Episode 61 Transcript

# A Year of Dating Me with Kim Matura

**SUMMARY KEYWORDS**

adventures, life, people, started, thought, pictures, enjoy, fun, daughter, walk, present, listening, glass, love, molten glass, hear, realized, women, contra dancing, paddle boarding.

**SPEAKERS**

Janelle Anderson, Kim Matura

**Janelle Anderson**

Hello ladies, you are listening to Women Emerging Fearlessly. Did you know that four out of five women struggle with confidence and knowing who they are? This show is dedicated to helping women lead their lives with fearless confidence and to know how amazing they truly are. In this show, you will hear from women who are emerging fearlessly who have overcome many obstacles to pursue their dreams and passions. And they will inspire you and encourage you to stand up, step out and speak up. Be your authentic self and bring your true gifts to the world. My name is Janelle Anderson, and I am your host. If you enjoy this podcast, please leave a great review, and subscribe and share it with your friends. Enjoy the show!

**Janelle Anderson**

All right, everyone. Welcome to another episode of Women Emerging Fearlessly. Today's episode is a little bit out of the norm for me, but I'm really excited to bring you my guest because she epitomizes the whole idea of when you get in your midlife years, you get older and you start realizing Hey, I need to start living my life and doing some fun stuff. And that's what she did. And so, it's gonna be really a fun episode to learn about the adventures of Kim Matura. And she is just, she's just like you and me. You know, she has been working for 21 years in the same field of procurement. And she's raised her kids to kids that are now grown ones recently engaged daughter and son who is married, she's an empty nester. She's single, she was divorced 20 years ago. So, she's been on her own for a long time. And what started off as a whim turned into this life changing journey. And that's what I really am excited to have her share with you today. And she's here to tell us all about "A Year of Dating Me." So, Kim, welcome to the podcast.

**Kim Matura**

Thank you very much. I'm so excited to be here.

**Janelle Anderson**

And I'm excited to have you. I think this is gonna be a lot of fun to hear all about your journeys and your adventures. And just be an inspiration to other women who maybe you're sitting around thinking, Well, what do I do with my life? Now, you know, I remember thinking that when I was in my 50s and I realized one day, I'm not even having any fun. How come I'm not having any fun? We just get so busy with life that we forget to have fun. And so, you decided to have some fun. So, tell us a little bit about what brought you to that point where you decided to start going on these adventures.

**Kim Matura**

Okay, um, I had gone in December to go see it's called Las Noches de Las Luminarias. And that was at our desert Botanical Gardens. It has all the luminaries everywhere, and it was so much fun I'd never been, which is crazy, because I've lived in Arizona my whole life. And so, I thought, well, that's fun. And then a few weeks later, I was watching a YouTube video of I love nail polish. And it was a nail polish vlogger. And she made her own nail polish and started her own nail polish line. And I thought what I thought that had to be done in a factory. So those two things got me thinking like, wow, I'm just kind of bored, and not just bored. I'm boring. Like, I have nothing to contribute to a conversation. And I thought, boy, if I was dating someone, we've had gone on all these fun little adventures and I thought, why can't I? Why can't I just date myself and take myself on these fun little adventures? And so, I thought, you know what, I'm going to do something every month that I had never done before. And I started posting it on Instagram with the hashtag "a year of dating me." And so that actually kept me accountable to post every month because the first month that I really struggled was April to get something and I had peoples say, gosh, I can't wait for your adventure. When are you doing it? And it's like April 28. I don't know. I don't know what I'm gonna do. So, I'm like, you know, I have to do something. It was a Saturday or something like that. But I've got to find something to do and post it. I have people now counting on me.

**Janelle Anderson**

That's too funny. So, you start posting it and people are asking for it and that made you do it. That is cool.

**Kim Matura**

That's what really made me accountable. My adventure that I did in May I actually wanted to do it in February. But they were booked until May and that was glassblowing. So yeah.

**Janelle Anderson**

Cool. Yeah. So, I remember when I kind of started, you know, like I said, thinking, well, what am I doing for fun, what my first thought was, I thought of things I wanted to do. But then I thought, well, who's gonna do them with me? And I realized it was stopping me because my husband wasn't really interested. And I had been kind of subconsciously waiting around for him to want to do stuff with me. And then it dawned on me, like, if I'm going to go have fun and do these things, I, I should just go by myself, you know, and that was a little bit hard. It was kind of scary. So, you started doing things by yourself, right?

**Kim Matura**

Yes. 90% of mine were by myself. And that was scary. Like, February, I did pole dancing and striptease. And that was really scary to walk, thinking, you know, I'm walking into a room all by myself with people, I don't know. Because some things were fine to do by yourself. You know, like the first one, I made my own nail polish. And I stayed at home, that was no big deal. So now I had to go out into the world into something that is very uncomfortable. And, you know, try something new all by myself. I didn't have a support system. And it was, that actually became one of the most fun things that I had done. And it was very liberating. And it really awakened my sensuality and my sexuality for myself on that one. Yeah.

**Janelle Anderson**

Wow. Wow. Yeah, that one, I don't know if I have the guts to do that. So, what did you do to overcome that fear of going out and doing that by yourself? Do you remember how you talked yourself into it? Or what made you like, go do it?

**Kim Matura**

I paid for the class first. Okay. And so, I paid for the class. And then actually, that day, I was like, oh, gosh, my heart was pounding. I was feeling sick. And I'm like, I really don't want to walk in there. And I'm like, okay, just drive over and see how you feel then. So, I drove over, and I was like, Oh, I don't feel good. And I'm not I'm going to be because I'm a fluffy girl. And so, I thought, I'm going to be, you know, the oldest, the biggest, you know, the most uncoordinated one that's here. And I saw ladies walking in. And some were young, some are old. Some were slim and fit, some were overweight. And I was like, Okay, I'll just walk in. And I just made myself do one little, tiny step at a time. And that's how I did it. Once I did my first one. I'm like, I can do this. It was very empowering to, to do that.

**Janelle Anderson**

Yeah, that's perfect. One small step. And then you have the courage and the confidence to take the next small step. And before you know it, you're doing it and then you realize, wow, this is really fun.

**Kim Matura**

Yes, it was. And it was, it was so fun. Now, I couldn't actually pull myself up on the pole. That was only part of the journey.

**Janelle Anderson**

Yeah, I once did a silks class with my daughter. It was a beginner’s class, but I could not for the life of me pull myself up on those silks. I didn't have the grip strength, I think. And all the other people were climbing up there as and I kept sliding down and read. I was laughing so hard.

**Kim Matura**

And that's part of the journey. You don't have to do it perfectly. That's what I also learned. You don't have to do everything perfectly. You don't have to know how to do it. You just have to go and try. Just try and have some fun.

**Janelle Anderson**

Yeah, try and have some fun. Yeah, that's what life is you know. We can't spend all of our lives being afraid to try new things and staying home and not enjoying life. We only have one of them. So, I love that you just jumped in and started doing all these cool things and that you were recording them for other people to see and hopefully it encouraged them to go out and try some things, not just watchers.

**Kim Matura**

I did actually. I've had a few people say that it's encouraged them to do other things. One friend of mine who is in my book club. Her and her daughter started going to a restaurant or a restaurant slash bar every month and they started with the alphabet starting in A so they go to a restaurant started with an A, order an appetizer with an A and a cocktail with an A. And the next month it was a B, so you know people have tried all their different variations on it.

**Janelle Anderson**

Fun. I remember when I tried contra dance. And I had two friends who had been inviting me to go with him for years and years. And for some reason I had this picture in my mind that it was gonna be really scary. And I didn't know what contra dancing was, and you know, dancing with people you don't know, it's kind of like, you know, awkward. And finally, I tried it. This was during that period of time where I'm like, let me go, I used to love dance. So, let me try this. And I went with my friend the first time, and just loved it so much that I just started, it became a part of my life, and I just go by myself all the time. Now, we're not doing it because of COVID. But hopefully, we'll be back doing it again. It became like, the best thing in my life, you know, right, as far as fun and just, you know, letting go and enjoying, enjoying myself enjoying moving to music and laughing and you know,

**Kim Matura**

That's what it's about, just having fun.

**Janelle Anderson**

Yeah, it really is, it really is. So, tell us about your most memorable adventure.

**Kim Matura**

I would have to say that probably the French cooking. Oh, because I did that in September. And I thought, Oh, this is going to be great. Because I'm an okay cook. But you know, just the basics. And I've never really loved cooking. So, I thought this will be fantastic. And I'll get some tips and tricks. And I will do cooking. And so, I went It was a three-hour long class. We made the appetizer, the main course and the dessert. And you could go back and forth in between stations, there were chefs helping you, and then they served you the meal afterwards. And when I was done with that, and I spent all three hours just in the dessert section, I mean, I did jump a little bit to the other two. But I thought I am never going to spend six hours because that's what it would take by yourself to make one meal. So, that's crazy. So, that one was one I was looking forward to the most. and realized it was something that I really did not want to continue doing. And so that was really my most memorable.

**Janelle Anderson**

I think you'd have to really love, love, love cooking and preparing food to be willing to spend hours doing it. Yeah, until people do, which is great. Wonderful. So, tell us about your most challenging adventure.

**Kim Matura**

I would say the glass blowing would definitely be the most challenging. First of all, I live in Arizona, and it's very hot here. And then it had the ovens. It was in May. And they had the ovens have to be 1800 degrees for the molten glass. So, it was very hot. I was very nervous. Very, very nervous to do that, because I had worked in a glass shop many, many years ago. And I had seen some terrible accidents with that. So, I was really terrified to go to this thinking of that glass gets on me that molten glass, you know, it falls on your hand, your skin, everything's just gone. I mean, I was just really building it up as something really terrifying. And actually, the instructors help you a lot. They're the ones that get the glass, molten glass out, they help you, then they get it on the pipe, and you pull in everything. But that one was the most challenging for me to even get there because of my own fears and things that I had seen in the past in my life.

**Janelle Anderson**

Yeah, fear can stop you from doing anything. And it's usually not, what do they say 95% of the things we're afraid of never happened or 97% or something.

**Kim Matura**

Right.

**Janelle Anderson**

So often we just let it stop us from doing things. So, you know, you broke through that. And you went ahead and did it that that's another big, huge win, you know,

**Kim Matura**

Right. So, I have some I have I actually did two pieces of glass while I was there. So, I have a flower and a pumpkin now that I keep sitting out on display in my living room.

**Janelle Anderson**

Just something to remember. Yeah. So, you've done a bunch of stuff. You've done zip lining and what are some of the other things you've done?

**Kim Matura**

I did a carriage ride. I went to a ghost town. I did chakra meditation. I went to Museum of Contemporary Art. I stood on the corner in Winslow, Arizona. I also recreated my prom picture 40 years later, with my date. His wife took the picture of us. I went to a corn maze. I've done French macaroons. I've done belly dancing. I just haven't rode in a paddleboat. I've never done that. So just all kinds of different things.

**Janelle Anderson**

Oh fun. So, what would you say has been the biggest impact on your life from doing this year of dating you and trying all these different things? How has it changed your life?

**Kim Matura**

I think I've become more open to new adventures, meeting new people. I started setting up happy hours with two different groups of people. So, I was seeing new people every month. So, I had two different happy hours, a book club, and an adventure. Every month, sometimes I started doing two or three adventures. So, I just got out and lived my life instead of just sitting home and, you know, thinking, gosh, that would be fun to do one day. Well, why not today?

**Janelle Anderson**

Yeah, that's great.

**Kim Matura**

I, you know, I had people, especially during this COVID thing you've had, you know, many of us have had people pass away that we love and think, you know what, there may not be tomorrow. So, let's go do something that makes me happy today.

**Janelle Anderson**

Yes, that's true wisdom right there. What have you learned about yourself? I know you said you're more open. But just in, you know, overcoming the fears that you've talked about, and just jumping into places that you know, you were afraid of the pole dancing, you were afraid of the glass blowing.

**Kim Matura**

Right. I also realized that things aren't always what you imagined they will be. But they're still pretty fantastic. Like my carriage ride. I always wanted to take a carriage ride with the love of my life. And I did, it was my daughter. So, yeah. So, it wasn't what I originally thought it was going to be. You know, I thought it would be a romantic partner. But just because you imagine things one way, doesn't mean it's still not something that's very special. And something that that's fantastic. So, don't let anything stop you just because you have one image in your mind, doesn't mean that's the way it has to be. And that's another thing that I realized.

**Janelle Anderson**

That's very powerful. And it just makes me think of living in the present moment. Because oftentimes, we like you said, you know, a lot of times, we go to do things and we expect them to be a certain way. And when they aren't, we feel like it's ruined or we failed, or it kind of just falls apart. But when you're living in the present moment, you take it as it comes and you appreciate whatever's happening, however it's unfolding, you can enjoy it as it is, instead of wishing it was something else. And it's a very powerful way to live. And what a powerful lesson to learn.

**Kim Matura**

Yeah, that was one that was really, and that was actually my December adventure. But since I did that one, and it wasn't what I had always expected in my mind, that one has really stuck with me that just because you know, just because you have something some kind of fantasy, does it mean the reality isn't going to be as good or even better than what you had imagined?

**Janelle Anderson**

Yes, I love that. That's such a great philosophy and way to live life and enjoy yourself and get the most out of life. And you know, you were present right then with your daughter in that moment. And I'm sure it was a very special time that you'll always remember that. I remember one time my daughter and I went on a trip while she was going across, she had come across country by herself with her dog when her husband was deployed and stayed here. She lives in California, we're in Virginia. She stayed here for a couple months. And then she was driving back and, on her way, back I joined her for part of the trip from Minnesota to Oregon, I think, is when I came home. But we spent two weeks on the road. And I just remember thinking I am going to be as present as I can in every moment so that I don't forget it. I don't want to you know how we're always kind of thinking of the next thing or we're not like being present or our mind is off on different things. And then you kind of forget like you don't remember. But if you can bring yourself in that moment, like all of your senses and really enjoy it and really live it stays with you like vividly. And that's what I did and it's so strong with me. All the things we did, and I can almost like go back right there. You know sitting. I remember sitting on a bridge over a stream when we were hiking in the Grand Tetons. It's so gorgeous. And we took a moment just to relax on the bridge. And that is like embedded in my mind because I was just there, present, you know, in that moment listening to the stream and feeling the breeze on my face and enjoying my daughter there with me.

**Kim Matura**

Right?

**Janelle Anderson**

So, that's what you are reminding me of.

**Kim Matura**

Yeah, that's exactly it. I made sure that I was present. And completely immersing myself in each situation that I did. And I started doing that in my whole life. You know, I would just completely immerse myself, all my senses, everything, and anything I did, and I found that I enjoyed life so much more. And now I have those memories. And as I recall them, I can even, you know, you can recall this sense of something, you know what exactly, how vivid that sunset was. You just, since you were so present and so immersed in it. Your memories are so much stronger.

**Janelle Anderson**

It's so true. Like you take a snapshot in your mind. And it's even, it's better than a picture with a camera. I know for me, like when I'm in a situation like that. And I really want to remember it. I don't want to get my camera out and take a picture because it that almost like separates you from the moment. At my daughter's wedding. And later, I was like, why didn't I take any pictures? Well, one, my phone kept dying, because we were way up in the mountains, and it would just drain the battery. So, I just gave it up. And I wanted to be super present with every moment. And I can still like be there. And I do have pictures that other people took but I didn't take any pictures. It was crazy.

**Kim Matura**

Yeah, that's my son's wedding. I took a lot of pictures before. And, you know, while they were getting ready, because I was there being able to get ready with the bride and her attendance. And then I got to go, you know, over to my son. So, I took a lot of before pictures, pictures of the venue and things like that. But during the wedding itself, I don't have any pictures, the reception. Don't have any pictures, because I was just there.

**Janelle Anderson**

Yeah. I think, I actually think that's better. I know, it's COVID and everything, are you still doing adventures every month or every week?

**Kim Matura**

I was going to start in 2020 doing something every week for 2020. And then COVID hits. So that stopped, I have I will go out and do adventures, but it's not something new. Like I will go hike on South Mountain where you know, by where I live, I will go you know, on bike rides, I will go do you know different things like that, that we can still do that social distancing and stuff. So, I'm still trying to keep up doing little adventures and being present. And, you know, even I will even do what's called a listening, walk. Just go out at night, especially the full moon was just here, you know, so we just had the beautiful, beautiful full moon, and you go out, and you just listen, what do you hear. So that brings you really present into life. And so those are the kinds of adventures I'm doing now. But they still enrich my life, they still make me happy, they still bring me in the present.

**Janelle Anderson**

Yeah, that's what matters. And you know, I really like that idea of a listening walk. I think our life is so filled with technology and things that distract us all the time that we have lost a lot of the beauty and the power of being present and listening. Just take the moment just do some deep breathing and tune into what are you hearing. I do this often in my backyard, I'll take a break because I work from home. So, take a break and the dog is wanting to go out and run around the yard. So, I go out there with him. And I'll just sit and listen. And I'll try to tune into the different songs of the different kinds of birds. I try to tune into what else am I hearing like, Oh, I hear a breeze through the trees. And I hear a car going by, like that is the, it's so soothing. And it just is so relaxing and just your senses become so attuned to the moment. And there's just something really magical about it, I think.

**Kim Matura**

That's very meditative. And I can't take credit for the listening walk. It's a children's book. And my daughter read it when she was in, I think first grade, kindergarten or first grade. And we would do those every night. And so, I still do those. I mean, she's 27 now, but I will still do those. And really during COVID that's really helped a lot just letting things go away. Like I said, it's a bit meditative. And you can just focus on the sounds I mean, of course I have my eyes open while I'm walking. You can't just close your eyes, but I can go in the backyard and do that. And you know, I've done that. Have a fire, going to sit there close my eyes. What do I hear? What do I smell and just really enjoy life?

**Janelle Anderson**

All your senses, yes, yes. Beautiful. What would you say to my listeners, maybe the women out there who are so caught up in being busy with everyday stuff, you know, maybe their job or their business and they aren't living life? They aren't having fun, what would be a piece of advice that you could give them.

**Kim Matura**

One of the things that I learned was, we all have 24 hours in every day. We all have the exact same amount of time, and you're as busy as you want to be. And so, if you want to take all your time, just you know, Oh, I'm so busy with work. I'm so busy doing this. Well. You need to rearrange your priorities a little bit and realize that you need to take some time for yourself, even if it's just two hours, once a month, to go on a listening walk, or go in your backyard or do this, just take some time to slow down for yourself, and do just do one little adventure, and it doesn't have to cost money, it can be free, go on a picnic in a park, just pack up your lunch, drive over there, or walk over there and do a little picnic by yourself, eat your lunch, you know, get up, go, you know, go back home. Just you know, you, you only have a limited amount of time. And so, take some of it and explore yourself and, and learn more about yourself and fall in love with yourself again.

**Janelle Anderson**

That's awesome. So, make a date with yourself and put it on your calendar. It treated important because you are as important as whatever else is on your calendar, or whoever else is on your calendar. And one thing I discovered when I started doing things like that was the dancing and riding my bike and just even by myself was that I showed up so much better with everyone else in my life when I was doing something for me, when I was also taking care of me and putting myself higher up on that priority list to just go do something just for me that helps, you know, relieve tension, relieve stress, helps me enjoy life, then when I'm, you know back at my job or running my business or with my husband or other family members, or whatever else I do in my life, I'm showing up a whole lot better than if I don't take the time. I think women a lot of times deal with this feeling. I know I did this feeling of like guilt. Like if I go dancing by myself tonight. I remember struggling so much with that feeling of guilt. I shouldn't be doing that my husband's at home watching TV. I have work to do, what am I doing just going off. And then I realized, wait a minute. When I do that it's so good. For me physically, it relieves stress and tension, I have fun, I'm a better person. When I come back. And it's good for me, it's important to do it. And that helped me to start prioritizing my own enjoyment of life that is not being selfish, you are actually giving a gift to everyone in your life because you're taking care of yourself.

**Kim Matura**

Yeah, I found that as well. You're very, you're rejuvenated, you have more to give other people by doing that for yourself. And you're not cranky, you know, you're very vibrant and alive when you're around other people and back and they feed off your energy. So, then everybody becomes more vibrant and alive. And people want to be around you because you give off such a great energy. And like I said, people feed off your energy. If you come in all stressed and you know upset about things, then I don't want to be around people like that. So, take some time for yourself and you know, rejuvenate, revitalize, get yourself, you know, so that you are happy again at your core. And like I said it's radiates the energy that people want to be around.

**Janelle Anderson**

True. And you could see the proof of that when people were looking for your next adventure. When's your next adventure? they're following you. Do you have like a YouTube channel where all these live?

**Kim Matura**

I do not. I just did this all on my own, just on Instagram at "a more matura life."

**Janelle Anderson**

A more matura life, I love that.

**Kim Matura**

It just plays off my name, Kim Matura.

**Janelle Anderson**

Yeah. If you guys want to see some of her adventures, and her pictures, just follow her on Instagram, A More Matura Life. And I know you and I talked when we first met about, you know, I was saying that you should take all these adventures and put them into a book or something or, or a guide maybe like, you know, a guide to enjoying your life more or something. So, ideas of things women could do you know, stories of what you've done. I think that would be super popular.

**Kim Matura**

I actually have since we have talked, I had I have started that and yeah. And some things that other women have done that they've told me that I've inspired them to do like my friend who does the, you know, restaurant a month, you know, going through the alphabet, so yeah, wonderful.

**Janelle Anderson**

Well, I look forward to seeing that when you get that off. And I will definitely

**Kim Matura**

Maybe I'll come back.

**Janelle Anderson**

Yes, yes. And we'll tell people about it. Because I would read it definitely. So, well. Thank you so much for coming on the show today, Kim, and just sharing a little bit about your adventures. Are there any other ones that you, that we left out that you really want to talk about?

**Kim Matura**

Well, I did a corn maze with my family. I'd never done that. Okay, so that was and that one was with my big extended family. So, there was probably like 30 or 40 of us. Went to a ghost town. I met a YouTuber that I followed. I met somebody that I had followed on Twitter. Yeah, I met them in person. I did a 5k. So yeah,

**Janelle Anderson**

Good for you.

**Kim Matura**

I haven't done one since but.

**Janelle Anderson**

When we're able to get back out again, you should try contra dancing.

**Kim Matura**

I will try that. Yes, I've done the belly dancing. And pole dancing, so yeah, so, contradance, I'm gonna put that on my list of things to do then.

**Janelle Anderson**

Yeah, put it on your list and Google it. I'm sure it's somewhere in your area. They have them everywhere. Oh, paddle boarding. Have you ever tried that?

**Kim Matura**

I have not. But I go to San Diego every year. And so, I will try that. We've gone on canoes. We've done canoeing in Mission Bay, but I will try paddle boarding.

**Janelle Anderson**

Yeah, that's another thing my daughter had me doing. She got me on a paddleboard, and I was scared, but I ended up really enjoying it. You should try scuba diving sometime.

**Kim Matura**

I know. That's, that is one that I have on my list of things to do. Maybe when I go to San Diego again, I'll try that.

**Janelle Anderson**

Well, thank you again for coming onto the show. And I'm really excited to have this chance to share what you're doing and just to inspire other women that maybe are a little bored or feel like they're a little boring to start putting stuff on your list. Get it on your calendar and go do it, even if it's by yourself or if you can find other people. But get out there and live life and enjoy it while you can. And it does help you to be more present in your life. It just has so many benefits. So, thanks for sharing that and all your wisdom that you've learned, and we look forward to when you put your book out there.

**Kim Matura**

Oh, thank you. I really enjoyed this. Thank you.

**Janelle Anderson**

All right, ladies. So that's it for now. As usual, be confident, be real and be you.

**Janelle Anderson**

I hope you enjoyed that episode and got a lot out of it that will help you on your journey to becoming fearlessly confident. If you would like to know how to work with me, to help you to become fearlessly competent. Just email me Janelle at emerging life coaching.com you can also go to my website. There's lots of great resources on there, including a free mini course called Be confident, be real, be you it's a three-video course with downloadable action guides that will definitely help you to get on this journey to becoming fearlessly confident. My website is emerginglifecoaching.com Thanks for listening and until next time, be fearless. Be confident and be you.