

Robyn & Christina

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SPEAKERS

Robyn Patton, Christina Smith



Christina Smith

Welcome back to the midlife Mojo Summit. Thanks for being here and tuning into this session. I know you're going to love it because I love the energy of this woman that we have right here. She considers herself the midlife rebel and she's going to tell you a little bit about that. Welcome Robin Patton to the summit. I appreciate you so much for being here.



Robyn Patton 00:24

I'm just really excited to have this conversation with you today, Christina, and to introduce to everybody this concept of being a midlife rebel.



Christina Smith

Yes, me too. And I know that your energy is just it's just fantastic. You like have the ultimate midlife energy that I see. Like I still admire and I go I don't have that extra energy. Right. And, and in case anybody hasn't noticed already, Robin is from down under. So, Sol, she has a little bit of an accent. And yeah, she's just got great energy. So I'm really excited to get into this midlife rebel and your whole process for getting there. But first, tell us a little bit about yourself. And what does it mean to be a rebel or a midlife rebel?



Robyn Patton 01:12

Yeah, sure. So I am definitely well and truly in midlife myself. And the first question that I often get is what is considered midlife? So I, you know, I like to leave that fairly open. And to put it you know, I mean, invite the other person to consider, you know, where do you feel like in your life, but I really good tell is if you're starting to question many or some aspects of your life, because I think there is a reckoning and that happens, you know, sometime in our 40s for many of us, where we sort of start to wake up and think, Who am I and what do I want, and that that definitely happened to me in my early 40s. I had had already by then a history of dieting might

since I was 13 years old, I've had a history of dieting, and I started getting curious about does this still suit me is this, this is a fairly full on way to live, you know, restricting and having so much focus on my body and not feeling good about myself. So that was one of the doorways into my rebellion was to start thinking about did dieting still fit within my life. And then over the course of my 40s, I was looking at relationships, including my relationship with my then husband, the kind of work that I wanted to be doing, the the people that I wanted to be around, what did self care for me, you know, who who was I really and you know, and sometimes definitely this these, this process can happen quite quickly. But it can also happen over a course of, you know, a fairly significant period of time. But if you're, you know, in your 40s, and you're starting to have some of these thoughts, welcome to being a midlife rebel.



Christina Smith

beautif now, I love Yes,



Robyn Patton 03:16

yeah. So the first thing I want to say, and I was I was facilitating a group recently in person, we were very fortunate to be in person. And we were talking about the word rebel. And I just want to acknowledge off the bat to everybody, that not all of us resonate with the word rebel. Some of us have had the experience in the past where the word has been used against us. So it has had connotations of being a negative, not good thing that you've been slapped that label of rebel back in the day, and you know, it made you a bit of an outcast. Or they may have been someone in your life possibly growing up, that was considered their behavior was considered rebellious. And it was harmful. It didn't feel good, it brought, you know, not good things into the family or the friend group. So the first thing I want to acknowledge is not all of us come to the word rebel with which I do the same feeling I do which is a rare like hell yeah. Feeling that some of us are more Oh, hang on a minute. What What are you talking about there? Lady? You know, this. I don't know if this word really resonates with me. So the most important part as we're getting started is if this start word doesn't resonate for you, don't worry, it's all good. There might be other ways that we are going to be talking today that feel more comfortable to you, without you feeling like I've got to have this rebel label attached to me. But as we're going to see, rebel is a fairly broad definition, as I like to think about it. So, think about what do you consider? Well, I'll ask you, Christina. What how would you define rebel?



Christina Smith

Rather than someone who does something that's not in the cultural norms that they're not being? Well, for me, it's like they're not being the good girl, right? Like, it's really naughty, kind of, it's a little naughty to be a rebel, right? Because you're not conforming to like, that made an archetype that's like, Oh, I'm just supposed to show up and be a people pleaser, and, you know, conform, I guess. So it's outside of conformity.



Robyn Patton 05:33

Yet, spot on, spot on. And for, for those of you who really resonate with that that archetype type language and sort of get that excited feeling of like oh yeah that's a that's a yes for

type language and sort of get that excited feeling of like, oh, yeah, that's a, that's a yes, for me, great. For those of us who think, Ah, I'm just, I'm just dipping my toe into this, I'd like to invite you to think about rebel as being someone who challenges the status quo. That's it just someone who challenges the status quo. Now, let's think for a moment, what is the status quo. Now, that's a broad definition, because it can be anything that we subscribe to internally, or anything's subscribed to us externally. And a really good way to get a sense of what the status quo is, if you're thinking about shoulds.



Christina Smith

Such a shaming word. cringy, when I hear that word, like should, why should I like, almost my inner rebellious teenager wants to come out and go or what? Or what?



Robyn Patton 06:42

Yeah, but only a bit that's taken a process to get there. Because many of us have that internalized drive to operate from that place of the shorts. Yeah, this is what I should be doing. And you know, you might be familiar, many of us are familiar with that. You know, don't shoot on yourself. But wow, that's easier said than done. It sure



Christina Smith

is. Sure is, I still find myself saying should once a while and I'm like, I don't have to I could I could



Robyn Patton 07:17

but I don't should. Yeah. So for the rebel curious, or the rebels to be even noticing when you're shooting on yourself is a first step.



Christina Smith

That makes sense. Yeah. The other one is have to I say that what I've said that one a lot in the past, like I have to do I have to I choose to write like, that's really, but it's about being more conscious about that step. Right. It's about being more conscious about, like, the limits that I'm putting on myself, I guess.



Robyn Patton 07:58

Yeah. Yeah, that's exactly right. And as you know, as we're talking, what I want to really encourage people to do that sometimes the most rebellious thing we can do in any one moment is to slow down.





Christina Smith

That is a rebellion, isn't it? In this culture?

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Robyn Patton 08:20

Oh, my gosh, even slowing down in conversations and allowing ourselves to drop into both. What am I feeling? What am I noticing? Asking ourselves and checking in, especially when a should might be all I'm supposed to be and I should keep the flow going, make everyone happy? Have this dynamic, be interesting. And you know, I'm putting the focus on the other person. Oh, slowing down and tuning in, particularly when we're being told something different or been modeled on mentored around how to be socially how we should be, can be an act of rebellion. So we can start finding rebel in small areas of our life. It's not about appending, necessarily, and disrupting, just for the sake of it. But it's tuning into what's the intention? So I had a really interesting question. The other day, a client asked me, What is the difference between bitch and rebel? Wow, what a great question. You've been thinking about this for a long time. And I saw that collapse of how in her question, I saw how sometimes we can collapse when women really speak from their place of integrity, power and wholeness. Society, we are other people. or can stick a label on it? Like, bitch that speaks to something that makes other people uncomfortable.



Christina Smith

That makes sense. Yeah. Yeah. They probably share some qualities, right. It's just that the rebel isn't necessarily doing destruction, which is what I think about pitch energy is when we break things down, like we burn the house down to start over or something. But rebel energy to me is just like, I'm just not conforming. And that could mean a million things. That means I wear shorts to church when everybody else is wearing slacks or something. It's not necessarily like burning down the church.

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Robyn Patton 10:51

Exactly. That's cool. I love your shorts example, because a really rebellious act of that a client of mine did last year was she didn't wear shorts, because she had a story about her knees. Like them. So a rebellious act for her which would have been unbeknownst to anyone else, was claiming her knees and wearing shorts. feeling comfortable enough in her body, to say, I'm going to do this. The courage that it takes to be a rebel. Sometimes we don't see from the outside. So a rebellious act might look like a woman leaving a relationship that we all know for years have known is not has not been good has not been healthy. So we might see that act, but we might not see the woman who says today I'm going to do it. I'm going to wear shorts. Another one that I story that I share is I was I was just out and about a little while ago and a woman was talking to me about she said how you know I've been following you for a while I love midlife rebel. She said it got me thinking about how all these years I've been making my husband exactly the dinner he likes to eat. It's fine, except I like having soup. I like eating soup for dinner. He doesn't like getting soup. I like getting soup. So but I haven't made it for years. I haven't made it. I've been making what he likes. She said just recently, I've been making myself soup and saying to him, Hey, you saw yourself tonight. She was claiming as an act of rebellion. So we're not always going to see it on the outside slope



Christina Smith

have to be like a huge rebellion thing. These are just tiny little like, let me just crack the net open and see if I can actually do what I want to do rather than feeling like all these things I should do I should make my husband a really great meal. I should cover my knees if I'm uncomfortable with them right? So these are big huge like you said burn the house down kind of things like that bitch energy, but this is just what is a what is a rebel to me specifically rather than like it doesn't mean that I'm going against all of society's rules and such. But it could be just those rules I've created for myself.



Robyn Patton 13:27

There already verities so therefore this work I find very sacred. You know, when I'm working with people one on one, we're navigating this space in a very passionately curious way. Because there are so many shoulds. But what we're wanting to do is get underneath and find out. What's your truth. Just sit in that place of what's your truth. What's true for you. What do you need? What do you want, and it can take time. But the beauty of midlife is we have time. We have the time. You know there's certain things that happen for many of us at midlife that replicate what happened to us in adolescence. So those hormonal changes that you know, wanting to really find our own identity, but we have more resources oftentimes in midlife to be able to recognize I don't want to do this alone. I want to find other women who are also maybe experiencing this sense of feeling lost or resentful or overwhelmed, because surely it can't be just me.



Christina Smith

And it's not



Robyn Patton 14:45

it's not now it's not. Now, on top of the rebel, I'd love to introduce you and everyone who's listening to three other archetypes that is there really important for us to get to know because often they are the girls, the inner girls that many of us need to become familiar with become aware that they that they exist and how they show up in our life. So the first inner girl of the three is the good girl and you knew mentioned her just a moment ago, Christina, so many of us are familiar with the good girl. What I'd love to hear what's your what's your understanding of the good girl?



Christina Smith

Good girl doesn't really think about her own needs right? The good girl kind of does what everybody expects her to she's a people pleaser. She's there to basically show up as others as she thinks others wish she she will, you know, to make good make peace just just not cause any trouble, right? Just conform.

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Robyn Patton 15:57

Yep. Yeah. And she will often be the part in you that makes yourself small to accommodate other people. So you're absolutely right. So the the, the easiest way to think about the the good girl is she's the peacemaker and the obedient one. So, you know, you find yourself apologizing unnecessarily saying sorry nilly for existing. There's likely a good girl in there. Like you were saying, if you find yourself prioritizing others, seeing everybody else is more important than you and you're way down the bottom of the list. Yeah, good girl, good girl in action. Knowing when she's turning up, being able to identify because there's a cost, the good girl comes at a cost. And once again, it's often a midlife when we notice the cost of being the good girl.



Christina Smith

I have a really great example of this. If you don't mind me sharing, I love to hear it. I was just in jury duty this week. I was telling Robin before we started. And I think years ago, if I had been picked for this jury, I wouldn't stand up and say what I really thought I would just be like God, okay, if that's what you think if that's the verdict, you think well, and if everybody else is agreeing, then I should probably just be quiet, I'm probably wrong. And so I should just not speak my truth or do speak something that might cause conflict amongst this and then we have to have a whole disagreement and talk it out. And for me this week, like as I've gotten older, I guess as I've grown into more of my midlife rebel, is I was like, even if what I have to say doesn't change anything. I still need to speak it. I don't care if I create the conflict because it's important to my truth. And important for me to know that I showed up the way that I want to, in order to do that, but I did feel that good girl, as you were talking about it, I did feel that good girl pool come up and go, you should just be quiet. Everybody else agrees you're probably in the wrong. You probably shouldn't you know, they're gonna think you're stupid if you show if you say that everybody else agrees. So you should just conform to

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Robyn Patton 18:32

the voice is allowed as the good girl. Yes. She's, she has a very important role, because at some level, she believes she is keeping you safe.



Christina Smith

Yeah, nobody's gonna hurt you. If you're in that safe space, right? If you're not causing any conflict, or not causing any upset, then you're going to be safe.

R

Robyn Patton 18:57

And at what cost? Big one? Yeah. So that's a thank you for sharing that story. And it reminds me I love this concept of alignment versus abandonment. So noticing I was noticing in your story, how you were moving the dial towards alignment. Now there is a dial, you know, we think the rebel energy is like so hard or go home. It's not. It can be as simple as I'm noticing that I really want to say I don't agree. I've got a different opinion. I need this. So noticing definitely

first step in moving that dial right through to the alignment of who we are coming further down to being able to say this is what I think speaking up versus the abandonment, which is as we know, where we just push that aside, push it down. The good girl comes up she So



Christina Smith

when you say that it like reminds me of like, that's where my bitch energy would come from right of staying shut saying shit saying shut saying shit for so long that at some point is like, wow. And it's like a big explosion, right? And then it's like now we got to burn the house down rather than having had addressed each one of those authentically in alignment. Now I'm just so furious. I just gotta destroy everything right and that that's that pitch energy which is also not bad, just not always the most hopeful energy to move things forward.



Robyn Patton 20:40

Yeah, well, what a beautiful segue into the second girl and we might see a bit of crossover here which is the mean girl.



Christina Smith

Mm hmm. Now



Robyn Patton 20:49

that inner voice that inner girl she is there to control the living life out of us. So her main enemy is control she gatekeeper any compliments she's there to tell you're you're a worthless POS she's, she's the critical judgmental, nasty mean, even that low level video think you are voice. She doesn't always scream loud mean things. But she can be undermining you in subtle ways as well. I'm wondering is What's your understanding? When you think about that in a mean, girl, Christina and everybody, you know, who do you hear? or what have you seen or experienced with that girl?



Christina Smith

I feel like she's. And so maybe this is the way I was raised. Really Catholic was that she's a shamer. She's like, well, you know what's gonna happen if you do it that way or, you know, it's gonna happen if you're gonna get punished, like you can't, you can't be doing those things. That's kind of risky. And you know that you're not good enough for that. Like, there's all kinds of like really mean shaming kind of messages my main girl comes up with, she's not screaming at me, but she's like, she's almost talking to me like a friend and like, it reminds me of me and girls the movie, right? Like, she's talking to me like a friend. But the things that she's saying, are not meant to cheerlead at all like they're all meant says, Hear me down instead of making me feel good about myself and basically saying, just stay in your little box. It's just another way of staying in our little box, right? Whether we're the good or the mean girl. Now we're going to

stay in our box, but we're going to do it by shame or by guilt or some other negative like emotion rather than like, Oh, you'll feel good about yourself. If you just stay in the box. It's like you're gonna feel terrible about yourself if you get out of the box.

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Robyn Patton 22:51

Simply then that's exactly right. So once again, being aware of that she may not be loud but she may just sound like like you were saying just another voice there that's chipping away at you. Because my guess is like it is for many of us she's been there a very long time she was there probably implanted with your grade three teacher who said I don't know what you can't do this or you're not good enough or somewhere along the line someone was dropping messages in about you're not being worthy good enough. Back of the queue picked last. Your appearance isn't good enough your clothes aren't good enough. Your efforts aren't good enough. You're not up discreet, but not up to scratch not up to match. All those messages are dropping in and then we knock them in as as we know the Inner Mean Girl comes sounds like us. So that's oftentimes when if I'm working with someone and they'll say something just out of the blue and I'll be like, who's Whose voice is that? Sometimes an outsider can hear a comment that you make and think that's that doesn't sound like you that's gosh, that sounds it's got an edge to it. Is that happiness? There's a meanness is a subtle undermining in what you've just said. I'm curious, where does that come from? So that's how in a mean girl.



Christina Smith

But one more is that Who do you think you are? Or that's the question the main girl comes up with like, you're gonna go do that. Who do you think you are? Do you think you're smart enough for that? Like, again? It's not a screaming it's just like it did you she's not really asking who I am. She's like insulting me saying you can't do that. But in a questionable way. So yeah, just in case anybody else gets that question. That's that's your inner mean, girl. That's exactly

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Robyn Patton 24:48

right. Yes. Become familiar with her because she can be as subtle as that. And that's like you were saying can keep us very much in our Box small. The past literally not wearing the shorts. So my slides gonna mean girl had said mean things to her about her knees which had kept her not wearing shorts. So the act of rebellion was saying, I hear you, I hear those voices. But what do I want? Would I like to wear shorts? Is this something that, you know, that I want to do? Rather than the Inner Mean Girl making the decision for me?



Christina Smith

Think that happens a lot for a lot of people. Yeah, we're just like your that question. We're like up, I shouldn't do that turn around and go back the other way.

R

Robyn Patton 25:45

Shut down. That's right. Yeah. So that leads us to the third inner girl, our third and final, which

shut down. That's right. Yeah. So that leads us to the third inner girl, our third and final, which is the one that to be honest, I find the most tender. And the one that I have definitely done the most work with over the years. The other two have definite, you know, I've for sure, you know, noticed and made peace and continue to notice and continue to work with. But the little girl, the final one, the little girl is the one is the inner girl that I have the most tenderness for myself. And for anyone that I'm working with the little girl, you'll notice her, one of her biggest ways that we can identify her is she's keeping us small, and she hides that little girl. So what she's hiding from it can be responsibility taking responsibility in your own life. She could be hiding from the power, your own inherent power would be hiding from the greatness of who you really are. So the little girl is very Pender, she's 100% designed to keep us safe. But she's also the one keeping us firmly away from being in control and taking responsibility for our own life. What's then?



Christina Smith

So because she feels small, like she's powerless, kind of is that



Robyn Patton 27:31

correct? Yep, that's exactly right. So she might be the one within you who I don't need to deal with my finances, there's somebody else. So you might not even be consciously thinking this. But there may be a part in you that's, you know, not really fully over your finances. And somewhere back there is the thought that there's someone else will take care of it. So I have a lot of tenderness around that. It also might be the part in you that is scared to get into trouble. Scared to make a mistake, and get it wrong. Because you'll be told off.



Christina Smith

That's from right. I mean, that's I think ultimately, we're worried that people won't want to connect with us if we're wrong, or if we do things wrong, or whatever that is, and that could be like your parents, you know, yelling at you and you do something wrong. And then you're like, Oh my God, my parents don't love me anymore. And that's just a little girl response, right?



Robyn Patton 28:37

It's disconnect and shame together. I don't ever want to be found out to have done something wrong, made a mistake, hurt your feelings. Because I don't want to disconnect from you. Absolutely. I don't want you to see me any differently to how you see me. And I don't want the shame that that I internalize around being a bad or wrong person that I attribute that to rather than putting my actions and my behaviors separate from who I am. So that gets it all muddled up together



Christina Smith

I'm guessing she also confuses safety with discomfort or being unsafe with discomfort right because just that discomfort of connection is feels very unsafe for her even though it may not

be unsafe. It feels like that is ultimately the worst thing that could happen.

R

Robyn Patton 29:49

Right. This is definitely in the work where we slow right down. We don't run over the top of the little girl, she needs to be heard. She needs space. She needs honoring. Because once again, she's kept us safe. Yeah, I have a tenderness for my inner little girl. Because she's also the part in us, you know, we're talking about these aspects, but she's also my playfulness. And my joy and my spontaneity. So with all of these girls, it's not about rejecting them, or evicting them from here and here. It's not, it's about getting to know them. Hello. Hi. I see you. Ouch. Okay, what's your message? So we're not about tossing them out, giving them their marching orders.



Christina Smith

Like we could anyway. Like we could anyway, it's a fool's game. I'm more about honoring them for their gifts, right? I mean, honor them for their gifts and, and just being able to notice them and be like, okay, man, girl, I hear you. And we're gonna go do this thing anyway, so buckle up, because we're going to do this thing that you don't, obviously don't want me to do. But I really feel the calling in my heart that this is what needs to be done. So as an adult, right, like getting out of our girls, hearing those girls but then getting out of them back into like a woman more adult, you're part of ourselves that may be the rebel part of ourselves, and saying, but this is what's right. So I am the adult and I am going to take care of this.

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Robyn Patton 31:46

That's exactly right. It's the rebel comes in and ask the question that you may not have ever been asked before, which is, what do you need? What do you want? And the rebel has the energy of that's alright, I've got time to listen. You're not bad, wrong, broken. I've got time. I'm going to bring my bag of compassionate curiosity. I'm going to I'm going to bring an open mind. That in itself is an act of rebellion.



Christina Smith

The slowing down or the tuning in I think both of them right.

R

Robyn Patton 32:33

Exactly. Right. Yeah, that's exactly right. Yeah. So when when I've been talking about these, these inner girls, I get asked the question, oh, gosh, how do we find out which inner girl am I? So I created a quiz, which I'd love to share with everybody. It's called that which inner girl you and it's a really quick quiz, just so that you can start dialing into and thinking about bringing more awareness to where the good girl the Mean Girl and the little girl is showing up in your life. And where you can bring a little bit more of that. Rebel, whatever your definition is of it. In bringing more of that in the most rebellious thing you might do is rest on the weekend rather than run around. Give yourself



Christina Smith

a workday instead of doing work when you need it.



Robyn Patton 33:37

Let me tell you, Yes, I'm here



Christina Smith

because people are looking for I just want to make sure that they know the link is right below so you can tune into these little the girls and your rebel beautiful What a beautiful gift.



Robyn Patton 33:56

Yeah, I invite I invite everybody to check it out. Because there's been some beautiful conversations that have come out of thinking about these inner girls we have most of us have a pretty good awareness of them. But let's just go just a little bit deeper.



Christina Smith

The more we look at them, I feel like they're like an onion, right? Like I can always find layers to each one of them like because even though like I would consider myself a little bit more rebelled midlife rebellious than I used to be. They still are gonna show up, right? They just don't disappear. And so it just goes deeper and deeper. And I can keep noticing Oh, there's that mean girl voice. I didn't even attribute that to the mean girl before I thought that's just my limitation or whatever. But it was actually the mean girl limitation that was being put on me. Yep,



Robyn Patton 34:45

yep, spot. So the question that I would like to leave everybody is to find your inner rebel. Not my definition or my version of it. Not Christina's definition. You know of how you live it, but how you want to bring a little bit more rebel into your life? What might that be like for you? What's one small step that you can take? towards being the rebel? What's one small thing you can do? Finding reclaiming that inner rebel. So for some of us, it's claiming, and some of its its retaining. She's been there all along. So it's reclaiming it. For others. We claiming it for the first time. Yeah.



Christina Smith

Yeah. Especially if we had a very, very strong good girl for so long. Like, cannot even think

about doing anything outside of my box, because that would be unacceptable. But I feel like I've always had a little bit of rebel in me, but not to my own voices, right? Like, if so if somebody else were to say to me, oh, Christina, you have to or you should and I be like, or what? What's the consequence? See, you're gonna do something about that. But I got so used to that mean, girl voice in my head that I didn't even question or for so many years, I was just like, Yeah, you're right. We shouldn't do that.

R

Robyn Patton 36:23

Yep, yep, that's exactly. Good point. Because if you identify as a people pleaser, you we are looking at a very strong Good girl.



Christina Smith

And we think that's just how it should be like, Oh, well, I was raised to serve others I was raised. But we can give from a really good spot. And not, not be depleting ourselves not be giving up on ourselves, right, we can do it from a place of I want to give rather than I have to give, I should give.

R

Robyn Patton 36:58

And that's when you know, this work is so important, because that's exactly right, we shift that sense of where do I get my sense of value from? My worth come from? doesn't come from being all things to all people? Or is it inherently within me?



Christina Smith

Beautiful. And that's what we can align to. And I love that it doesn't have to be like, so rebellious that we don't have to feel like ourselves, or like we're becoming somebody different. But it's just like these little rebellious acts. I love that the tiny ones, we start with the tiny ones. If I always feel like I have to serve dinner at six o'clock, what happens if I have it at seven or five? If I always feel like the right thing is to make my husband dinner and skip the meals that I like, what happens if just one meal I make the soup Right? Or one day I wear the shorts?

R

Robyn Patton 37:57

Yep. Just keep coming back to that idea of what would it look like for me to challenge my status quo?



Christina Smith

What I think is expected of me or what I have created limits about, what if I just open the flap to that box? And I think what happens I don't know if that's happened for you too. But the more I started asking myself those little questions like, but what if I didn't join the PTA? I know, I'm

supposed to, as a mom supposed to care and want to do all that stuff. What if I didn't, you know, just these little tiny things. And that has led me to a life that like my parents don't even understand like becoming a coach is like, weird to them. You go to a job, you get a paycheck, you get your retirement, right? Like all these secure ways of getting through life, and because they're boomers that that was their thing, right? Like, we're gonna keep security. And so like me being in business for myself was a huge leap. But it wasn't the first leap. I had to make all these tiny little I had to start questioning these things just a little bit like, but what if I didn't, you know, work a second job just to make ends meet. And I lived more realistically within my means rather than show, you know, having the two cars and the house and everything else. And so it's just these little acts of rebellion still make you a midlife rebel?



Robyn Patton 39:27

absolutely spot on. You just, you know, go back to that abandonment versus Alignment. Alignment also means finding out what your values are, what are your values, not? What are the values that have been put upon you but what are your values? That's part of the who am I? What's important to me?



Christina Smith

Such big questions, but I feel like with this way It really broke it down into here's the limitations that you're probably putting on yourself with these with these girls. Were the things that you Yeah, we're putting the limitations on ourselves because we you know, are cultured or we're trying to conform or we're trying to be okay for society in some way. But it's just like these little tiny acts of rebellion which are not hurting anyone wearing shorts or not wearing shorts is not hurting anyone having soup or not having soup not hurting anyone the husband can find enough food. I haven't seen a husband die yet because his wife hasn't made him like they find something. So I love that and I just want to mention one more thing is Robins got a midlife rebel shop. So you can go and you can shop midlife. Robert, you want to be you want to show everybody your midlife rebel, she is in the shopping page and she will be giving. She will be gifting us with a shirt that we can raffle off for y'all so that you guys can win a midlife rebel shirt. But if you don't win, I really highly suggest you go support her and you know, show your midlife rebel out to everyone, right?



Robyn Patton 41:06

Say that the t shirt or the hoodie. When they wear it, it reminds them That's right, it reminds them to claim it, that it is something to really proud of. And it's also a remembering, it's a remembering of who we are. Because ultimately, what most of us want is authenticity. I want to be my true self.



Christina Smith

And feel like I'm so for it right. And I think that we we make the box of being loved and worthy. So small for ourselves like I like we can't even move in that box. And so just opening that box just a little bit so we can breathe and then start to move and get into this rabbit hole. This has

been a lovely conversation. Thank you so much. It was so clear. And I love I just love I'm going to be exploring my little girls now my little girl, my mean girl, my good girl and my rebel. Because it's it's so important that we just stretch ourselves a little bit into that rebel. And not to be different, but to be who we actually are to sit into our uniqueness and be like this is okay. What I'm doing is maybe uncomfortable for other people, but I'm not creating a safety issue for them by wearing shorts or not wearing shorts or whatever. I'm not creating a safety issue. It's just uncomfortable when people disagree, or have judgments or whatever. So beautiful. Any last words for us? Before we go? What was that last question you had for us?



Robyn Patton 42:38

Just inviting, inviting everyone to sit for a moment maybe even close your eyes and think about what's one small step I can take towards Reclaiming my inner rebel. Knowing that it is a safe and authentic step that you're taking towards your your truth and your alignment with yourself. And knowing that midlife is an opportunity there's opportunities all around us when we look at many aspects of our life to to live to that rebel part within you.



Christina Smith

Beautiful. Thank you so much for going against the time difference and everything to recall.



Robyn Patton 43:30

Oh my god, it's been. Yeah,



Christina Smith

so important. Thank you so much. And thank you, audience for tuning in. We'll see you in the next session.