

# The Evolving Nest

Proven Strategies to Start Rediscovering You Today

By Lisa Speers @The Evolving Nest

## Awareness

I know how busy you are, so as you go through your day, pay attention to what you are feeling. This might feel strange at first, but I hope you'll find it rewarding.

We have been so focused on how everyone else in our family is feeling, we often forget about ourselves.

What lights you up & what drains you? Can you fit in more or less of those things in each day?

If something or someone triggers you –ask yourself why? What can you do to make it/them impact you less?

Do the activities you spend more of your time doing, the places you go, and the people you see on a daily basis align with your **values**...?

If not, why? \*Keep a journal



\*Photo credits to Canva

### *The Messy Middle*

It's tiring but it's where we make the most important decisions about who we are and who we're not, and what we'll allow in our lives, and what we won't.

### *The Magic*

is always in the messy middle.

-Glennon Doyle Melton



## Values

Our values are those deep-down beliefs we hold about our purpose and our place in the world.

When we live in alignment with our values, we feel authentic and fulfilled.

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# 10 Values to consider

If you are in search of what's next, or a more authentic you, these are a few of the values which may help you rediscover what is most important to you. How do you value the following?

1. Personal Growth
2. Mental Health
3. Intimacy with spouse/partner
4. Physical Health
5. Familial connectedness
6. Self-care
7. Adventure
8. Spirituality/Philanthropy
9. Friendships
10. Intellectual Stimulation

\*Traits are not presented in any particular order

**Tangible Tip:** Pick your top 3 and focus your attention on what you would like to change about each of those values. I recommend keeping a journal and tracking your reflections.

I also encourage you to share your vision with the most important people in your life and ask for their support.

## 'Just Do Something'

Don't wait until everything is perfect or until your last child is out of the house to start thinking about what you might want to do next. There's been more than a few times in my life when I felt "stuck," i.e. *I stopped growing personally.*

A few years ago, I told my Life Coach, "I am bored." Even though I was raising three children with my husband, working, and volunteering, I felt busy and exhausted all the time.

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*After asking me a number of questions about my interests, my coach realized I wasn't actively pursuing any of them. So, he told me quite firmly, "**Lisa, just do something!**"*


*"What?!" I was a bit irritated and confused.*

*The Just Do Something Philosophy stems from the idea that "**Nothing happens until something moves.**" —Albert Einstein*

Here is the list we came up with all those years ago:

- Go to a concert &/or musical
- Walk 30 minutes per day
- Take a writing class
- Call a good friend(s) for coffee/lunch
- Actually call a friend who "I've been meaning to call forever."
- Read a book for fun
- Read a marriage improvement book
- Plan a weekend getaway w/spouse

As you may have noticed, the list doesn't include a grandiose adventure, writing for a blog, or speaking to an audience.

Nevertheless, one step truly has led to the next, and my hope is that you will find interests you are passionate about too. 



# Grief, grace, and making space...for what's next.

Whatever you feel as you transition to a new opportunity and/or your kids are beginning to leave the nest is normal—it is your reality. Allow yourself to feel sad when you are sad and scared when you are scared. It sounds so simple, but it isn't always so easy.

Many of us were not given the space as we grew up to openly share our feelings. We never learned how to express our anxiousness about starting something new or grieve openly about our friend moving away—I don't note this not to blame, just to explain.

I encourage you not to busy yourself with tasks and activities that mask your feelings. Your emotions are going to find a way to come out, and sometimes at the most inopportune times.

## Living with Intention

*Are you spending at least 1 hour a day dedicated to an activity that lights a fire in your soul? (Exercising doesn't count unless you love it.)*

*If your answer is no, Mama, something needs to change, and I'll tell you why from experience. We are all busy, but feeling like you are living in the movie, Groundhog Day, is not living life to the fullest. I've been there—it's no fun.*

If you can even find ten minutes a day to 'Just Do Something' and build from there, I guarantee you will start feeling better.

*It doesn't have to be anything extravagant, but it does need to be something **just for you.***



## Simple Ideas

- Go for a quick walk.
- Get some sunshine.
- Take a bath
- Start to journal
- Call a friend
- Write a thank you note.



Please note: The information contained in this newsletter is for educational purposes only. I share from my own experience gained from 25+ years of parenting three grown children, ages 20–26, one of whom has autism. My hope is to share ideas and strategies that helped me, and will hopefully help you prepare your own evolving nest. One that is still full of love, connectedness, and desire to all support one another in our latest endeavors.—Lisa Speers

# Stay Connected



4/5th's of Lisa's Family visiting Texas  
Kate (20), Connor (23), Lisa & Phil  
John (26) at a Night to Shine

As your children leave the nest, you may realize that you've lost connection with many of friends you once were close to—this is also normal.

If you still have kids living at home, this is your wake-up call to make time for friends. Some of you used to get away for the weekend with girls, and all that stopped when you started having kids. Talk to your partner and do whatever it takes to make the next trip.

***It is the memories and connections we create that make living life so much richer.***

***I urge you not to wait any longer.***

If you've moved to a new town, look for a local book club or walking group. Or as one woman did, she started her own and every month met new women from all over town to go hiking with and to events. Consider taking a class at your local recreation center or community college.

***Whatever you choose, make one phone call to a new or old friend today.***

*When our kids take flight...*

We are all trying to figure out this new chapter in our lives.

It's okay to feel sad, happy, excited, melancholy, and hopeful, all in the same day.

Remember, there are still many more chapters to write..

*-Lisa Speers*

## Note to Moms with teens still at home



I know you care deeply and are doing an amazing job raising your children. So of course, continue to be present in your teen's life while they are still home. ***Soak it up!***

Those away-from-home kids' are still going to need you as "mom," ***I promise you!*** They'll also need you as a mentor, a friend, and one of their biggest supporters.

Even so, I encourage you to start thinking about what activities you would like to try to get more involved in **before** your last child graduates from high school.

As parents, we have been so focused on our kids for nearly two decades, and when they leave home, that focus needs to go somewhere. One of the best things you can do for both of you and your big kids is to know where you are going to direct all that love and attention in order to avoid the "empty nest."

Be sure to give yourself the grace to celebrate, remember, and grieve each chapter. ♥ *All my best, Lisa Speers*