

JM Episode 40 Jen's Mighty Women Accountability Group

Tue, 2/1 7:45AM • 39:47

SUMMARY KEYWORDS

midlife, life, danna, sasha, people, marla, challenges, women, support, parents, years, feel, jen, wonderful, real, group, friends, fabulous, aging parents, listened

SPEAKERS

Sacha Walser, Danna Daily, Marla VanStein, Jen Marples, Silvia Peterson

Jen Marples 00:00

There is research that's been done that shows community and connection is actually one of the biggest predictors of longevity and lifespan. And I think now as we're in this midlife phase, I do think women are realizing and maybe even taking stock of who's around them and is this a healthy relationship is supporting me. But we don't have time for superficial conversate we got to get in the meat of it. We don't have a lot of time. And the people that we spend our time with need to be, you know, checking a couple but there's the one that you're gonna go out and have fun with. But you need to have those people that are supporting you, no matter what you're trying to accomplish in life, hence our little group here Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn business and life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business in life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo every week to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career or starting a new business or looking for a second act, stick around as I guarantee you will be inspired. And know this, you are not too fucking old. Hello, everyone, and welcome to the Jen Marple show today I have a real interesting and fun surprise for everyone. I have a group of ladies today I have got four wonderful women that I met almost two years ago right in the heart of the pandemic. And I've talked about them a lot. As one of my I call them one of my little mastermind groups. And they are here with us today and I'm so excited to speak with everyone. We've got Sylvia Peterson. We've got Danna daily, we've got Marla van Stein and Sasha wall, sir. And so these women are very special to me. And we have really stuck together and supported each other throughout the pandemic. And I just thought it was really appropriate to bring them all on. And I've wanted to for a long time because of this theme we're exploring right now is having this midlife conversation and the importance of authentic connection and community and finding the right group or groups of women that are going to support you during midlife when you want to be making these changes. And it could be

simple changes or big changes, as we always talk about because this is a show targeted towards entrepreneurship. But that can look like a million different things. And so you're going to hear from all these ladies today and see what they're doing. And you're going to see why they're so special to me. And they're going to share their stories and where they've been and where they're going and what they're working on. And I don't know, it's just gonna be a big old party, cuz I'm looking at these beautiful faces on my Zoom screen right now. And I'm just so excited to bring them to you today. So with that, I'm going to let them introduce themselves to you, and I'm going to start with Sacha.

Sacha Walser 03:14

Hi, Dan. Thanks for having me here. I'm so excited to be talking to you about this. My name is Sasha Walzer. I'm 50 years old. I've lived in most big cities around the country and recent most recently moved from Seattle, Washington to Raleigh, North Carolina this last summer, and I love it. I've got two kids at home. My father lives with us in a dog and a cat and my wonderful husband of 30 years. And career wise. My big thing is I started in fancy golden platinum toe ring business back in 1998. Online and I sold toe rings online custom made for 22 years, and then wrapped that up and decided that I wanted to do something else. And at that point, mental health crisis hit our family. And so I ended up doing that for two years and that changed everything. And now I run an online community. I'm a community builder, and I run an online community for badass mid lifers who want to grow in the club, but hey, Sasha,

Jen Marples 04:16

I love it. Sasha. Thank you for being here. I'm going to turn it over to Danna. Hi, Jen.

Danna Daily 04:21

It's so great to be with you today and everybody else. My name is Danna Daly. I'm 58 years old. Throughout my life. I've been a renaissance woman as my friends call me. I'm also from Seattle. I was a Navy brat lived all over the country. Everyday 18 months we moved and so I still am very itchy footed. I can't stop moving. So I changed careers about every six or seven years. And this last year, two years during COVID. I had a 15 year career with transportation that I realized was not making me happy. And I joined a group with these women and sold everything and bought a trailer truck and have been this We're moving slowly across the country to Florida or some family that I don't get to see very often. And I'm just sort of looking for my next iteration. What is it going to be? So I'm still in the transitory period. I think something has just opened up recently that would just take everything I've done my entire life and folded into one beautiful, next part of the journey. So I'm hoping for that. So that's where I am right now.

Jen Marples 05:26

Thank you. Danna. Sylvia.

Silvia Peterson 05:28

Hi, Jen. Thanks for having us. I'm Sylvia Peterson. I have been a restaurant junkie, since 1985. I'm an industrial engineer by education and training. And I've been working in the restaurant industry. Since 1985. I've had three corporate careers at Burger King Corporation in Miami at Denny's in South Carolina. And I was lucky enough to start the department at Starbucks in 2000. So I was there for about eight years. And then I quit corporate took a practice retirement, which I highly recommend. I love

retirement, because I'm the old one of the group. I'm 60. And recently moved to Florida, July of 2020, to be back with family. So right now I do a little bit of restaurant consulting, I started a consulting practice in 2011. But my passion project is teaching happiness. And so I have an eight week signature happiness course, that all of you ladies have taken. Thank you for doing that. And I am the mother of two sons, 29 and 39. And I've been married to a lovely man named Dan Peterson for 30 years. So it's my second marriage. I had a son with each man that I was married to, which is why they are 10 years apart. And I'm super excited to be back in Miami, Florida, which is my hometown.

Jen Marples 07:10

Wonderful Silvia. Thank you, Marla.

Marla VanStein 07:13

Hi, I'm Marie live in Stein. And Jen, thank you so much. This is so exciting for all of us to do this with you really great. Let's see I, I am 57 years old, and I live in Santa Barbara, California. I've been here for 30 years, and always been a Californian. I'm a massage therapist. In my work life, and I have been for about 2728 years. So it's a long time, lots of iterations of that I have a private practice now. And I work with some amazing people in this area. And people who travel here from other places, I have definitely in that mid life period of looking at all sorts of areas of my life. I'm currently training in a coaching program called body mind coaching so that I can shift some of my physical massage work into coaching where and less emphasis on me being with people in person after all these years, I was married for 20 years, I'm divorced. And in a relationship now I have two kids, young men, 23 and 26. And, you know, navigating parents who are getting older kids who are getting older, but still need quite a bit of support, emotionally and mentally, sometimes financially. And navigating my own, no changes.

Jen Marples 08:44

Thank you, ladies for those wonderful introductions. And so if you haven't figured it out all listeners, midlife, we've got everything older kids, kids who still need us, we've got Sasha, who's got teenagers and a father living at home. So this is I mean, this is real life. This is real life. And we're bringing it to you with all these wonderful ladies here today. So one of the questions I want to kick off with you all is what challenges have you faced sort of moving into this next phase, because you all are starting something new. And I happen to know all the juicy details. And just so everybody knows out there, this group has been, I think, sort of a safe haven refuge for all of us, especially with since we met during the height of COVID. And we didn't know what the heck was going on. So this has been such a supportive group as we've been exploring and making these changes together in real time. So we kind of started at one place and a lot of us have made these big leaps. During this. I'm gonna say it's been a year and a half. I think we started together in May of 2020. So we've laughed, we've cried. We've done it all with this group. And so I just want to dig in a little bit with everyone on maybe highlighting one of maybe one or two of the biggest challenges you think you've faced exploring these pivots. It's kind of to get to where you are right now, who wants to go first,

10:05

I would say that my biggest challenge and pivoting was when my daughter got ill and had mental illness and had never been to the doctor before. And that was its own terrifying, very scary adventure. But

going through that, recognizing how much of it came from me. And so to save her, I had to face my demons. And I know many days I can, I can picture them all in my mind how challenging that was to say, I thought I'd covered all these things up so well might look so perfect on the outside. But then you realize that actually, it did get out. And now you're watching the next generation. And so seeing that I had to face all these absolutely things that just scared me, scared me so much, so that she would be okay. And ultimately, so that I would be okay, because I certainly wouldn't have been here with all of you. Before that time, it just changed. It changed everything about the world. And I'm still trying to recognize that people aren't focused on me, they're focused on themselves. And they're focused on me as how I make them feel about themselves. And that's a whole new outlook.

Jen Marples 11:16

Thank you for sharing that. Because I do know just in my friend group, and of course with you that there are at this phase in life, and a lot of us have teens, younger kids, older kids, that's the interesting thing about midlife, depending on when you had your kids, you can have young ones, I've got one, I have friends with kids under 10. And they're my age, and I'm 52. And then there's everyone's off at college, depending on where you started. So we were kind of running the gamut of our what we're experiencing, and the mental health. And I know you're with your daughter, it wasn't related to COVID. But I know with COVID to some of these things bubbled up. And it's a very real reality. So working mom, not working mom married, not married, you're dealing with parents, you're dealing with kids. And I like to say you're only as good as your like, sick his child as a mom. And I firmly believe that. So it's very hard to navigate all of that. And that's just a very real thing that a lot of a lot of us are dealing with at midlife our kids. And if it's mental health, bullying, I mean, there's so many things that happen with children. And so it's this constant balance. So thank you for being so open and bringing that up, because I know for sure people listening are going to be dealing with some of the same things. And it's just addressing it. And that was very brave of you to mention that you also had to turn the light on yourself and fix yourself before you could fix it. So thank you for sharing that. Who else wants to share a challenge.

12:38

So for me, I was in a place of incredible security. When COVID hit, I had a great condo, I had a great job that paid tons of money, I had all the benefits, and I was distinctly unhappy. And it came to light when I had to sit around my house, you know, for too many weeks, I think, to a lot of people. So I'm a person in recovery. And we talk a lot about how to find that serenity and the serenity really is in taking the leap and jumping off the cliff, you know, and I always end up building myself a throne on the edge of the cliff. And I forget about the whole jumping. And so for me, it really was taking the leap. I had no plans. That's the thing that I did. I did it with no plans whatsoever. I just quit everything and sold everything and just jumped. And the thing that's been the challenges, well, it hasn't been a challenge to feel safe and supported. That's what's interesting about it, I worry about money. And sometimes I worry about some other things. But I have not had any problem finding a feeling of safety and a feeling of support. And I've been so lucky. I've had you guys this entire time. You know, I if I want to choose to feel afraid I can do that I can jump into fear and fear is addicting. But I haven't had to do that. Knowing when to wait and be calm, knowing when to hit the gas like you are and when to pump the brakes and just let the things that you you know been trying to percolate happen, it's really tough. So I can tell you

that it's okay, if you don't have a plan. It's okay. It starts with for me it started with just acknowledging I'm not happy and do something about it. And then move from there.

Jen Marples 14:19

Thank you for sharing that because that has been something that a lot of my guests have shared and that's just having the courage just to take one step. And you can't possibly know where it's gonna go. Because we're not in control. We think we are but we're not so it's just taking that one step and I've been able to witness this we've all had this huge leap that you've taken and you didn't know where it was gonna go. And you keep trusting your gut and following just kind of like that next right step of like, okay, this feels good. I'm going with that. Thank you for bringing that up because that's such an important sort of advice and just a life skill if you will, just to like a lot of us women control needing to know the plan and Outlook the steps and just surrendering, and just having that courage to take that step and then different worlds that you can't possibly imagine, can open up. I love that. Yeah. So anybody else want to share a challenge?

15:13

Yeah. So So for me, February 2020, my restaurant consulting business came to a screeching halt. And, and this was after being super busy in 2018, and 2019. So what that means was, I was living on an airplane, I flew 100,000 miles in 2018, I flew 75 domestic miles, those are some hard miles in 2019, those were like my top two revenue years. And then it just stopped and I was grounded. The last time I flown for business was March of 2020. And so that just sort of forced a pause. And I always said that 2020 was going to be the year I do something different because I've been in the restaurant business since 1985. And little did I know, right, be careful what you wish for that the globe would participate in my pause. And for me, it hasn't been hard, because it's like you said, Jen, it's like, what do you say yes to what inspires me what interests me? What do I have a curiosity about. And if you just sort of follow those breadcrumbs, things just start happening. And so I had already become a happiness trainer, certified happiness trainer in 2019. So 2020 was was my opportunity to sort of create my online course. And there was plenty of time and space for it. So I don't, I haven't found it challenging or hard. I think it's just really different to go from sort of Mach 10 speed when you're traveling, I used to have an open suitcase, in a spare bedroom with two things of everything, you know, to make packing super easy. And so it's just different to stop being so busy and just being more still. And I love that part.

Jen Marples 17:19

Thank you for sharing that. And then your your testament to your heart was tugging on you to do something different, which you signed yourself up for the happiness course while you were traveling like a madwoman. And then boom, like you said, sometimes the universal just make things happen. And then that became your priority and the in you're enjoying it. And that's the other thing that's I always like to say it's like, this gets to be fun, we get to enjoy what we do. It doesn't have to be about suffering, and then waiting till the end game. So thank you for sharing that. Marilla did you want to share a challenge?

17:56

Yeah, and I want to mention that everyone was nodding their head when you said that about being fun. We all agree on that. And we all move in that direction consistently. It's one of our pillars. Yeah. So for

me, I'm gonna focus on a different piece. So obviously, as a massage therapist, people who become massage therapists are givers. So I've been quite the giver in my life and the thing that I have been working on in my 50s, I think some of it has happened organically, because there's this thing that happens, where you just care less about what other people think. And you care a lot more about where you're heading. And I needed to learn about and I still am definitely in this process of recovering people pleaser, and setting boundaries. So learning to do that consistently. And with lots of people in my life, including my children, and my parents and significant others in different areas, friends even, and really letting go of that belief that it's selfish at all, which actually lets the fun roll in. And just taking steps consistently that are about me, and where I want to go in what I want and what I like and what I need. And be no I do have a 23 year old college graduate living in my house. And so I'm constantly dancing, the line of mothering versus what I just spoke of. Yeah, the challenges continue on, but I'm way more about heading toward all the fun, lightness ease.

Jen Marples 19:39

Thank you for sharing that because that is it's so important, because we are especially with the kids, you're tugged, you're tagged in so many different directions and aging parents and all of that. And I know because I preach everyone hears me just saying you know, you've got to say no, so you can say yes to yourself. And then we've just got that female guilt because it's just been built in us I think for 1000s of years like you're saying and nurturing Take care and we're giving and giving. It's okay to put yourself first. And so I'm going to bang that drum till it's going to be on my my gravestone. I was joking when I'm over 100. It's like she just said to say no, because I think that's just the it's the best thing because you say no, because that means you're saying yes to yourself. Everybody benefits. All right. So here's another this is one of my favorite questions. What do you think the biggest challenges are for women at midlife?

20:27

I think the biggest challenges at midlife are the same challenges you've had forever, your prior. And they're just coming back at you. So the challenges at midlife is all the work you didn't do on yourself getting to that point, right? You're no different that you're older, but you have to face a lot more because you don't have the distraction of little kids, or of everything being about you and having parents to fall back on. And so at least for me, because of course, the crash was mental health. And that's my passion. So I think the challenges are the exact same as they were before, plus any lies we tell ourselves about age added on to it. Thank you,

21:10

a lot of my friends are struggling with aging parents, like crisis, my parents are still alive. My husband's mother is also still alive, and their ages are 9089 and 88. So I feel very blessed that they are still here, and they are in relatively good health. But I think that setting the right boundaries with aging parents, and making sure that whoever the caregiver is who whoever the main support is that, that you have the right help, because I think the caregiver is the one that suffers the most. Right. And, and they're your parents, I mean, you want to do so much for them. And just knowing when to intervene from a medical perspective, and when not to intervene. I mean, I think those are really important questions to have with your parents now, when they are of sound mind to really understand what quality of life are they willing

to live with? Right? Because, you know, I just have a lot of strong feelings about all the medical intervention. And I think medical intervention is great, as long as the outcome is better quality of life. Yeah, because hospitalizations at these ages. They just don't go well.

Jen Marples 22:40

Thank you for that. Because that's a very real reality for most of us. And depending where everyone is on the spectrum in the age of parents, and we got Sasha, with apparently, you know, my parents are young, like my husband has his father passed away before my son was born. So that was seven, almost 17 years ago. So yeah, it runs the spectrum. And I've heard thank you for bringing it up. Because I have had many experiences with friends, retirement homes, the care this one of my friends who's just a few years older than me, had to pull back on her career. And I think a lot of that falls on the women in the family, she had to pull back on her career just to navigate the mountain of paperwork and phone calls to find the proper care for her parents. So that's a very real route. So thank you for bringing that up. Because I don't know that that's even talked about a lot. So thank you for that.

23:30

On a lighter note, I think one of the challenges of midlife for women is temperature regulation in your body. It's like, it's such such a real thing like 24/7. Anyway, I am being you know, flippant, but it's true. And it's just this thing that I just never thought it was gonna happen to me. And it just keeps going. And it changes all the time. And yeah,

Jen Marples 23:55

I flashed Central.

23:57

I do I agree with you know, both both of what Silvia and Sasha said is true. And also, I think there's just a challenge with change. Like if you've been a person who's naturally good with change, and probably helps at this point. And if you haven't, it's going to be particularly challenging, because there's just so much change in your body and your your brain and there's things to attend to like a maintenance level, you know, that just didn't really exist. And three, oh, we all have our own choice and how to what degree we want to attend to that.

Jen Marples 24:32

Thanks for bringing that up. Because I think that is so important. We have to put our health first and I'm always telling being get your mammograms get this, check at that. And there's so much that happens in the perimenopause menopause years that we need to stay on top of it and not put ourselves like third in line to take care of ourselves or everyone else. It's so important like you're saying to recognize what's happening. Know that it's normal, and thank God there's more conversations out there. I'm not a menopause expert. But we all follow a lot of people who are so the conversation is getting louder because it hasn't been talked about. So women have been silently suffering. And there haven't been resources and resources and no one's acknowledging it. So thank you for acknowledging that Marla,

25:14

kind of coming off with Marla was saying, in my 50s, I've really had to reevaluate my relationship with work, my relationship with relationships, our relationship with myself, my relationship with my family, everything has changed. And the reason I'm bringing this up is because what I'm using as my litmus test for where I live, what work I'm trying to find, the next thing is how much have a sense of community I can find there. It's like I'm building my community for the next phase of my aging, really, because I've always been kind of a hermit and a loner. And I don't want to be that anymore. I believe it or not, in this era of COVID, we've been so separate, and everything has been done on Zoom. This has become very clear to me how much I need and love my support groups. And so that is really a challenge and can be as women age, especially if their parents are dying, and their kids are growing up and moving out. And I don't have children, but my father is very close to crossing over my mom's gone. So these are things I'm thinking about, you know, I'm single, I live alone with the cat. And I don't necessarily want to become the cat lady, not that that's a bad thing. But I'm always looking for these days. It's about community more than anything else.

Jen Marples 26:31

Thank you for sharing that because that is so important. And there is research that's been done that shows community and connection is actually one of the biggest predictors of longevity and lifespan, it supersedes being obese, it supersedes smoking, and all of these other kind of common factors that you would think would be at the top community and connection. And I think now as we're in this midlife phase, I do think women are realizing and maybe even taking stock of who's around them and is this a healthy relationship is supporting me. But we don't have time for superficial conversate we got to get in the meat of it, we don't have a lot of time. And the people that we spend our time with need to be, you know, checking a couple, but there's the one that you're gonna go out and have fun with. But you need to have those people that are supporting you, no matter what you're trying to accomplish in life, hence our little group here. So that was a nice little PSA, for having a wonderful group that you can rely on. Now because this is a podcast targeted towards midlife, female entrepreneurs and ladies wanting to make a change and or explore something that's been tugging on their hearts. What would your lady's advice be to women who are out there wanting to make a change, and or they're not happy with what they're currently doing, or potentially they stayed home for a while and they haven't worked? What would be your biggest piece of advice to those women out there right now.

27:55

Follow your joy, first, second, third, fourth, period, then follow your joy. And trust that when I don't move in that direction, I can feel the difference. So I can say, follow your joy. I love it.

28:09

And mine would be you only get one life. So don't leave anything on the table or transfer it down onto your kids because you didn't do it.

Jen Marples 28:17

That is a very, very good point.

28:20

On top of what Danna said, I would say if you don't know what your joy is, if you hear that and you go, Well, I don't I don't know. Then find somebody in your life, who you can sit down and talk, talk it out, write it out and figure out something because there's something at some point in your life that brought you joy. And it may be the thing that brings you joy again, or at least it will be a good starting point. And the other thing is just to really give yourself permission to give yourself permission, if you never have or if you kind of have but really give it to yourself now, say that thing, do the thing. Find the thing. Go for it.

Jen Marples 28:59

That was great. Marlon. I love that.

29:00

Let's say stay curious. And just like Marla said, a lot of people when you say follow your joy, they just look at you like a deer in the headlights because perhaps it's been a very long time, since they have felt joy, but your body knows what it wants to do. And I like to think about things that expand you, you know that position when athletes cross and get a gold medal and they have that victory stance with their arms up in a V that's an expansive moment. And you have moments like that in your day and just follow those clues as to what expands you and the opposite of expansion is contraction. And so contraction you'll feel viscerally in your body you know like a gut punch. Nine feeling it's a negative feeling you feel in your body. Stay away from that stuff, and follow the things that make you feel expansive. And just stay curious.

Jen Marples 30:06

I think that's all that is really, really great advice. And so I think to sum it up here, it's to stay curious, follow what's lights you up? And it goes back to like if things are contracting, and they don't feel right, and that is your clue, do not push through that retract away from that. So I know for a lot of the listeners, like you're saying, they joy, what's joy when I'm running around, and I'm working in this job, and I've got these kids or I've got this or I'm dealing with the parents, and it's just taking that time and really tapping into reconnecting to who you are. So I think we've all been kind of saying that it's like really tap into who you are. Because I think at midlife, where there's, there is so much possibility. It's like figuring out who you are, because a lot of us have been Who are we if we're not a mom, a wife, a partner, or this or that, or the other? It's like, What the hell do we like? So just take baby steps. That's what everyone's saying here is just take baby steps, and go towards the thing that lights you up. So thanks for all such great, such great information. Now, here's one of my final questions for you. What do you wish for women at midlife?

31:15

You know, the beauty of midlife is that you get to let go, of what no longer serves you. And you know, sometimes we keep doing things over and over and over again, just because we've done them, and they no longer serve you. You know, there's a big trend online of people not coloring their hair, whatever it is for you something you've done. All of your life that you felt an obligation to do or like a contraction to do, you get to let go of that. And of course, I wish happiness for everybody.

Jen Marples 31:50

I love that

31:51

my wish for people is to find a community of people that can support you in different ways throughout your life, whether it's online or in person, but somebody that you feel enough a part of that community that you make a commitment to yourself to be there, whether it's once a week, once a month, and do the work that it takes to get there. And my other piece of advice is to really identify those tracks in your brain that you've been telling yourself for the first half of your life that are holding you back and really address those so you can have room to create new tracks and move forward.

32:29

I love that. Yeah, create a consistent, meaningful group of women in your life. I think that is the thing that keeps me on track. I have weekly daily people are all women. We're all in the same zone of life. We talk continuously. We bring things that lift us up to each other, whether it's a podcast, a book, something funny, even anything we just we keep by depositing into that account. And to me this is this is my boat that carries me.

Jen Marples 33:08

Wonderful. Danna, you're the last one. What do you wish for women at midlife?

33:12

Well, I wish that I think this will happen anyway, that the magical turning 50 for all of you is that shift from really giving a shit what anybody thinks about you, it is the most expansive thing that can happen. And along the way, anything you're doing that is helping you spiritually hit the gas on that if you're meditating, you can doing yoga, any of those things, expand that more than anything, and it will help everything else grow.

Jen Marples 33:43

Oh, I love that. I love that. Now, you all know I have a couple final final questions because I love to share resources with my listeners. And we all share resources here everyone listening with each other. So this is gonna be a real easy question for these ladies. So who would like to share a favorite book or resource with the group and we'll just kind of quickly go around and I'm just gonna rapid fire how I see everyone Marla's going to go first

34:10

and reading Brene Brown's Atlas of the heart. Awesome Book.

Jen Marples 34:13

Fabulous.

34:14

Sylvia, Happy for No Reason by Marcy Shaima off It's what my happiness course is based on and it's life transforming.

Jen Marples 34:23

Awesome. Sasha.

34:25

Loving what is by Byron Katie, my favorite favorite book. It just saved me at a moment I didn't think anything could.

34:33

Wonderful.

34:34

Danna all the recordings for Abraham Hicks infinite intelligence or stuff on YouTube. There's about three podcasts out there. Abraham dash Guix very amazing stuff.

Jen Marples 34:46

Wonderful. These are all such great, great pieces of advice and everything obviously will be linked in the show notes. So one of my final before my final questions is Would you all like to share a ritual or a practice that you do on a daily or a weekly basis that you feel really supports you.

35:03

I have a few things that I use regularly meditation, breathing, deep breathing, walking on the beach, really all fabulous.

35:12

What my first is vodka. And my second is when it doesn't work. Every night, I listen to something that makes me feel good before bed. So maybe it's a meditation, I get a lot of books on on CD or audio books. And it might be pay my children or Abraham Hicks or something that really so I go to sleep with a positive vibe, and not anything negative.

Jen Marples 35:39

I love that.

35:40

For about five years now, maybe even longer. I have listened to relax melodies. You can have all kinds of sounds I use the sound of rain, and Insight Timer, I listened to some meditation, usually a yoga nidra meditation every night and I sleep like a baby changed my life. Fabulous.

35:59

I have a slow morning routine. So I'm an early riser. And I journal, I listened to Marianne Williamson delivering A Course in Miracles every morning, and to those practices. And I have a very spiritual connection with my coffee.

Jen Marples 36:19

Shout out to coffee. Does anybody else get excited about their coffee the night before when they go to bed? Because I certainly do. Coffee. Here's my final question for everyone. What do you think the best thing is about being at midlife? No,

36:39

absolutely. Just just the freedom of really not caring so much about what anyone else thinks. And it just happened. Like I didn't try to make it happen. It just happened. Such a great thing. My voice got louder. Stronger, and way more honest. Yeah,

Jen Marples 37:03

awesome.

37:04

I think it's clarity, the clarity around what I want to do what I don't want to do. It helps me to set boundaries, and who I want to hang around with. And so I think that the clarity that comes with the wisdom of age, I love it.

37:24

Hindsight is very powerful decision. I use just enough of it to see how awesome I am and what a killer life I've led and how many fabulous things that I've learned and done and what I have to offer is just enormous. And no matter what is going on that's that's going on. You're fantastic if you just look for just a second at all this wonderful life a blue.

Jen Marples 37:47

Oh, I love that. Thank you for saying that. Danna

37:50

after spending the first probably 4849 years of my life trying to be someone else. I think the recognition that I can't be anyone else but me has been very powerful and free. I love it.

Jen Marples 38:03

Hallelujah for being yourself. Not giving a shit knowing that you're awesome having clarity. Whoo. I think we've just proven our what is it that we have a hypothesis about how awesome it is being at midlife, we just proved it. This has been such a wonderful conversation, you guys it warms my heart and it just warms my soul looking at all of you and I'm so glad you all are a part of my life. My final final is where can we find you I'm just going to rapid fire go around Marla, Marla Ben Stein on

38:35

Instagram. Sasha

38:37

come join me in the club for mid lifers a club dot Hey Sasha, which is LSAC AJ that see?

Jen Marples 38:45

Sylvia,

38:46

happy starts with you.com

38:47

Danna, Yana underscore daily on Instagram.

Jen Marples 38:51

Fabulous. And of course, I'm gonna link all of that in the show notes so you guys can become engaged with these fabulous ladies and follow what they're doing. Thank you all so much for being here. Again, this just really underscores this should underscore to everyone the importance of putting the right people in your life that are going to meet you where you are, lift you up, be there for the good and the bad. Like I said, we have had blood, sweat and tears over the past year and a half. And you know, look at us now having this wonderful conversation. And I've seen these ladies grow and change and transform we all have and it's just the power of fabulous female connections, the power of not giving a shit at midlife, the power of standing in your own power. I could just go on and on but I will leave it there. I love you all. Thank you all for being here.

39:41

Thank you, Jen. Thank you,

39:42

Jen. So much fun seeing you in your element.