

Ep 144 Lessons from 2023

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SPEAKERS

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Being a recovering type A overachiever, perfectionist, I am committing to letting go gripping on to tight expectations and outcomes. That is what I'm saying right here that I'm going to let go of to open myself up for delicious possibility and serendipity and magic Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you're itching for a change, ready to pivot, or looking for a second act, stick around as this is the show for you. And know this, you're not too fucking old. Hello, my beautiful listeners. Welcome to the almost end of 2023. I'm here today with a quickie just to give you some thoughts about the year and a couple little exercises for you guys, gals, y'all to take into 2024 and to share a couple of my top learnings I think that are worth sharing with you in the hopes that maybe you adopt them. Maybe you implement this in your life. So first of all, as I was preparing for my podcast for next week, it's going to be really a great one night, I promise you and I'm going to be highlighting some of the top key wisdom from all my fabulous guests. Well, I had a you know, rewind the clock back to January in January was well, let's go. So it got me thinking about gosh, look at all I've done this year, and I was in a group and we were all talking about like, let's really go back and think about everything that we've accomplished. And I know you all have been working hard. And I know there's a lot of you out there with kids in high school, there's you know, fellow moms out there unite who have gone through the college application process, Lord have mercy. There has been a lot that has gone on this year. So I think what would be really cool for all of you to do is you know, either look at pictures served, that's a really easy way to refresh your memory if you're a big documenter. And if you do a lot of posts on social media, go back and look at your post starting from January. And just take a moment to reflect on every thing you've done this year and everything that's happened have some gratitude. Not all of it was great this year, I'm right there with you. It's been a very challenging year, for a number of reasons. And you know, it helps to kind of frame the entire year and look at sort of the wins, look at the challenges. Use it to help you plan into the next year. So if there's certain things that you can get done, right, whatever, just stick and stick it on the list for next year, you'll get to it. This is exactly what I did. Two things I've done. I looked back at my podcast episodes, I looked back at a combination of photos

and social media posts. And it just reminded me of some of the big strides that I've taken some of the steps back that I had to take due to some things happening with a family which is all part of this a midlife suit, sometimes we get to leap forward, sometimes we've got to leap back. Sometimes you just have to tread in place. And the learning here is just to be aware of what season you're in and honor that. And look at this as a long game. I am the first person to look at life is the short game and needing to get everything done now now now and that the world is going to end if I don't. Let's leave that behind. Let's leave that behind in 2023. For sure. So do this. Look at your old posts, look at your photos, and then just sit down and write a list of everything you did. I know there's something out there that you did that was really big that you probably didn't think you could do. I'm sure of it. Because I just spoke at a keynote last week. And I actually told my husband I said I need to sit down I need to celebrate this for a moment because this was a really important keynotes. It was for a really wonderful company. And, you know, these are the things I'm working towards. But we can all be in the next next, next, next next. And of course, the next as I'm recording this is in the middle of the holidays, that we can just walk right through things. I told my husband and so we needed to actually have a moment and celebrate and he was working on a couple of big things for work. So we had a moment we celebrate it. I took a moment to celebrate a couple months ago when we got the last of the college applications in front of Son, it was a huge undertaking. And we can again, just go on to the next because there is always the next. But **the moral of the story everyone is to take that time to reflect on the year. And give yourself that pat on the back that I know you deserve. And sometimes that pat on the back is just getting everybody across that finish line. Everybody is good. Everyone in the House says, Okay, we've done our work, we've done our work. So just do that and see what you know, see what pops up for you. And then take a look at that, take a look at that list and really just say, dang it, I really did a lot this year. Yay, me because guess what I've said this before that award that special major work is never going to come to us in the mail. So go ahead and just give yourself a pat on the back and find a little packet of gold stars and give yourself a gold star** for the couple things I want to let go from 2023 and open myself up to you know, magic in 2024. But I've got to let go of grip and control. And I know I've talked about this before. But being a recovering type A overachiever, perfectionist, I am committing to letting go gripping onto tight expectations, and outcomes. That is what I'm saying right here that I'm going to let go of to open myself up for delicious possibility and serendipity and magic, somebody brought brought this up on one of my leadership group calls, that magic was her word for 2024. And I just love that. So if we release the grip and the control, and release the expectations on outcomes, I believe it can open things up for you know, magical things to occur. And quite frankly, things that we can't even think of things that aren't even on our awareness. So that is my what I'm letting go up and what I want to open up to, for 2024 I have a couple of big learnings I want to share with you and one was quality time, and that is with family and friends. I restructured my summer because my dad was having health problems. I put some podcast episodes on repeat, I pulled back on a couple things workwise and I kind of stripped everything down to the bare minimum to be able to spend some time extra time with my family this summer and why run from and really spend the time with my dad and I took another trip for my birthday for a few days I flew out and it's something I usually never do. I never just like lay out like I'm gonna take myself back home to Hawaii. But it was I used miles it was how could I not my mom just said come out. And the look on my dad's face when he had all his children, my siblings together. I mean, that was priceless. And we don't know how long we have our parents. And so I would just offer this up to you my lesson and learning for the year. Because I tend to really go. We're gonna say balls to the wall, but I'm going to say ovaries to the wall with work that I can get really tunnel vision and put every everything else last

that, you know, I know my time with my kids is limited, I've got a son who's going to go to college in the fall, we've all got aging parents, so we got to spend the time with them. So that was my big learning. It's just really lean in to my family, against all my instincts to keep on, you know, cranking and crushing things at work. I've got to lean in more to the family. So I wanted to share that with you all. Another big learning or sort of my big takeaway is learning to put things in perspective. Sometimes my life gets out of perspective. And a lot of the times it's because I've just got my head down. And I'm really singularly focused on something and I can tend to lose perspective. So another learning and this kind of ties into the first one is, don't miss out on that quality time with friends. And those relationships that are so important that are outside of our four walls, because your life can get very myopic, and very focused on yourself. And then I like to joke, I feel like my brain is eating itself. If I'm too focused and too much in my routine, like don't get out and I don't see those other people outside my four walls that lift me up, I'm going to go crazy. So that was another big learning for me because I really did find myself in that spot. So put those friends and those relationships at the top of your list because that's going to help you sustain your life. And let's face it, it's what makes life so much more fun. My other learning is to remember to really enjoy the journey and the process. A lot of us we're all on different journeys, and there's journeys with kids and spouses and partners and works career just everything that we're doing. Everything is a journey. And we're looking at the finish line. But I would offer it to you just take a moment, take a breath. And notice the journey that you're on because it's really about the joy in the journey and not getting to that magical destination, you know, Mount Olympus Everest, whatever you want to call it. And if you're not enjoying the day to day journey, for the things that are in your control, try to make some changes, and see what's going on, see what you can eliminate. And or see what you need to add in. So you're enjoying the journey and not waiting for the destination. If this your taught us anything, tomorrow is never promised, we don't know we're not in control, we don't know what's happening. So let's enjoy the journey. And let that one. Whenever I say all these things to all of you, they're big reminders to myself as well. Another one is, when tough things happen. Ask yourself the question, where's the learning? This has been a doozy of a year for a number of reasons. And I always like to ask the question, what's the learning? What's the learning because there's always something there's always some type of a pearl. within, like, on the oyster on the ocean floor. I missed I roll with me on this. But there's always a learning. There's always something to be gained, especially with business. If something's really really hard. Do you need to pivot? Do you need to try something new? Do you need to get rid of one, you know, one product or service or something in your business and amp up something else? Do you need a brand refresh? Do you need to really think about who you're speaking to? Just lay it on the line? Ask yourself a question like, what's the learning if things feel really tough and you don't feel like you're in flow? Okay, sit back. What's the learning here? What is this situation? Teaching me? It works with relationships, in relationships with partners with your kids, when you find yourself in those challenging situations, ask what is learning here and really get quiet with yourself and listen, and you're going to hear you're going to hear an answer and then act on that answer. It's happened to me time and time again this year. So I wanted to share that with you. Another thing is, you've heard me say this, you've heard my guests say this, but you know, it's okay, to pivot to pivot again. And to keep pivoting. I don't think I'll ever stop saying to all of you that. In order to make any big change in your business in life, you're going to have to try new things are going to be uncomfortable. But guess what, just because you've made one change, or made some pivot into something new, it doesn't mean it has to be lasting. Remember that nothing's lasting. Unless you're giving a kidney to somebody, which most of you probably are, you get to change your mind. You get to keep pivoting, you

get to keep trying new things you get, you get to keep learning, you get to keep growing. So just look at the growth. And that pivot mentality you can pivot into if you're in yoga, you can pivot into Pilates, you can pivot into you know, heavy lifting, weight training, whatever it is. Just keeping that open mind and that mentality that you get to do whatever you want. And if it's not working out, and you thought maybe this was a great idea, and it's not working for you. Just walk away from it and do something else with pivot. Just keep pivoting until you pivot into the thing you want. And maybe that's going to be the thing you're doing for a while. And then you'll you'll pivot again, you'll refresh, it's going to point you in a new direction. I was literally just having this conversation with who's now become a dear friend, Christine Morrison she was on she was a very early, I think she said her podcast was number 14, we just spoke before I went to record this by Christine. And we were looking back, we were looking back. We met each other about two years ago. And we've looked at just how much has changed in our lives and our businesses in the course of two years. And that we get to keep changing and evolving. That's life. It's not static, we're not stale, we don't stay in one place to live is to be in motion. And so I just want to share that with all of you that just because you're doing something today doesn't mean it's going to be thing you're doing tomorrow. Give yourself that permission to explore and to pivot. And of course, you need to know that you're not to bucking old, you knew I need to get that in there and a year and wrap up. And we'll just leave that at that because there is nothing stopping you from going for what you want, except for you. I was blocking my own way for so many years. And I you know, we also block ourselves from doing things that we want to do. And I'm just gonna go ahead and say it and if you're scared to try something, it probably means you need to try it. We've all heard it now at these end of the year speeches from everyone. It's like the edgy go into your eye just where the growth happens and all that and and it's just it's really the truth. If there's something out there that you really want to do and it terrifies you it's probably a good indication that it's something you need to be doing. And you need to jump. Just go go and do it. You're going to be the better for it. not going to kill you. asking, you know, for some business from a new client is not going to kill you going and speaking on a stage while you know trying some new marketing approach won't kill you starting any business won't kill you will kill ourselves with our thoughts. So just go out there and do the thing, if I can just leave you with that. Just get out of your own way and know you're not too old. And just please go do the thing, go to the thing. Go do the thing. So I predict that next year is going to be fabulous. Because I said it, I think next year is going to be the year where so many of us women are out there, you're listening to this show. So already, I know that you want to make an impact and that you want to, you know, make changes in your life that are meaningful, and that you know, you've got so much more left in you and that you're not anywhere near done with what you've got to offer the world. And I think next year is the year that we truly rise. I know so many of us, we've been activated, I truly believe women have come together at this point in time to really stir stuff up and make shit happen. We're there 2024 is going to be that year that is my prediction, I think we're going to see women making moves that we've never seen women make before. I'm going to challenge myself to be in that camp as well. I've got some big things planned. And I really truly know that there's nothing that's going to stop us. Next year is going to be our year, ladies, it's going to be our year. And just wait till you hear some of the guests, we're not going to tell you now because you're gonna be surprised. We've got so many great guests already locked and loaded for January to help kick off the new year for you. And you're going to hear some of these things are going to pop up a little bit. And so now that that's coming, and know that next week, on like I said, I'm wrapping up the end of the year with the best of the best advice from my podcast guests from 2023. And putting it together, God got me so inspired, I had to go to Instagram and write a post today and just say that women are so

freaking incredible. I I am blown away, day in and day out, hour by hour, minute by minute by how incredible. All of you are how incredible women are. So please just don't doubt it for one second. Not for one second, that you're not amazing that you're not important, and that you don't deserve to shine and rock and roll until it in 2024 not for one second. Right. That's what I got for you ladies today. I want to wish you happy last minute shopping. I want to wish you a happy end 2023. I have. Like I said I've got that other podcast coming up next week. So make sure you tune into that because that is going to really get your engines fired up for 2024. I'm claiming it as the year of the wonderful woman standing in the spotlight. We're all going to step into the spotlight in a way we've never stepped into the spotlight before you heard it here first. I love you all. Thank you for being here. I wish I could meet every one of you in person and maybe someday well. But I just want to also take this time to thank you for being here. Thanks for listening. Thanks for being part of my community. I don't take any of this lightly. I'm honored to be in your ears every week. And I just love you big. I love you a bit. All right, we'll see you soon. Bye