Ep 196 Jen Solo

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SPEAKERS

Jen Marples, Speaker 1

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 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. Hello, my friend. Welcome to the Jenn Marples show you've got a solo for me today, and we're gonna get right into it. The juicy topic for today that we are going to unpack are five ways that you might be sabotaging yourself from going for your dreams. So we are just going to get right into it. Number one, lies, lies, lies, lies. Yeah, they're gonna get you all right. Sorry for that, but it had to happen. Okay, here are some lies that you're probably telling yourself. I have told these to myself, I don't have enough experience, you know, nod your head when some of these are ringing true. I'm not good enough. Maybe I need another certification. I need some more training. I need to take another class. I need to have more reps in on, you know, XYZ, whatever it is that you're doing, maybe I'm to something. Well, maybe I'm I'm a little too loud. Maybe I should be quiet. I'm too quiet. I'm not loud. I don't have confidence. Who would listen to me? Why me? Who would even care? Blah, blah, blah, blah, blah. They're all lies. They're all lies. They can disguise themselves, just like fear as a way to keep you safe and a wave to keep you in inaction, to keep you in that comfort zone. But you've got to kick lies to the curb and know that it's all BS and really, truly stop BS ing yourself. You do have the time. You have enough experience. You are good enough. You are enough. Okay, let's just get that out of the out of the way here, and there are people waiting for you to stop listening to the lies to get after. What you want to get after? Okay, so the solution here is to realize that they're lies. Say, Yeah, Jen, I'm lying to myself. I don't need any of this other crap. I am ready to go right now, and you've got to start saying to yourself, why not me? Instead of, why would anybody listen to me? Or why me? Why not me? Write that on a sticky stick that on your mirror. Know that lies or BS, it's holding you back. You have enough

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time. You have enough experience. You are good enough. Okay. Number two, this is a big one in sabotage, okay? Comparison, itis. You're looking around at what other people are doing. You think everybody has it all figured out. You think everybody's business is thriving. You think that there are too many people already in whatever field that you're in doing the things. So why would anybody want to listen to you do your thing? You think that people have tons of resources. So you're just comparing. You're like, Oh, they've got this, they've got that, and blah, blah, blah. And this comparison game is going to put you on a road to nowhere, on a road to inaction. It's going to overwhelm you, and it's going to make you sad and depressed

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full stop. So the solution here

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is, when you have comparison, it is first of all is to stop looking around. It's also a waste of time. So stop looking around and just focus on what you want to focus on and offer to the world and go for it. You've got to stop looking around. You've heard me say it before. Comparison is a thief of joy. It truly is, and it will keep you playing small. It will keep you filled with anxiety, potentially depression, because you're looking around thinking, everyone has it all figured out and nobody has it all figured out. And the other thing too, when you look around is you might be looking at somebody who's been at something for three or four years. I tell this to my clients all the time. Well, you know, I'm just not good at this, you know, so and so has been doing it for so long. Clients even said to me, Jen, it seems like it's so easy for you. You've all heard me say this here. It is not easy. And I've been at this many, many years, and I still look around. I have to stop myself. You've got to stop yourself. Stop looking around. If you need to unfollow. Delete, block, protect your time and sanity, do whatever you need to do, because it will keep you from doing anything, and I don't want that for you. So the solution here is to stop looking around and focus on you and get some shit done. Okay, number three, the number three reason why you're sabotaging yourself,

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fear, the

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fear of failure, the fear of success, the fear of what other people might think. Fear also translates into feeling really scared all the time. So I hope you're nodding because, yeah, we've all been there. I'm nodding too as I'm reading this to you. I'm nodding my own head, because every day, y'all every day, I fear failure, and I also feel, you know, I fear success. It's really common. They go hand in hand. Really get honest with yourself. Fear is a mechanism to keep us safe. I was just listening to a heberman Podcast on the plane, and he was interviewing a psychologist. We had really good reason for fear. It kept us safe. It kept us from getting eaten alive. It's an old evolutionary tool that keeps us safe. We don't want to go into scary places and be hurt, but our hurt is not lions and tigers and bears anymore. Y'all our fear now is what other people think. That's the big, scary Tiger coming towards us. So realize it. Note it and go. Not today, Satan, you're not going to keep me from doing what I want to do. So the solution for fear is having courage and taking a small step. Have courage every day. You're always going to have fear and realize we all have it. It's there for a reason. Go, hey, fear, you're here for a

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reason. Knock it off your shoulder and say, I'm going to have some courage today, and I'm going to go for it. I'm going to go for it. Okay, the number four reason why you might be sabotaging yourself, or how you're sabotaging yourself, I should say, is procrastination and overwhelm. Can I get some hands raised here? I am the biggest guilty party here, and this is why I'm telling you, we procrastinate first of all, so that it's kind of like these two go hand in hand, but they have very specific little things that we do under each of these buckets. We say One day when my kids are older, when they're out of the house, maybe when they're already in college, maybe when they're married, maybe when my spouse does XYZ, or my partner does XYZ, or I need to figure something out with a parent. They're excuses. Okay, so I have to tell you what an old boss said to me, excuses are like assholes. Everybody's got them, and they all stink. Okay, I did it. I shared that with you, but it's the truth. You're going to find a million excuses to not take action, and you're going to procrastinate, and you're going to wake up five years down the road going, What the hell did I just do with these last five years? I had this big juicy dream and I didn't take any action. So we've just got to get over that, and know today's the day. So overwhelm goes hand in hand too. Everyone has scattered focus. You are not alone. I've got this every day. We have to actively get focused. There are too many things coming at us, and we live basically we can live in an overwhelmed state, and you've got to put some guard rails around your life. You've got to not get the pings and dings on your email, and you've got to really focus in on some of those big needle moving things that are going to move your business and life forward. You can't try to do all the things, because we can sit here, and I know this firsthand, because I help my clients, and I need help doing this with my own mentors, and I help my clients do this. There's a million things we can do, but guess what? What happens when we try to do my own things? We get overwhelmed by the thought of those million things. You don't do anything, and then you Netflix and chill. I Netflix and chill all the time. You guys, I get overwhelmed all the time. This is a work in progress, but you have to focus on a couple things. You simply cannot do everything. So you've got to really get quiet with yourself, and go, Okay, less is more. Focus on one or two things for the year, some big needle moving activities for the year, and focus on those things and get them done. So the solution here is to procrastination and overwhelm your big solution here is to get off your ass and do one thing every day. Because guess what? That one thing ends up to 365 things. If you start your day one right now, then you will end the year. If your year starts today, 365, days later, with 365, actions or more, but one action every day. So you've got to be very intentional about it and just start Okay, not one day, not when everything is perfect. Nothing's going to be perfect, not when you feel ready. You're never going to feel ready do that one thing. The second piece of this is this is goes to overwhelm your solution here is to time, block time, block time, every single day on your calendar to do that. Thing that you need to do to move your business forward and to move your life forward, if it's writing a book, building website, creating a product, building time into plan. Because you have an idea for something, you've got to build it into your schedule and turn all the pings and dings and everything off so no one is able to take that time for you. And let me tell you, my friends, it works, and you will wake up months from now, not even a year from now, making huge gains. So get off your ass. Do one thing today. Manage your time really, really well. Put those guardrails into place, and that is how you beat procrastination and overwhelm. Okay, number five, I told you I was gonna keep this short and sweet today going it alone is really, truly one of the ways we can sabotage ourselves. If we think we have all the answers, we think we can do it all by ourselves, that we don't need anyone else, that we don't need cheerleaders or guides or coaches or networks or a BFF or accountability it's going to take us a very long time. It might not ever happen at all. We might not get to the place we want to get. This goes for business and in life, we all have, you know, coaches and BFFs

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and accountability groups to say, lose weight or to get fit. We do it with business. We have business advisors and coaches and networks and masterminds. There's all these things that we can do. We can have a small group of friends that hold us accountable, but we can only get so far alone. There's that theory or that saying, if you want to go fast, go alone. If you want to go far, go together. Y'all know, I'm into this. I'm bringing people together all the time, and I've got more things in play for this year, so stay tuned. But I have invested so much in my networks and my relationships. I have paid money for beautiful business coaches and to be in networks and groups. And I also have small groups that you all can do too, that don't cost a penny, but you go out and you search out these fellow people and whatever it is that you're doing, and you can hold each other accountable, and you can support each other and guide each other. Because as much as we all hear, Oh, you know, we don't need anybody else. We don't need accolades, awards. We don't need blah, blah, blah, you know, it's all a bunch of shit. We all need somebody to tell us that we're amazing. I'm sorry we do. And so that's where having some groups and networks and people at BFF, a business BFF, let's just say, when you're having a day, because we all have a day. Hello, we're in midlife, people, there are a lot of things pulling at us, and sometimes we have to solely rely on these people and these networks to get us out of the jam and to get us back into ourselves and let us know how, Yeah, amazing we are, because it's very easy to forget. So this is a really, really critical piece, and these people will hold you to what you want to do. They'll be like, Jen, you said you wanted to do this thing. How's it going? I said out loud about doing a book this year to advisors, mentors, friends. Guess what? They're all asking me all the time, yeah, how's the book going? How's the planning going? Because we need that. Because guess what? Jen might not do that. She might not write the book if she doesn't have all that accountability built in, and she hasn't said it out loud, and specifically put together some people who will hold her to the fire, and conversely, they will also say, remember, you got it. You've got something that people want and need. So I really encourage all of you to really invest in that network and, or the one BFF and or a mastermind or group. And, you know, around here, you know, I just came off of my stepping to the spotlight program. There are going to be more programs, masterminds, things coming up from this girl. I also do one on one business coaching. Talk to me about it. Don't talk to me about it. I just want to let you know that I offer it because I go through all these five things with my clients all the time, all the time, we have to overcome fear all the time. We have to stop looking around. And I am so excited that I get to work hand in hand with all these beautiful women that are my clients and my communities to help them realize success. And what's really beautiful is when women come together and support each other, I can see the support, and I can see women's businesses and their lives blossoming and growing because of coming together. So I cannot overstate it enough, because going alone, it's lonely, it's lonely, and you're not going to get to where you want to go, so your solution is to lean in on people, masterminds, business coaches, life coaches, physical like exercise coaches, anyone that you need to get you to where you want to go. It's always a good idea. And of course, your little bonus way you might be sabotaging yourself, this is your number six bonus, is that you're telling yourself. If you're too old, well, you're listening to this podcast. You're not too fucking old, you're not too fucking old, you're not too fucking old. I need to tell myself this every day to y'all. I do. I sometimes actually get gripped with fear and go, Oh my god, Jen, I'm 55 it's too late. I say this to myself, y'all, and I've built my whole business on telling you you're not too fucking old, but I'm a real human person here. I've got all the same shit going on that you're all are dealing with. And there are those days, there are those days where it's really heavy, and I'm like, oh my god, what haven't I done? I didn't do this, I didn't do that. I should have been doing this when I was 25 and here I am at 55 blah blah blah blah blah blah blah blah blah. It's the lies. It's the

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looking back. We have to stop because we're not too fucking old everyone. We are not, we are not, we are not. So wherever you are right now today, take action. I want you to take action. I want you to not believe the lies, because they're lies. You're going to stop comparing. You're going to say, okay, fear I see you, but I'm going to have courage today to go for what I want. Because, guess what, everything I want is on the other side of taking that first step. And I am going to take that first step. I'm going to listen to Jen, I'm going to build time into my day to go for what I want. You're going to build it in and you're going to block everything. Else out. You're not going to go alone. You're not going to go alone. You got me, you've got this community, you've got someone out there who wants you to succeed. Trust me on this one. Know this well, you've already got me, and there's somebody else out there waiting for you, or a group or a new connection waiting for you. They want you to succeed. They do, and I want you to succeed more than anything. That's why I have this podcast. You're not too fucking old, my friends, you are not too fucking old. So this is my short, sweet little burst of these tips that I hope you can take away, really embody, really embrace. Please share this one with a friend too. I know you all have a friend who's sitting there on something. We all have that friend. We all have that friend. I make it my make it my mission too. And I know there's friends out there, women out there, who are sitting on something that I'm telling them to go for, and then they're not too fucking old, because guess what? The more you tell somebody that, and the more you encourage your friends and your colleagues and the women in your life to go for something, they will actually go for it. We all need that help and support. So share this with a friend. That would be beautiful. Because guess what? I need your help too. I need your help growing this audience. I need your help making more of an impact on more midlife women. That's the number one goal. I want to impact over a million women in midlife to go for their dreams and realize that they're not too fucking old. And you can help me do that by sharing this episode or any other episode, of course, but sharing is caring, and I will love you forever and always for doing that. And also, if you would leave a beautiful rating on apple or a five star review on Apple or Spotify, that would be amazing. I know it's really hard. You're probably driving you're doing all these different things, and it's hard to remember to do this. So I do appreciate when you do. It really means the world to me, and that means we spread the love and the magic of this podcast, and we can empower more women. And I'll just leave you with this. If you are interested in working with me or needing some help, the first thing you can do is simply just sign up for my newsletter. The link is in the show notes, and you'll be kept abreast of everything that's happening in my world. And second, there's also a link in the show notes. There's a link in the show notes to book a complimentary call with me. So if you're sitting on the sidelines and you need help and you need my help, I would love to chat with you to see how we could work together, because I do work one on one with many of my clients. We go in really deep just on business, coaching and consulting. They don't even know what they want yet, and we help them, collectively, with my agency partners, get them to where they need to go. And then we also have expanded services. I won't bore you with all the details, because you can look at that on the website. But the point of this podcast today is support, and if you need support and you're interested in support, holla at me. All right. I love you all. I cannot wait to see what everyone does this year, and I want you all to go out there and be empowered and know that you're not too fucking old, you're not too fucking old, you're not too fucking old to do whatever you want and to do the damn thing. All right, I love you. Have a beautiful day. Bye.

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