick up the girls from school (also an ocean view) and cruise around with them, windows down, salty hair, and music loud. Around dinner, we'd walk up to the overlook and stare at the waves as the sun fell under the ocean - again promising to never take it for granted.

I hate to be dramatic but will you allow me for a moment? There I was: 27 years old, married, two adorable daughters, a thriving business and I had moved my family to our dream home on the coast of California - living the literal fairy tale *I said I would*. In every story, there's a dip, a hard one and mine came on a Wednesday morning in May. I woke up and my (ex) husband was shaking uncontrollably - I called a friend to come be with the kids and I rushed him to the ER. He was withdrawing after stopping his pain medication that I later found out, he was addicted to, being on extremely high doses for an *extreme* amount of time. A *very* long story short, after a long hospital stay, checking in and back out of rehab, and a couple months & several tears, I was sitting in my car following moving trucks taking me to Colorado.

The last few weeks before we moved, I cried almost every day. Dramatic, maybe. In a single moment, the hard work I had put in, the sweat, the tears, the effort and dedication all felt like it was for nothing. I felt defeated

and cheated, robbed of a vision I had created for my family. I could see the manifestation slipping away like sand through my fingers and I couldn't hold on no matter how hard I tried. I was angry, frustrated, sad, and concerned - patterns tend to repeat unless you change your environment. So once again, we were on the run from addiction. You now know, the story ends in divorce and *me* traveling all over the world trying to find myself. Every time the universe leads me to Encinitas, the flood of emotions takes over, I feel *me* and I take a deep breath - *home*.

If I could pack up my three boys and my two girls and plant in that little surf town, I'd be a happy human. We walked the beach almost every day, Ali & I, and I thought about the boys running up the beach, jumping into the waves, doing their little pounce as their front feet fly in the air - I could see it, sand going everywhere and I could feel it: joy & energy. I shared these stories with Alison as we walked and I couldn't hold back tears when I talked about it so we just spent time talking through it and I allowed myself to dream again.

**What do you want, Raina? What is the vision you have?** I journaled.

It started with the plan to plant here in Colorado. I will not lie - I've fallen in love with the mountains & there's so much healing found here. I grew so much as a human since living here, that girl in CA doesn't even exist anymore so again - what do *you* want? I want a home-base here with Chad. I love the mountain air, the views, the never ending sunshine and the big sky. In addition and on my 5-year plan, I want a spot on the coast. I'm saying it out loud for accountability. In my world, that's what we do. I encourage my team and my clients to set their goals and TALK ABOUT THEM. Say them out loud and put a little skin in the game. I don't know what it looks like yet: it could be an RV or a tiny home, a condo or a family home, but I will have a spot.

If I did it once, I can do it again. Do you believe that? Do you believe that about the goal or vision you've created? I think belief is the most important when it comes to creating the life we *want*, not the one we get by default, by playing it safe. I think it's a combination of belief, vision, planning, and action. I'm going to take you along on the journey if you're up for it?

**Belief, check.** I've already done this once and others do it every single day.

**Vision, check.** I journaled: what does your perfect

day look like? Where are you? Notice the smells, the sights, what does your environment look like? Go wild. **Planning**, on it. Massive moves require massive shifts. **Action**, is my middle name. Haha, it's "Marie" but the implementation of a giant goal could be one of my favorite things to do. Give me a challenge, tell me I can't do something, I'll plan, implement, fail, learn, and repeat without stopping. That's just how I'm wired.

Will you set a big goal with me? It doesn't have to be a second home or move but what's something you feel so called to do?! What's the thing you can't stop thinking about or the thing that has an energetic pull on your heart strings?! DECIDE TO DO THAT THING. I'm with you.



As Chad & I landed back in Colorado I felt a gaping hole. Dramatic, maybe, haha. Instead of letting it explode more tears from my head, I snapped myself out of the "poor me, someone stole my life" mindset and turned it into a hunger to show up in alignment. You set that big goal and then you make sure every day is structured to get you there. What does this mean for me? It means:

1. Rest - old Raina would have come home and dug through emails to strategize work and to plan my 5-years out. Instead, I'm going to embrace the slow down and listen to my body. *Hustle* is no longer the mindset I can carry, instead it's

*intention*. I can show up smarter, not harder.

2. Realign - write out all the to-dos, habits, priorities, non-negotiables and think: do they align with my big picture goal or is this thing a distraction? The book *Essentialism* changed my mindset towards my daily activities, definitely a book I recommend. What stays, what goes - get clear.

3. Remember that I'm fully capable. Belief, knowing, the deep understanding that if I put in the action, consistently, over time, I can hit any goal I set. I've spent the last decade proving this point to myself.

I kissed my boys for a day straight when we got home, whispered my dreams in their ears, and manifested.

It's been a YEAR! At this exact same time last year I was fresh out of my social media break and was wrapping up my Life Coach Certification. I had been in the fitness/wellness industry for so long I felt the need to learn more, grow more, and challenge myself in a different way. The road to certification was uncomfortable, it was transformative, and it gave me tools that I can use in my business and in my personal life/relationships. "What do I do with this?!" I thought as I wrapped up my last day and so I journaled.

The majority of people on my social media platforms follow me because I show up. I am the most consistent person I know (haha) and I felt led to share more of it. I had spent 8+ years sharing my daily workouts & food choices to share the how-to (of what worked for *me*) with people only realizing it wasn't what I needed to share. Anyone can do the workouts I do (info) or eat what I do daily, but it's deeper than that. It's belief, it's mindset, it's our thought processes and our habits that prevent us from following through with the feel-good stuff. It's easier to not workout and at a certain point, it's easier to choose shit food if that's what you're used to buying. How do we make massive shifts like this and remain consistent on days that aren't perfectly aligned?

That's what I've fallen in love with teaching. It's about taking a *pause* to think about what you really want, what needs your attention, what doesn't, and shift so you can check off the necessary boxes. I've had 50+ people sign up to work with me over the last year and with each I've learned more about routine, consistency and how incredibly individualized it has to be. Every person joins the first zoom call ready to change their life but in order to change your trajectory, you must first change your thought processes. That shift in thinking requires you to think greater than how you feel and act in a bigger way than what is memorized. We're comfortable in our discomfort. If the thoughts stay the same, your emotions, actions, and reality will continue to repeat.

Is that what you want? Take a minute to reflect, it's just you and me. Is this what you want? The day you've been living? The reality you've created, the habits, the thoughts, the actions? If deep down, it doesn't *feel* good, change it. Make a list right now of all the things that are heavy or on your mind, dump it all. Next, make a line straight through the things that aren't in your control. They're gone. Now, circle the things that are non-negotiables, those take priority. Grab a time block calendar and put them on a date/time. Give them a home. Once they've got a home they can be out of your head. Download the Gap Finder journal and spend a few days dumping it all out, paying attention to and noticing the wasted time/energy. You'll then fill in those gaps you've identified with things that make you feel good, create energy, or allow you to take a big deep breath.

You *just* read my manifestations. That won't happen if I stay comfortable. It takes planning, effort, affirmations on repeat and drive. There's no comfort in pain and our experiences don't make us unique - the way we respond to them, does. Which direction will you go?

# LIFE COACHING

# MUST READ.



It's possible that I feel so incredibly motivated to make these changes because I just finished this book in January. If you're lacking motivation, drive, or determination to push for the big scary goals you have, read this book. If you're struggling to show up in ways that align or filter through distractions, you'll want to read this book.

"RULE #13: I will live in the world of my dreams, not my distractions. Your dream, your declaration, takes precedence over everything else. Whenever you are faced with a distraction, opt for the dream. Want to lay some goofy game on your phone or lose time on social media? Sure, go ahead. Or opt for your dream. This is hugely empowering. You'll get to a point where you realize, *I don't live in this world of distraction. I live in the world of my dream. I'm not distracted from my journey.*"

Change your thoughts, change your entire. fucking. world.

# WORK WITH ME.

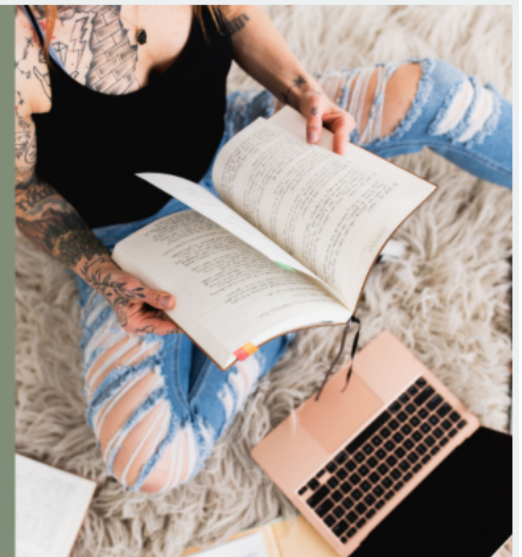
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