

# When You Ask What's Next and You Find Your Second Wind in Life with Guest, Wendy Maguire

## Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

Successful entrepreneur and podcast host of Second Wind, The Podcast, Wendy Maguire shares how her search for what's next opened her heart to listening to the wisdom within and paying attention to the signs that showed up in her life. Her search culminated in the discovery of her purpose in the second half of her life, and launching her podcast, which is centered in helping ordinary women live extraordinary lives by discovering their second wind. Wendy drops gems of wisdom throughout this episode that will speak hope and life into anyone searching for deeper meaning, a sense of purpose, and a new-found freedom.

### In this Episode:

- Wendy recalls how her mid-age season of life motivated her to move forward in life to discover an entirely new and passion-filled adventure.
- Shares her experience of paying attention to the signs around her that eventually lead one to a new whole journey of discovery and purpose towards helping others.
- Recounts some life shifting experiences that have transformed the way she lives and approaches life.
- Inspires us to live a life free of expectation and full of alignment with our true self.

Wendy is a successful entrepreneur partnering with her husband Frank in ownership and management of Maguire's Family and Friends Restaurant in Senoia, GA, and Crosstown Grille in Peachtree City, GA.

She is an advocate for women in business and supportive of her community as she is the co-founder of the Business Women of Fayette and Coweta County, where businesswomen connect and grow together while serving and fundraising for community non-profits. Wendy also started the nonprofit organization, Pedal For Pets in 2007 to provide spay and neuter services for animals in need in the South. She participated in the Race Across America in 2016, and her team raised close to one hundred thousand dollars to help solve the overpopulation epidemic. Her team of eight women was the third ever team of all women to participate in the race. Following the event, she gave her nonprofit to Hearts N Homes to continue the rescuing and rehoming work she started. Most recently, Wendy has found her Second Wind as she is the host of Second Wind, The Podcast Wendy has authentic conversations with ordinary people doing extraordinary things while embracing the latter part of their life. This podcast is for every soul

plagued by the idea that they've already lived their life, they've already successfully raised their children, and they've already received their education and educated others...and there isn't much left for them to do.

Wendy chats with guests each week who are embracing their second wind. People who have taken on their second half of life are fully charged and ready for a new adventure.

### **Quotes from this Episode:**

"The question, "now what?" sparked me to move forward, try new things, keep going for more and not just settling for where I am." – Wendy Maguire

"Slow down and listen. Stop filling time and start being." – Wendy Maguire

"Once you become more open, the messages start pouring and things will start happening." – Wendy Maguire

"If you stay true to it, it will happen as it's supposed to." – Wendy Maguire

### **Resources:**

Website: [www.secondwindthepodcast.com](http://www.secondwindthepodcast.com)

Facebook: <https://www.facebook.com/wendy.c.maguire>

Facebook Group: <https://www.facebook.com/groups/698786310776213>

Instagram: <https://www.instagram.com/secondwindwendy/>

LinkedIn: <https://www.linkedin.com/in/wendy-charles-maguire-a03068203/>

Podcast Link: [The Second Wind Podcast](#)

### **Golden Timestamp:**

**14:58 – 15:18** – The Magic of Surrendering to the Flow of Creativity and Output Because No Expectations Hold You Back

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