

Ep 192 Solo

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SPEAKERS

Jen Marples

Jen Marples 00:10

Jen, hello and welcome to the Jenn Marples Show. I'm your host. Jenn Marples, founder of the Jen Marples agency, mentored to women worldwide and your number one champion and cheerleader dedicated to helping you embrace and rock midlife. The Jenn Marple show has one goal, to empower you so you can go out and empower the world. So each week, I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change, ready to up level your life in business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine, and I am so glad you're here. Hello, beautiful ladies, welcome back to the Jenn Marple show. Happy New Year. Happy 2025 I hope you all had a beautiful break, and if you are new here, hello, welcome. I'm glad you are here, hopefully a good friend or some other fabulous woman recommended the show to you. We love when we share the show. So I'm going to start off right away by asking you all to share this show with people that you love, that are in your life, that you want to see grow and thrive, and you want to let them know that they're not too fucking old to go for what they want, because they're nuts, and this show is the thing for them, and it's for you, and it's, you know, our whole mantra that you're not too fucking old is, you know, my reason for being. It's why I wake up in the morning and do this show and do all the things that I do. So sharing is caring, and we want 2025, to be the year that we all rise and shine and go get what's ours. So I am so excited to kick off the year, and I want to share something a quickie today, because I know all busy getting back into it, but I wanted to share my top five reflections and sort of little bits of advice to kind of get us going and get pumped up about the new year before we get into that. I just want to welcome everyone, if you are new, and just give you a little quick background about who I am. I'm Jen Marples. I'm your host. I've had the show. You're not too it's going to be called you're not too fucking old soon. So boom, the cat's out of the bag. I am changing the name of the show, but the Jen Marple show has been around for three years, our tagline, our mantra, our motto, our reason for living and being and breathing. Like I said, is you're not too fucking old to do whatever the hell you want and go do the damn thing. And so this show is to empower you and to give you all the tools and resources, or bring on the most amazing guests, women, come on who are going to inspire you and also help us

live our best lives. So we talk about mindset, we talk about health and wellness, we talk about work, we talk about relationships, we talk about kids, we talk about it all, anything that is relevant to us in the midlife world, to help us truly live our best lives, and also to know that you're not alone. That is my big thing. None of us are dealing with anything alone. We've got each other, and we're going through this life together. So that's why I've got the show and I do events, and I've got the Jen marbles agency, which was launched a year ago, and that is all structured and set up to help you my friends thrive in business and beyond. And so the agency supports you. If you're just a baby entrepreneur wanting to get off the ground, we can help you do that. I also do one on one business, coaching and advising. If you need advice on getting started or growing and expanding your business or your profile, and if you want to get out there and expand your thought leadership, I'm your girl. I can help you do that. I've also got a whole extended team, a stable of beautiful, wonderful women that I rely on. We've got photographers and designers and web designers. I've got coaches, speakers, everything that you need to get you out there and to get seen and to be visible. That should be our key word for the year, is visibility. Because, like I tell all the women I work with, if nobody sees you, nobody sees you, and you can't make the impact that you want to make. So there's that. So I'm here for you. Let me know if I can help you, and I also do a lot of speaking. So I just want to throw that out there that actually, it's really cool. This year has barely started, and two women have reached out to have me, one to keynote a group, and another one to speak to a group of executives about women, supporting women. So you know, my number one thing I love to talk about, of course, is, you know, ageism, and you're not too fucking old, and we get to go for our dreams. The other important thing I like to talk about is women, supporting women, because that is the way we're all about collaboration at this age, not competition. So if you've got a women's group and or you are within an organization, hit me up. I would love to come speak to your group. There is no speaking gig too large or too. Small, because it makes me happiest being in front of dynamic women and meeting all of you and, you know, getting everybody pumped up that we get to do this fabulous life together. All right, so today, five reflections, little bits of advice to kick us off and to really enter this a new year, calm, cool, collective, with a couple little reminders and get some spark going. Okay? Number one, Demi Moore's speech. That's its own point. If you haven't seen it from the Golden Globes, find it. Google it. Look at my Instagram. At Jen Marples, I posted something. It's a condensed version of her speech, but she really gave us the speech that all of us midlife women need right now. And the key point of that was that in society size, we're never going to be enough. Because, guess what? We're always told you're too fat, you're too thin, you're too old, you're too young, you're too this, you're too that, like enough already. So that was the main point of her speech. And she was, you know, she told you're never going to be enough, and then we've got to put down, she said, Put down that measuring stick, meaning we've got to stop comparing ourselves to each other, and we've got to know that there is enough to go around and that, guess what, when one of us rises, we all rise, okay, full stop. And this is my favorite part. Demi Moore is 62 and she was, you know, put in a box. She had all these executives put her in a box of like, her perceived sort of limits of where she could go and what she could achieve as an actress. And meanwhile, she did pack him in and make a lot of studios, a lot of money, but she was told she was a popcorn actress. It's the same as being told, you know, you're too pretty, or you're too this, you're too fucking that, like whatever we're done with that, we're done with people placing limitations on us, and she bought into it like we all have bought into it. Break free from that and go for it. And she said she'd never won any awards, zero awards, and she's probably one of the hardest working actresses in Hollywood, and she's 62 and so great. We should all take that award with her, because we all are working hard, and we might never get any awards or

accolades, but just know, just know that it's never too late and you're not too old, and please, please go look up her entire speech, and it will pump you up. It's never too late. You're not too old, and we've just got a break free from the chains of society. And we make our own rules. Okay? We make our own rules. Number two, and I think this one is really important. This is all about sort of this man made construct calendar. It's January one, meaning you've got to go be fabulous and go, like, lose weight and start a business and start to date and, like, drink more water and blah, blah, blah, blah, blah. I've never bought into that. The world really wants you to buy into that. It's kind of like everyone's been shot out of a cannon, and then it makes you feel guilty if you're kind of like tiptoeing into the new year. This is dropping at like, the first official week of the new year, and I still, my kids just went back to school today. I've got a son who's not even leaving for a few days till the weekend to go back to college. My husband, like, fell on a trip with my son in Mammoth and, like, fractured his ribs. So we're starting the year off a little slow, and it's okay. So instead of letting things like the societal expectations of like, New Year, let's go goals. Let's crush it. There's a whole year ahead of us. Okay? There's a whole year. And like I said, the calendar is a man made construct, like somebody put together a calendar just so we have organization. But it doesn't really mean anything you get to go when it feels right for you to go. I'm personally looking at the Lunar New Year to kind of kick things off, because I kind of like doing things by the planets and the moon and all of that, and it makes more sense to me to kind of ease into it versus coming out, because, you know, I got nothing we're dealing with getting kids out the door, and I'm playing nursemaid, in addition to working and everything else that works. So the point here is, take the pressure off. Enter the new year. When you want to enter the new year, you get to take the time for you, and you get to figure out when you're going to press play and press go. Okay, it doesn't need to be right at the beginning of January and number three, and this kind of relates to number two, you get to begin again and again and again and again and again. So just because you do something and you realize, Oh, that wasn't for me, or maybe I failed, which, again, that's just a lesson. If you're not failing, that means you're not trying and you're not doing just so you get to begin again and again and again and again. If today just sucks, begin again tomorrow, whatever. Let's take the pressure off of ourselves. Let's make this the year that we stop beating ourselves up and put so much pressure on ourselves to be perfect and do things the right way. And so like, you know, we're looking around at everybody else going, well, she's got it all figured out, or blah, blah, blah, let's make this the year of getting rid of all that shit. Okay, let's stop looking around. Let's stop comparing and let's just know that we get to begin again and again. And again. There is no end. There's no end to anything. You all know, if you've been around here, I'm 55 I'm going to keep beginning again and again and again and again. Because once we stop, where does it put us? Then we're just not in motion anymore. We're not learning, we're not growing, we're not changing. So we get to change, we get to grow, we get to begin again and again and again. So what you might start up this year or continue on this year might not be the thing you do next year. It's fine, just trust that everything that you're doing is all part of your path. And so if negative things are happening, I'll just use my husband, for example, falling down. So what's the lesson in that? Instead of going, what was me and oh shit. Well, you know, maybe we do need to really sit back and look at our health and really truly make lifting weights and, you know, eating more protein a priority so we don't break bones and we don't have fractured ribs because we've fallen on the ice. True story, poor guy. But you know, there's nothing you can do about it. Now I was telling him, so just All right, once you're back at it, then let's add in some things as a family of how we can be a little bit healthier and do things that are going to help with our longevity. So turn, sort of the lemons into lemonade. So instead of thinking like, why is this happening to me? It's happening for me, and it's just a wake up call. It's a really healthy

way to be instead of going, woe is me, Woe is me. Okay, what's the learning? What's the learning? What's the learning? It just sets you up for sort of a better mindset around things that happen in life, because we have a lot of shit that happens and goes down into life. So what's the learning? But again, you get to begin again and again and again and again, so don't worry. So just start Okay. Number four, like my friend Bonnie Wan says, Let's Get clear on what you want. She was a guest on the show last year, and so we'll link to that in the show notes. And she has this beautiful book, The Life brief. If you are watching this on YouTube with me, it's right there. It's this beautiful book. So she goes into the whole life brief. I'm not going to get into that, but her life brief starts with this one piercing question, and it's the thing that popped up to me, because I'm sitting with myself on Friday and I'm having like, sort of a solo CEO day, and I'm sitting with myself and I'm going to ask myself, What do I want? And I want you all to do the same thing. Ask yourself what you truly want. It's not what you think you should want. It's not what your husband wants, your partner wants, society, your job, your best friend. Listen to yourself, get really quiet, and don't put any judgments on it, and see what pops up. I'm doing this on Friday, and I'll report back in a future podcast, but I've done this exercise a number of times, and it's truly one of the hardest questions you can ask yourself, because you've got to peel back so many layers. You've got to keep peeling and just so peel back, peel back, and it's something you might have to come back to. But just ask yourself what you want. Ask yourself what you want, and see what happens. Number five, I told you this was going to be quick. To be quick, of course, you know probably what this one is going to be, and it's you're not too fucking old. So let this finally be the year that you know that you're not too old. Okay, so this actually goes right back into the first point I made with Demi Moore, being 62 Yours truly, who's built a whole business on you're not too fucking old. Still, some days feel like I'm too fucking old. Not going to lie to you, because it's decades of programming. It's all around us. It's impossible not to hear the inputs. It's just impossible not to hear so you have to actively say that society that is not a real thought, because I'm not too old, you're not too old. None of us are too old to do whatever we want. So it's a practice, and so you have to get yourself into the practice of going, okay, if I'm feeling something negative, I've gotta push it aside, or I've gotta listen to another one of Jen's podcast, or I've gotta watch another Demi Moore's speech. Because truly, you know, I was kind of crawling into this new year on my hands and knees with everything going on in our house, but watching her speech and going, okay, she's 62 so I'm, you know, looking ahead, anything is possible. Y'all, it ain't over, and I'm going to be super transparent here. When I started all this a couple years ago, I thought I was going to be late, and this is all going to be over, and I had to do this by a certain age, and blah, blah, blah, blah, blah. And you know what? It's just all a bunch of bullshit. It's just that programming. So just gotta peel back the programming. In fact, I have an author coming on next week that I'm going to be interviewing, and she wrote her book and totally changed her life in business at over 60, and she's just getting started on, you know, 2.0 so I just want to keep hammering this into you, because I'm hammering it into myself as well, that we're not too old, it's not too late, and you get to do what you want, like I said, Why ntfo is going to be a verb, and you're going to see a lot more from me moving. Forward, so you're just going to be hit over the head, left, right and center, so anytime you falter, you're like a holy shit. Jen's there, and she's telling me, I'm not too fucking old all the time. You won't even have to wait weekly make sure you're following me on socials at jen markles, I am going all the way the hell in on this, because it is truly my life's work, and it's so important that you know that you're not too old, it's dangerous. It's actually dangerous to feel like you're too old, because guess what, you're going to be unhappy. You might not go for that job you want. You might not start that company you want. You might not go out and find real, true love. You might not take that risk. You might not take that trip I want

you to y n TFO, like your life depends on it, because it does. And guess what? We get to have fun. We get to have fun. I was watching some video about Gen Xers. Hello, we're Gen X we're like Pearl Jam. We're like 80s music to Pesh mo like we're nirvana. We used to rock out like scorpions. Come on, who's with me? And we're going to be put out to pasture. Oh, hell no. Hell no. Okay, so do what you need to do. Watch those Gen X videos. Because, sorry, no, all of us who smoke clubs and drink Diet Pepsi, yeah, this is a true story. Listen to peshmo, and this is remember how we got through finals. We stayed up all night and like I wrote out my papers and took them to a typist. I was an English major. No, it's gonna take a lot to put us down. Okay, no, we're Gen X. I'm really feeling identified with Gen X. I mean, like 1969 Gen X. We're the rebels. We raised ourselves. I raised my sisters. Sorry, I've got half my life left. 55 I'm going to 100 You ain't seen nothing yet. I want you all to embrace this, please, because it's the goddamn truth. All right, I'm going to recap all this for you. Here are my top five little bits of advice here to kick off. 2025 the way we need to be kicking it off. Number one, stop comparing yourself to others. Know it's not too late. Know that? You know in society's eyes, you're never going to be enough, because never in the history of time have we been enough, and that's the great news. So just be your own beautiful self and go for it. It's not too late. You're not too old, and like our friend anymore at 62 winning the Golden Globe, girl, we got time. Let's go for it. Number two, the new year, a calendar. It's a construct. It really means nothing. You enter the year when you want to enter the year, just because the clock clicked onto January doesn't mean all of a sudden. You have to have your life figured out. Trust me, on this one, you get to enter the year when you want to. Number three, you get to begin again and again and again and again and again, it's the good news. So wake yourself up tomorrow. If today wasn't great, wake yourself up tomorrow. Begin Again, begin again, begin again. Number four, get clear on what you want. This is really important. Take as much time as you need, but sit with yourself and get clear with what you want. Thank you, Bonnie Juan, for that tip. And number five, you're not too fucking old. We are going to y n T, F O, the heck out of this year. You are perfect, just the way you are. It's not too late. You're never too old. And you, my friend, get to go do whatever it is the heck you want. Trust me on this one. All right. Oh, I've got wonderful guests coming back next week. You all, I hope you enjoyed this quickie. And please, you know, share this with a friend. Let's get some new friends in the y n T, F O world. And let's really, truly get this movement going. I mean, the fire has been lit for ymcfo, and I want this really to explode, because the more women on fire, midlife or not, the better the world will be. So let's please share this with a friend. And if you want bonus points, and you know brownie brownie points for, you know, gold stars for starting off the year, if you want to leave a review that would be great on Apple or leave a five star rating on Spotify. I would really appreciate that. But let's just fucking go. Let's go. You're not too fucking old, you're not too fucking old, you're not too fucking old. I believe in you. I love you. This is going to be a great year. It's going to be the year of women rising. We're all going to do this together. And when one of us rises, we all rise just to under forget that. Have faith in yourself. Have faith in us, because we're all going to do this together. We're going to collaborate. There's no competing anymore. We're collaborating. We're rising together. I love you, and I cannot wait to see what unfolds this year for all of us. Have a beautiful day, and I'll see you next week with a fresh new guest. Take the best care of yourselves, please, and I'll see you next week. I love you. Bye. You.