

Ep 143 Sheri Hilton

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SPEAKERS

Jen Marples, Sheri Hilton

Sheri Hilton 00:00

And looking back, why was I struggled? I guess it's that new piece. It's that challenge and you're struggling internally, and then all of a sudden you do it, you're like, Well, that wasn't nothin, right? Let's go, I got this. This is just like riding a bike, but it's that first time you get on the bike, and all of a sudden the training wheels are off and somebody's gonna let you go and you're like, wait a minute, I can't do this. You have to have enough confidence in yourself that you are more than capable. You are born with everything inside of you that can get you to where you need to be and where you want to go. You have to have enough confidence in yourself and outlook that it's all going to be okay. It all works out the way it's supposed to be. In the time it's supposed to happen.

Jen Marples 00:55

Hello, and welcome to the Jen Markel 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, beautiful ladies. Welcome to the Jen Marple show today I have got a gorgeous guest. Her name is Sherry Hilton. And she is a badass sales executive by day. She's a wonderful single mom. She's so lovely. And she is this fierce supporter of women and young girls, teenage girls by night. She is a podcast host she hosts the wisdom of women podcast. And she's also an author, she wrote a book called strong mom's stronger daughters. So I think you can understand a little bit about her just by the title of her book, and her podcast show title. I know you're gonna love Sherry, because she is just a model of strength and going for what you want in this life and not letting anything bring you down and putting yourself first and knowing you've got something to offer the world and not shoving it in a box and putting it aside and instead getting it out there for the world to see. And by doing that she's helping so many women and young women at the same time. So Sherry, welcome to the show. I am just honored that you're here today. Jan,

Sheri Hilton 02:45

thank you so much. I'm honored to be here and talk about women. It's our time, it's midlife, and growing together and supporting one another. I love what you do to encourage women to support one another to take our wisdom and our knowledge that we've learned through our decades and share it with the world. Yeah, it's time for women. And you're right, I am a workaholic. During the day I'm in sales. I've been in medical diagnostic sales for gosh, two decades. So it's been a long career and medical diagnostic sales, I still do it. I still love what I do with physicians and the doctors offices in the hospitals and testing. But I met that midlife. And I think we all have a passion or that voice deep down inside that we've either had and listened to and brushed off or hadn't listened to and started to dabble into it. It's starting to scream at me at midlife. And I think I'm not alone in saying that. There's a lot of women that hit a certain age and you've got kids that are growing up that aren't necessarily on your hip anymore. And it's time it's time to look at your priorities and what you've got going on and make some choices. Thank you

Jen Marples 04:22

for saying all that and you are a great example of you know, not burning things down to go pursue something and putting a lot of pressure on sort of let's call it the side hustle for now or starting this passion filled business. And you know you and I've talked about that a lot because you all I've known Sheree for a while and it's just a beautiful example of you know, knowing you're providing for your family, you're in this job that you still love that two things can be true at once. This is a theme that seems to be popping up all the time and it's just really true and midlife that we can be doing a couple of different things at the same time. So you've got the day job that's paying the bills it's going to take herb your family. And then like you said, you had this burning desire, which I'm gonna go out there and say that all of us probably have, or that we all do have. And if we don't have it, we're just not really listening. But you don't, you can start taking it out in different ways. And so you wrote that book, and then you've got the podcast. So I want you to really go into when you kind of had this aha moments, and then how you decided to launch the book and launch the podcast and all that it's gonna be really interesting for the women listening, who are working, you know, the career corporate jobs, and they can't necessarily leave them. And I want to do a caveat to that. We all get to do what we want. But a lot of these things don't happen overnight, we've got to try them out. You've all heard my story, you can't just like burn all the chips and go into something new, you've got to like, sort of titrate things in and see what's good, see what's not see what you really love, see what you don't. And so your story is a really good example of that, because you're doing these two things at the same time. So tell us how you thought about writing the book and getting that going in, and then starting the podcast.

Sheri Hilton 05:59

And I love that point, Jen, because trust me, looking back, if I could have stopped one and started another, I probably would have done it by now. As a single mom, it throws in another layer of what's necessary. Even recently, I took time we were at the beach for Thanksgiving. I like to sit in quiet, without the running around without somebody screaming at me to come do this or come do that. Or I need to be picked up just quiet, alone time to think and get clarity. And listen to my inner voice speak to me about what's the next step or a decision that needs to be made. Or am I headed in the right direction. And I sat on the beach, listening to the ocean and allowed the ocean to speak to me and I, I had an epiphany. I've been in a fight or flight mode. Most of my life. I'm an only child. So I was an overachiever. I moved away when I was 19, which some kids do today. A lot of kids do today. But back when I was

growing up to move completely away when you're 19 go to college and a town I knew no one I didn't come back home, I stayed there. And I bought a house at a very young age. And it just life progressed. I moved home when my dad was sick. And I lost my dad when he was 50. So quite young as he was. And for me to lose a parent I was 30 years old at the time, I just turned 30 And I lost my father. So I'm an only child. I've got a very strong mom who has been a great role model. And I think she is the reason I am the way I am today. Like the apple doesn't fall far from the tree. And shortly thereafter, I got married, had some kids got a divorce, and boom, I'm a single mom. And I was in medical diagnostics already. And so it provided a great career. When I was younger, I wanted to be a doctor and then I didn't do so hot, like headed toward medical school when I was like I can't do this. And being able to be around physicians and the human body and selling tests for a living. It was fabulous. But it didn't feel as creative as some of my personality needed. My aunt Long story short, my aunt that I'm very very close to got diagnosed with brain cancer. And several years later, and I was by her side at Johns Hopkins going through brain cancer treatments. And shortly after she passed away in January, you know, I pulled out, you know papers and old gold list and I remembered and I haven't done some of these things in so long because I've been in that fight or flight mode. I pushed aside writing down my annual goals. I was no longer creating my word of the year. He lost me for so many years taking helping to take care of my dad, being an only child with my mom left behind being a single mom and raising young kids toddler kids through those crazy years when I was lucky to get sleep and work much less anything else in my life. And I looked at some of those scenarios I remembered. And I really, I wanted to write a book. didn't quite know what about but I knew I was on my goal list as long as I could remember. Shortly thereafter, it popped up. I was doing something one day on the phone. And a seminar came up and I went away for a weekend. It just fell into place. I called mom and I said hey, can you watch the kids this weekend? And she said yeah, what you got going on? I said, Well, I have this crazy idea. I think I'm gonna go to this seminar and I'm gonna figure out what's needed to write a book. And she's like, do it. Just go Oh, I've got the kids. I don't want to even question it. Just go three days, we've got it, I can handle it. And I was like, Are you sure she's like, just go. So I called to book it. And it was sold out. And she's like, but let me see what we've got for a waiting list. And they called me a couple days later, and someone had backed out. And it just, I don't believe that everything happens for a reason. I believe in coincidence, not a coincidence, but the stars and what is supposed to happen, lines up at just the right time in your life. And when it's supposed to happen, and I've learned to be patient, I'm not a very patient person. But I've learned to be patient knowing that if it's not happening now, and I'm forcing it, it just might not be the right time, the right person, or the right place are the right group, or the right project that I'm supposed to be doing at that time, and to take a few steps back and listen to see where that path is supposed to take me. And so I went away to the seminar, and started writing my book. Initially, the book was just letters to my girls. Because being an only child, and losing my father at a very young age, I knew deep down inside, if something were to happen to me, who is going to have those conversations with my girls. And I wanted it to be me. I wanted to know that certain things I wanted them to learn about or to know about or a story, lessons that my aunt had taught me. I wanted my girls to know it from me. And so that's originally how it started. And then it funneled into lessons that not just my girls should know. But women and all girls, it's a light, easy read book. And it's you know about having gratitude and coincidences that really aren't coincidences, my aunt used to call them call Winky Binks, right. So I have to say that's just a coinkidink when things line up and to sit and pay attention, because as much as I miss, my father and my aunt, I know they're with me through messages, they leave me and blessings that just, you know, some people see a penny on the sidewalk

or Cardinal out the window, and they think of a loved one. And I do the same thing, right? And I, I pause, and I, you know, look up and I'm like, I know, I know, that was you guys. That's how the journey went into the book and is now going into, like the second act of my life of that creative passion piece that I feel like I've pushed away for so long. I

Jen Marples 12:56

love that story. And I to also believe that, you know, when things present themselves, you get those little, you know, you get those tugs that you just need to kind of follow those breadcrumbs and things work out. Because I know when you get something in the mind's eye and things align, and all the sudden, like that book conference was going to happen no matter what. So of course, somebody dropped out and you're able to, I mean, I've got a million stories like that, too. And so I love that you, you know, listen to yourself and just went for it. Obviously, you have a great mother who was like, I got it, let's go. That's incredible. So yes, and I know you would do the same for your girls in the future years when they want to go do something. So you're working you know, you've got your your crazy job, something you said really struck me and it probably struck a lot of my listeners when you said it, is being in constant fight or flight. And it definitely struck a chord with me because until I had an all my listeners, so you know if you've heard it, if you've listened to podcast since day one, I had a breaking point. And I was in fight or flight up until that point, and I didn't even know it. You know, therapist had to tell me I was just vibrating and trembling from it. And that was three small kids and running a business and doing all the things and being a modern woman in today's society, blah, blah, blah. But I think that a lot of you listening probably resonate with that. And when we're doing a lot of the things, it could be taking care of our parents, we have such demanding jobs. It's this midlife phase comes with so much. And there's so much on our plates that that fight or flight, it's not a great place to be. And I'm not putting shame on this because I was totally there. And it's a nice time to just kind of think about that. And think about how you can calm your nervous system because we can't sustain that for a long period of time. But I know that I know that I had a breakdown, like there's going to be a point where your body is just going to say enough already and stop. So I just wanted to highlight that because and of course single moms, I've got a lot of friends that are moms and they're single moms and I know it's a different level because it's all on you. It's a different level of pressure and stress. So I'm glad we're talking about this. I

Sheri Hilton 15:02

think it's manageable in the short term, I think we can all relate. So moms, when someone gets sick in the house, you got a sick kid, you take care of that sick kid, the next kid gets sick, you're taking care of that sick kid, husband gets sick, right? It's not until you're like the last man standing, and then all of a sudden, your body can't take it anymore, and you're the one that gets sick. Last but not least. And it's because our body kicks in, in that fight mode, and knows we've got to be strong, we take care of everything. And then all of a sudden, when everyone else is taken care of our body needs the rest. And I feel in our 20s, you know, in our teens, we're going through high school, we're having a good time ago in our 20s, we go to college, things happen, we start a career, right, we could be on that career trajectory of, I want to climb the corporate ladder, or I want to open a business or I, you know, I'm younger, and I don't have a family, I want to go travel. So we're on that path. And then we have kids. And I know for me as a single mom, it's work. It's the grocery store, it's managing the kids, it's running around for activities, there's no time for us, we're in that constant mode of just survival. Even with a spouse in the house, I talk to a lot of parents and a lot of us are in survival mode. And we've got aging

parents, you're not my father passed, I was 30 when my dad passed away. And then my aunt got brain cancer. And so I was there to help take care of her. And it's not until we step back. And I think that's the problem today is a lot of people in society and society itself, we don't take time to sit still and be quiet. We're constantly being pinged, or on the go and have a very busy schedule. That's I mean, you look at my calendar, and it's overwhelming, how many blocks are blocked off that we need to sit and listen to our inner voice, because it's, it's going to whisper and if you don't listen it, it'll start yelling, and then eventually, that's where that breaking point comes. And you don't want to get to that point 100%,

Jen Marples 17:24

you made me think about something too. And that is that people are in different seasons. And that, you know, we're having this conversation now. And I'm just I'm visualizing a couple of my friends who are single moms. One is a single mom with twins. One is a single mom to a darling second grader. And it's just what you mentioned, it's just lather, rinse, repeat. It's working, it's the ship can't go down, I don't have time to be sick. I you know, my one friend and tech, she's like, I hope this company gets funded, this is going to be the thing that's going to set us up and pay for my girls school. And so I fully understand and appreciate that. A lot of women listening might be like, I'm just so busy doing all the things that I can't slow down, I cannot stop, I cannot think about myself. And it's an impossibility. So I want to say to those women, and I'd be interested to hear what you have to say Sherry to being in this in this world of being a single mom of there's a seasonality to things, there's going to be a time where you're just in that survival mode, I put myself in that time when the kids were young. And I remember having a conversation with my husband saying we had a good marriage coming in. There's no time for date night, we just have to park that for a minute. Because there's no bandwidth. And so I think just having that awareness that you can be in a season. And don't judge yourself for being in the season. And don't put pressure on yourself to find out something new. But I will say we all do need that time to have a minute. And so if it's asking your friend to babysit, or if it's saying come over, and can you just meet me at my house. So we do need an outlet. So we're not, we don't wake up one day, we can't get out of bed. I would love your perspective, having kind of been through it. A and then B, you have a lot going on. How do you find the time to do like you wrote the book, but then you've got the podcast. So how does that you know factor into sort of all that time and all that craziness. And I'm just going to assume and say it out loud, that it's probably something that fills you up and brings you joy. So there's that benefit, but putting together a podcast and publishing every week. It takes a lot of time and effort. It does. Let's start with what you would kind of say to the woman out there and just like your perspective of like, doing it all being a single mom, and then having that time for yourself. Well, the

Sheri Hilton 19:43

first thing I would say is priorities. So if you know what your priorities are, and what they mean to you some of the choices and that being easy. My girls look at me and they're like you don't have any girlfriends that you go hang out with and I'm like well Yeah, I don't, but I enjoy my job because that's my income, I enjoy my girls and spending time with them, because I will never be able to get back those years that I spent with them. And I enjoy being creative. So for me, those are my priorities, right, I've got to pay the bills, and put food on the table, I want to spend time with my girls. Like if I could, that's all I would do is spend time with my girls. And that creative piece I think just rounds me out a little bit more, because I'm driven so hard at work. And so I think priorities is probably the most important piece is if you know where your priorities are, you know what's important to you. It's setting the boundaries,

because what you are choosing to do, you're saying no to other things, because there's a finite number of minutes in a year, right, you don't get, you know, extra minutes in a day or an extra hour, I don't have extra hours that anybody else doesn't have, we all have the same amount of time. So if I'm choosing not to do something, it's because I'm choosing to do what's important. And what's a priority for me. And that's usually what I step back and look at, because if I am going to the gym, which is important to me, and working out and staying healthy, because that's keeps me around for my girls. I'm saying no to happy hour. But sometimes it might be I need girl time. And I choose to go hang out with the girls for happy hour. But I have to say no to something else, because of it. So it's that give and take of knowing your priorities and knowing what's important and setting the correct boundaries so that your time is spent well. And in the right places where it's intentional for you to achieve and do what you want to do with your life. Because you don't want to look back five years from now and say, A, I've done the same exact thing the last five years, it's like on repeat, where have you grown? Where have you stepped out of your comfort zone, to learn something new and challenge yourself. You know, a phrase in my book is laying low and the status quo is never okay. I don't want my girls to go through life, and just minimizing what they're capable of. Because it's comfortable. And because if it works, I want them to always know to stretch themselves to step up and do something more. It challenges you you grow, you get to a new level, you experience new things, and it gets you out of your comfort zone.

Jen Marples 22:50

I love that phrase. And I've heard it said before in different words, of basically like comfort is sort of the death of something to the terminal getting the death of life because if it's if your life is just good enough, it's not painful enough, but we also don't want people to be on you know, in just the pit of the flames of the fire which I would have put myself in because I didn't listen and didn't listen and didn't listen. You don't want to be kind of death's door but almost knocking on God the crazy psychiatric wards door for things to change. But when things are just okay. Even puts us in that status quo, the routine that this into that. But then you kind of wake up and you're like, Oh my God, what did you have to say no to, to do the book and then to then launch the podcast.

Sheri Hilton 23:36

So the book, it's, it's funny, because I went to that book conference, and I started the book. And there's so many times I wanted to just finish it and publish it. And there was that voice that something inside of me that was just fear, right? The inner critic, who am i Who's gonna read this what I do, and I'm a sales rep, right? I sell medical equipment, I'm surely not an author. And it came to a point where I was just published the dang book, you know, three years into it. You know, I spent my weekends writing, I spent evenings writing, I learned to audio it into my phone. So I'd be driving, you know, to a sales call or whatever. And I get something in my brain that I wanted to talk about in the book, or Oh, don't forget, and I would hit the memo record on the phone. And I would just my phone would be connected in the car and I would just talk and that way when I got home or when I could sit to write or listen back to it to take notes. It was there. So I would find the time in weird places because obviously I worked crazy hours during the day. I come home I'd run the kids around I'd set up late at night and finished my my work day because I'm in sales. So I've finished up at night. And so writing my book came in little spurts, and it was either via audio on the phone or weekend here evening there. And so it took longer it wasn't I just sat down and wrote a book, you know, some people talk about, oh, I sat down, it just came right out. I don't know when that happens. But it happens. And it happens, like I said, when it's time, and

when the timeline in your life is right when it's supposed to come out. And when you are ready. Because for so many years, I wasn't ready to hit that. We're ready to go to Print button. I kept tweaking it, I kept editing, I wanted to fix this or change this chapter. And I finally had to say, You know what? It's good. It's my perfectionism sometimes gets in the way. And the thought of what other people were thinking are going to think or going to say, or even a podcast, you know, I launched the podcast, and you were with me during that time was my coach, that first episode, I was like, I'm launching, I cannot believe I'm doing this. And finally I just rip the band aid. And looking back, why was I struggled? I guess it's that new piece. It's that challenge. And you're struggling internally, and then all of a sudden you do it and you're like, Well, that wasn't nothin, right? Let's go, I got this, you know, 1720 episodes into it, you're like, Oh, this is just like riding a bike. But it's that first time you get on the bike. And all of a sudden, the training wheels are off, and somebody's gonna let you go and you're like, wait a minute, I can't do this. And you have to have enough confidence in yourself, that you are more than capable, you are born with everything inside of you that can get you to where you need to be and where you want to go. You have to have enough confidence in yourself. And outlook that it's all going to be okay, it all works out the way it's supposed to be. In the time, it's supposed to happen.

Jen Marples 26:57

Oh, you had a couple of nuggets there that I think are really important to highlight. And one is, you know, having that confidence in yourself. And again, it's actually let me just say it's not even competence. It's just that courage to go for it. And so many women, myself included, we all we just stopped ourselves before we start and I get it, it took me to your sister's house, I talked about it for years. And then finally, you just have to let you know shit or get off the pot, you've just gotta get you gotta get going. And you realize you're like, oh, gosh, I didn't die. And it's all it's working. And we can do it. And so that's for anything you want to do. And the other thing you said, just about writing the book. And this could be you know, for any anybody like what the business idea or anything you want to do is just breaking it up into those small pieces. I think we tend to overwhelm ourselves and understanding again, that season of life that you're in that you're not going to go away. Most of us can't go away for many reasons and go to a cabin in the woods to write books and to think because there's there's too much going on, there's too much responsibility, but finding those little pieces of time because if you're saying yes to this, then of course, you're saying no to something else. And your voice noting in your car, I've actually heard a lot of women that have published you know, talk about that of voice finding, finding the time, it might take you five years to write the book, who cares, just everyone give yourself a little bit of grace. But just take those, those baby steps every day, because you're not, especially if you've got kids at home in a crazy demanding job, you're not going to the cabin of the woods multiple times to write your book. Most of us can't do that. So I love that you mentioned sort of the boundaries, and then finding those odd little bits of time. Because it's that thing that that's nourishing you that you needed to add into your life. Let's get into the podcast minute because it's called The Wisdom of women. So what happens on the podcast? And what are you trying to extract? Like, how did you come up with the idea for it?

Sheri Hilton 28:47

The wisdom of women is my guests are women. And we talk about lessons they've learned things they've overcome in life, their journey, you know, a pivot they might have had, or a hard lesson that they've had to learn. And it's relating that to other women, for the challenges that we might be facing

today. And those same exact lessons so that we make the path shorter for the women who are now in the trenches of it or going to experience it and they can think back of, oh, I remember some of the tidbits of how they overcame it or what to look for, and how to get from point A to point B that much faster. Because I feel like if we take the wisdom from the women who have gone before us and pave the pathway, and learn the lessons and overcome the hurdles, and if we can shorten those paths, then when you get more women there that much faster and farther. You know, I My wish for my girls is to, you know, tackle the world. do way more than Mom ever did. And they look at me and they think and mom does a lot in a day, I want them to do more. But the reason they can or will be able is because we teach them the lessons to not have such a bumpy road and to get from point A to point B, that much faster. So wisdom of women is lessons and wisdom from women that help and encourage others along the path and journey because I feel like we all can learn something from each other. Oh,

Jen Marples 30:32

100%. And I love that. And I'm a big passionate supporter to have sharing the lessons, especially with the women that come behind us. I talked to a lot of younger women as well. And women come up to me or I'll be at events or things and I love to you know, intermingle. And it's so great to come out as like the wise person who's been through we've because when you get I'm 54, you didn't get to this place without a lot of trauma, a lot of drama, a lot of lessons to learn, or to be shared. Rather, I remember talking to a young woman at an event that I spoke at, and she was knee deep and kind of like fertility and wanting to have a baby and all this. And I was so happy to be able to share sort of my knowledge and resources in that regard. Because when I was going through it close to 20 years ago, there was nothing, there was nothing, no Mon, no resources, and I was in a solitary sort of pain cave, going through all this alone. And I know that's your mission to like, we want everyone to know that they're not alone doing anything. And to make that path from A to B to Z shorter. Just with with learning those lessons. And that is the most beautiful thing. I think about being in this midlife phases that we've got so many lessons to share. And we all want to share it like if I can share going to share something with you, Sherry. So you can do something like in five minutes. That took me five hours. Let's do it. Like we're gonna we're just gonna be making everybody stronger because of it. One thing I do want to ask you too, because I know you wrote your book, and you're so passionate about, you know, the lessons that we can impart on our teenage girls, as you've talked about it our daughters, **what are some tips or what were some of your strategies that you've used to build stronger related relationships with your daughters? I think that'd be really important and wonderful thing to know for my listeners.**

Sheri Hilton 32:16

Yeah, absolutely. So it's, I have teenagers now I have two teenage officially two teenagers in the house, my youngest just turned 13 This past Wednesday. **So officially, I am in teenage throes of teenage years, and, you know, midlife with me. So I've got menopause on my end. And I've got two teenage daughters in the house. So let's say we are a whirlwind some days,**

Jen Marples 32:38

there's a lot of us. So that's a lot of hormones, is a lot going on

Sheri Hilton 32:43

in this house. So the biggest advice or take away that I've had in the years I've been a single mom with them and they've been in the house is time, you know, spending time with each of them, which is hard to do. Sometimes we do dinner. So when they were younger, we had family dinners at the dinner table, we still have family dinners, the dinner table when we're all together and not after school or running around or at a job because now my oldest works. But we sit around the dinner table. This is part of my journal. So I have a book and a journal combo. So it is part of my journal that I incorporated in the journal is and we would sit around the table and talk about what's one good thing that happened today. And we would all talk about the good thing. What's one bad thing that happened today in your day. And when we talk about the bad thing, the piece of that is where's the blessing, or the take away from that bad thing because I wanted them to understand that bad things happen or failures happen. But out of it, if we can find the blessing, or how it turned around to be good. Then they learn to turn around some of the bad things that happen in their life mentally, to not go in that direction of I've had a bad day all day and just dwell on it. But what was the good in it, and because of XYZ that went wrong. Where's the blessing in that? And then we talk about what are we thankful for that day. And so while there was a lot of days, it was my mom got stuck in traffic today. Right? And so that was always my bad thing. But then, you know, the good thing was I got to do my voice recording for my book. So it worked out well. Or I got to listen to an audio book or a podcast that I didn't have time for. But because I was stuck in the car in traffic, it worked out so time with the kids, I think is important. We do date nights now because they're older. So they pick where they want to go to dinner and I spend time with just them. And we talk there's no phones. We talk and I in sales. I learned to ask questions a lot. And so I asked them questions, not just how was your day but specific questions. So not yes or no questions, but questions that can really get them engaged and learn about what's happening in the class. What's going on in their life. And believe it or not, I've learned more recently, because they're older that things that I'm doing. They're picking up, you know, all these years, I thought, well, they are so not listening to me. But they are my daughter just wrote an essay the other day. And she said, Hey, do you want to read my essay? And I'm like, yes, absolutely. I want to read your essay. And I read it. And I thought, Wow, this sounds like me. Some of the sentences in it. You know, she talked about manifesting, she talked about not just living your life on repeat and wanting to leave a legacy. And I thought my 15 year old is already thinking about how do I leave a legacy, and not just have a career, and I was blown away, blown away. And she didn't get that from my book, because she hasn't read my book. Right? She got that from just our time and our talking, and I think you can't get that back. I know, you can't get that back. And I think that's, that's the most important advice I can give as busy as we are as rushed as we are. Maybe at some of those things, we need to say no to like, I have a dirty kitchen floor. Okay, it's not gonna be the end of the world. But I spent time with my kids today. And we talked. And to me, that's more important than when was the last time I got on my knees and scrub the floor or used a mop. It's okay.

Jen Marples 36:24

Oh, I love that. You said that. And you're making me think to adjust, especially with the teens, you got to really spend that time because I've got three teams to sports jobs, so they're all really busy too. So it's rare that there's even a family dinner. And sometimes when I do it, it's like, Oh, Mom, you know, like, Yep, my husband like five minutes, guys, five minutes. Like, that's all we're asking for. But with a son who's a senior and about to go to college, I am acutely aware of these, these minutes that I have with my child. And so last night, I think my husband was half asleep and my son and I happened to be getting ready for bed. And he came in and we ended up having like a 25 minute talk about college, his

friends, because you never know when when you're going to have these chats with our teens especially and when they're going to be open to talking. So who knew was going to be like when he was about to take his shower. I'm like taking my context out getting ready for bed. And we're talking about, you know, his buddies, where they're wanting to go to school, and maybe adding one more college application we're gonna throw in and this and that, and I literally walked out of there, Sherry, and I was like, this is the stuff this is the most important thing right now is are these precious times, where they're kid work is always going to be all that stuff's going to be there. And we have to focus. And we've got to be present, we've got to allow that to happen. I'm so glad you you mentioned the date nights and things. And I can, I gotta really do that too. And especially with three kids, and two twin girls, like separating the kids, it's really important. So they get their own time. They're all going to be out the door. So you know, there's so many women listening, your kids are out and you know this and it's, it's being present and really grabbing on to those times. I'm so glad you mentioned that. It

Sheri Hilton 38:09

is because he came in to talk and it was about it was about the conversation. You know, when they walk in and they want to sit down and plop on my bed or snuggle for a minute and talk I think, wow, it's been a long time since you've wanted to snuggle with me or hold my hand or, and the conversations go where they want them to go. They're great conversations, and you remember it and later, you're like, you know what, I'll clean up the dishes tomorrow, or I'll get the clothes done later. Because that stuff will always get done it just just not right now.

Jen Marples 38:41

Just not right now. It's it's a really important point, because a lot of us want to clean and tidy things. But I say to my husband all the time, we can have a clean house with no kids and no pets. Or we can have the house that we have with craziness and socks and underwear and dog care. But it's filled with love and excitement because it's not we're not going to always have all this activity in the house too. So we've got to remember that. We're no problem. I'm going to cry on this podcast. I'm not going to cry on this podcast. I want to talk to you forever. But I've got a couple final questions and I know you'll have some really great perspective. What do you wish for women in midlife?

Sheri Hilton 39:18

I wish that women in midlife could see what's inside of them already and follow their passion. Because it's that passion where all the sudden your purpose comes out and that grit that you didn't realize you had shines and you make an impact and you leave that legacy. And you find your voice.

Jen Marples 39:43

I love that. What do you think the best thing is about being in midlife?

Sheri Hilton 39:50

Oh definitely experiences wisdom experiences the lessons learned before I'm my younger years, I would say, yes, sir, I would. I really didn't want to do that. But I go do it anyway, because of the peer pressure or because I felt like I needed to. And I don't have that anymore in life. I'm like, You know what, I just don't want to do that. I want to sit right here. And I want to listen to the ocean and have 30 minutes to myself, and that's okay. And it's about the experiences and the lessons and being able to

share those with other women and my girls and younger girls, so that they can learn to do that sooner rather than I did. Yeah.

Jen Marples 40:33

Oh, I love that. So I want you to finish this sentence. I'm not too fucking old to.

Sheri Hilton 40:39

I'm not too fucking old to reinvent myself.

Jen Marples 40:43

No, you're not. And we can keep reinventing as much as we want. Correct.

Sheri Hilton 40:50

3040 57 year old, it doesn't matter. There's something else that lights a fire and sparks you. You've got one life, you need to go live it.

Jen Marples 41:02

Oh, what a beautiful way to end. So tell everybody where they can find you find the podcast, get the book and get more of sherry.

Sheri Hilton 41:10

Yeah, absolutely. So my website is strong mom stronger daughters.com. You can find the book on the website. It's also on Amazon and Barnes and Noble and whatnot online. But you can always go to the website. I've got branded products on the website cups and mugs and journals and things of that nature. So my book and my journal are both on the website. My podcast is wisdom of women, it releases a new episode every Wednesday, and my Instagram is I've got two strong moms stronger daughters, as well as Sherry Hilton official. So you can find me on Instagram. I'm on LinkedIn as well for my corporate career job. I

Jen Marples 41:50

love it. So we're gonna link all that in the show notes. And I'm just thinking maybe this book could be like a nice little stocking stuffer for Christmas and some of your merch I love the journal idea and sitting down with the family and asking those provocative questions. I'm going to implement that when we do finally sit down maybe the once or twice a week to do that. That's a really important practice. I'm really glad you shared that with us. Sherry, it's been such a joy chatting with you. It's so great to see your beautiful face. I know you can't see her beautiful face here, but you'll see it somewhere. Eventually, one of my 2024 goals is to have all these up on YouTube. So I've set it here. I've said it out loud. So I'm committing myself. But that's a conversation for another time. But Sherry, thank you so much for being here and Merry Christmas to you.

Sheri Hilton 42:31

Thank you so much, Jen. Merry Christmas to you and your family.

Jen Marples 42:34

We'll see you soon.

Sheri Hilton 42:35

Thank you