

Ep 125 Radical Responsibility

Tue, Aug 08, 2023 3:26PM • 23:40

SUMMARY KEYWORDS

life, responsibility, radical, people, husband, person, friend, change, sally, responsible, happen, blaming, listening, afar, triggering, put, relationship, midst, talk, sitting

SPEAKERS

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We've got to take radical responsibility for our lives and realize that only we, I you, only we can make the difference. Only we can make the changes. Because if we don't understand that, we are going to look outside of ourselves and blame the world for our problems Hello, ladies, welcome to the Jen Marple show Summer Series. I'm replaying several of my very favorite solo podcast episodes featuring my top tips for success in business and life. These are short episodes filled with easy and actionable life and business advice that you can apply to your life right away. I firmly believe that these tips will help you rock and roll this summer and help you slay all the beautiful things are working on today. And help you plan for the future. Happy Summer ladies and happy happy listening. Hello everyone and welcome to the Jen marble show. I can't wait to on dig in to something that has been on my mind. And it's because I talk a lot to all of you. And I'm in communication really all over social media LinkedIn, not so much on Twitter, I guess. But I'm getting there. Instagram, Facebook, Tik Tok. I'm all over the place, having conversations and of course, in real life with those of you that I'm lucky to see in person. And I had something on my mind that I think we need to talk about today, we've got to take radical responsibility for our lives. And realize that only we, I you, only we can make the difference. Only we can make the changes. Because if we don't understand that, we are going to look outside of ourselves and blame the world for our problems. And y'all, I've been there, I have been that person who was blaming everything on circumstance, my husband, where I lived, how I was raised, you name it, I was like, I've gotten an excuse for everything of why I'm not being who I want to be and why I am so miserable. Does this ring a bell to some of you, we've all been in that spot, I look back at that person and go, Oh, honey, if you only knew it was inside you but I was in the midst of if you've listened to all these podcasts in the very early ones, you know, I had a total breakdown. And in the midst of that breakdown, after shutting down my business, I truly did think I was living in the wrong place. And I was potentially married to the wrong person, I am sorry, husband, if you're listening to this, and he knows we had a rough spot there. But it was all because of things inside me. I was looking outside of me to fix me. And I think we probably all know by now that we need to fix ourselves. It's an inside job. They say who said that first. But it really truly is an inside job. What is radical responsibility mean? Like I said, we can't look outside ourselves and think that something outside is wrong. Let me dial back. And I will go into a little bit about this point in time where I was, I just shut down my business. I was quite miserable. You know, my health was kind of Rocky, and I was building myself back up. And ladies, I wasn't really

fun to be around. I give myself compassion because I was kind of broken, my health wasn't where it needed to be. I was totally burned out. And I was waiting for the next thing thinking it was you know, the seas were going to parts and I was going to have my inspiration of what I was going to be when I grow up. You know, that was all going to happen in five minutes. And it does not all happen in five minutes. But there was a friend's house that actually live close by we went to dinner one night, and you know, when we're all in that woe is me sort of phase or you know it because you've had a friend like this, and all they do is complain. And all they do is gripe and then they kind of take you down and it's like oh blah blah and it's like the grass is not green. It's pink. It's like the sky is falling in. It's just blah blah blah horrible. You don't want to be around those people. I was one of those people for a while because I was just so damn miserable. And I was having such a hard time digging out that the husband of my friend actually told my husband I don't think I can have you guys over anymore or something to this degree because I can't be around your wife. And of course my husband told me that and like I know if those actually a good idea to tell me that at the time maybe later because of course when I think I cried myself to sleep and like Buddha Hitler's he has no idea what's going on in my life. But I just want to say this because I'm doing all I'm doing because I've basically been everywhere. I've been everywhere and I don't want you guys to suffer. And if you're in the midst of something, I want you to be able to just kind of stop and go, Is this me right now? Am I that person who, who's somebody's husband's gonna say, Don't come to the dinner party because you have such bad energy. And you're like, I was really fun. I was gonna ask why people love to be around me what. But it was, you know, you have to take these things in. And it caused me to reflect it really did cause me to reflect like why, of course, I didn't make a change, like right away, it took time, because again, at that time, I was seeing doctors and naturopaths and this and that and trying to put myself back together again. But I bring this up. Because, you know, I've been there all the things I want you guys to do, or do differently. It's because I'm hopefully have done most of these things. And I can share advice and tips and tricks and give you some awareness around what you might be going through. Hopefully, I've taken one for the team, I'm always going to bring up my own personal stories, just so you guys know, I'm not just sitting here spouting all this stuff. Without any context. And having not been there personally, and I had been there. Apparently, it wasn't very pretty, because I wasn't getting going to be asked back to those people's house anytime soon. But literally, I was in that phase, some of you might find yourself in this right now where you're looking and you're like, their life's better than mine, because they have a better house, their life is better than mine. Because x, if I just moved to Hawaii, my life is going to be better. If my husband just understood me more in this, everything's going to be better. Gosh, if those friends did that, then maybe it's all going to be better. I think you guys are picking up on this, when we start looking outside has nothing to do. There's some adage about it's like 90% of what happens to your in your life or whatever you're in control of there's like five or 10% that you're not in control of. And again, then you still have control of how you react to it. But most of us get us into these situations without even knowing it. So that's why I want to talk about this taking radical responsibility. Because if you're in a relationship, if you're in a job that you hate, if you're in a spiral cycle, maybe with one of your kids and you're not communicating correctly, or you're having a bad relationship with a friend, or you find yourself not as fit and healthy as you want to be in you name it, we've gotten ourselves there. We've gotten ourselves there. And so we probably didn't get ourselves there in a minute. So it might take a hot minute to get out. But it starts with awareness and taking responsibility. And going everything that happens in my life right now. I can change I am responsible for and the good news is you get yourself there, you can get yourself out. You know, one of the reasons I want to talk about this a lot is because I've said it, you know, I talked to so

many of you on social media. And I'm having some really interesting deep conversations with some women. And I know it's really hard to be at midlife and make changes and other podcast episodes dedicated to that. But what's been popping up is, oh, I've done you know, XY and Z for so many years and nothing's changed. It can't be fixed. Or I've tried and tried and tried. And I'm getting the same result. Or, oh, it's easy for you to say because insert whatever thing they think about my life. We've probably all been there with that, oh, it's easy for you to say, Oh, I've tried this and nothing's worked. And oh, it's easy for you to say which is interesting, because again, that's not taking responsibility. If we think about the comments, it's easy for you to say, or it's easy for you to change an insert perceived how they think you're living your life. It's very dangerous to look outside and think you know anything about anybody else's life. You can't assume you know anything about anyone. And quite frankly, you're wasting precious time thinking about other people and what leg up you perceive that they might have. What a waste of time guys like what's it going to do if you sit there and think about Sally and her five carat diamond and her big house? And her handsome husband? Like, what is it about thinking about Sally, that's going to change your life in any way? Think about that. Nothing. Nothing. So just to think about and go good for you, Sally. And also we didn't know what Sally's doing. We didn't know what's happening behind the scenes, she can be wildly happy. And if Sally's wildly happy, guess what? She took radical responsibility and she built herself a happy life. So this is what this is all about. We don't want to waste time thinking about what other people are doing. And we want to spend that focus on ourselves. It's really easy to look out. Look at someone else and like oh, they got this. They didn't have that. They didn't have the struggle I have or blah blah blah over here the house or does it have the kids you know film The blank, it's all external. We've just got to get off that roller coaster and have that wasted time. And I get why we do it because it's easy to look around and, you know, make excuses instead of taking this radical responsibility. Like I said, I've been there, we've all been there, maybe you're in it right now, like I said, the good news is, you can make a change. And it's hard, can be hard to make changes. Yeah, but what's harder, staying in that conversation of Gosh, for three years, I've tried to lose weight, and I haven't lost weight. Well, what are you doing, actually had this conversation with someone. And sort of the definition of insanity is, if you keep doing that same thing, you're gonna get the same results. And so you need to do something different. A different exercise, you need to hire a coach, a trainer, a wellness person, like get meals delivered, do something different. To same with business, it's the same with your relationship, if you keep having a same fight with a loved one, well, then you gotta go get home. Because if you keep having that same fight, and it's down to that time, where you can just pull a little book off the shelf and go, yep, in chapter three, this is the exact fight we're having almost like, you don't even need to have that fight anymore, you probably have all had that with your spouse, certainly, my spouse and I have had that, where like, we didn't even have to have this fight, because it's in the book, it's chapter three, fight number five. So let's just read that we don't even have to say it out loud, it's when you get to that point, that's when you need to go seek help and do something different, to bust through, it's like with everything, if your job, you can't stand it, you got to bust through and do something, talk to your boss, and or figure out something else to do with your life, we just have to make these changes and take responsibility. I get really fired up about this. And it's an emotional one, it could be really triggering, listening to this. Because, you know, I wrote down here, so I wouldn't forget to say it. And I post about this all the time, it's like, if nothing changes, nothing changes. That's the core of taking radical responsibility. You can keep complaining about everything in your life. But if you don't make a change, or seek out help, or take one step towards something different, or go, you know, if it's something with your relationship, go seek out a therapist to

help you, it's gonna stay the same. And you're going to complain about it and be like me, at that dinner party, not being asked back, because I wasn't any fun. And I kept saying the same old crap. So we don't want that to happen. And I'm going to talk about getting help a little bit if you need it. If you find, you know, the radical responsibility, and you're kind of triggered by it, or it's bringing something up for you, and you're kind of like, Ah, I don't know, if there's something you need to unpack from the past, go do it. Because I, you know, I'm sitting here talking to you. And I've been on the therapy sort of self help train for almost 20 years, actually over 20 years, over 20 years. So I have tools, resources, experiences and things to tap into. But I fully realize a lot of you out there, a lot of people I know haven't really gone to therapy yet. They haven't gone in to like, sort of unpack and understand the past, or unpack some limiting beliefs. Figure out, you know, the impact of some relationships or how you were raised, or maybe there was a trauma in the past. Just go do it. That's taking radical responsibility. And that's the first step. That is the first amazing step to changing something that's not right. And you guys, only you can change your life. Only you can change your life. And so that's also a very positive thing. Only you can change your life. So it's great. You don't have to rely on anybody else to change your life because it's all within you. And I will always beat the drum of getting help when you need it. Get a therapist, get a coach, get a certain group of friends or a buddy or somebody to hold yourself accountable with and talk through things and work through things and start taking responsibility for your life. Another thing I want to talk about is when we're looking outside of ourselves, and we have kind of that woe is me I wasn't raised that way or I had to struggle or I'm still struggling or whatever that is and we tend to look out and think people have it really awesome. Like everyone has been so awesome around us. Let's just say for a minute even if they did great for them. Because you're looking at people who in your eyes are having this life that maybe you desire you'd like you know inserted a house vacation, new shoes, a new career, whatever it is. Find that inspiring versus looking at that with jealousy or sort of anger or It's easy for her like, she doesn't know how hard I have it. When we're not taking radical responsibility, that's the kind of stuff that comes out of our mouths. And instead of obsessing about what they all have go, Is there something I could learn from that this actually goes back to a little bit of yogic philosophy, it's called before locks and four keys. And the whole point of I'm probably gonna get it wrong, right now shoot, but there's these four locks and four keys and they are meant to sort of keep you yourself sane and at peace. So if there's someone crazy out there, okay, you know that they're crazy. Sprinkle compassion on them from afar. You don't have to get involved that keeps your peace, but you're, you know, sort of spreading love and going, Oh, something must be wrong with you. Or you must be dealing with something hard sprinkle love compassion from afar, but I don't have to engage. Another one is if you see someone who is thriving and surviving, and really having this great life, look at them and go, gosh, what can I learn from them, instead of going and being jealous, which is kind of our natural human default? Or being a little pissy about it? Look at them and go, What? What can I learn? What are they doing? Right? What can I adopt in my life? And if your friends was someone else, and like, what are you doing? Do you have a morning routine? Like what do you like, you know, insert, like whatever you admire about these people, or person and ask for just admire from afar and see if you can pick up on something that they're doing? And go do that. Can you see how it just kind of keeps you a little bit separated? And it doesn't get you wrapped up in their lives? And it doesn't make you feel less than it's like, great. They're doing that. And then there's another one is, if you see a friend having success, really go, wow, how exciting for you. I'm so happy for your success in same thing, like, Well, what was what were they doing that was that the gods in this place, because I want to be in that place. And again, it's a little bit of an opportunity for learning, you're taking radical responsibility. And instead of going, Oh, well,

nice for you. Or maybe she knew somebody at the thing. And that's why she was there. Or maybe that's how she got that client knew. You assume that that person worked really hard. They got that because it's something that they're doing maybe that there's something that you can learn from it. Again, it's taking responsibility for your thoughts, for your emotions, for your feelings, and for where you are in life. So hopefully, y'all are picking up on this, because it's been really interesting, just sort of being in conversation with a lot of people and seeing people out there, they know, when you're in kind of a deep, dark place, it's hard to see a shiny, positive message. So you're like really low, like where I was those number of years ago, I don't even know, frankly, at that particular time how low I wasn't depleted, I don't know if I would be able to receive my own message. If I was back in that time, because I was just at this, I had to, like study my health. And kind of, I always like to say put Humpty back together, there was nothing that was allowing me to take anything in, I certainly had to build and build and then build my capacity to take more in. So all of you listening, you're going to be on you know, different ends of the spectrum, you are either at a place where you're kind of like, everything is wrong. It's all everyone else's fault. It's my husband's fault, my kids, it's where I live, it's my job, I don't make enough money, or this, that and the other, there's gonna be a bunch to be out there like that, I'm sure listening. And then there's the other end of Gosh, I'm really, you know, things might not be, you know, perfect, but what is, but I'm taking radical responsibility for everything that's going on in my life. And that's where I would put me on that end of the spectrum. And that's a lot of years of work, a lot of work, you guys a lot of work, and reflecting and keeping focused and going alright, Gen so if you want to get to this next place, I'm taking responsibility. It's nobody else's responsibility to get me to a place. It's me, it's not my husband's son, my kids. And like, I want to say one thing too. When you're in a place and especially we, we put if you're married and you have a partner, we tend to put a lot of pressure on our partners to make us happy. There's probably five things that are really bad for marriage, and one is a real partnership and is expecting that other person to make you happy. And again, you guys, I didn't always start out that way. But when I was in my deep dark because I didn't have any perspective. I really did look at my husband in that time. And that's why we were having a hard time in our marriage. He was always supportive but he needed to be more than that. Like I was relying on him for my bear my very reason for being which is not something we put on anybody ever we need. We cannot do that. And so I can look back on me and go, oh, oh, Jen, okay, you got through it, you know, we fought, we got through it or fought for help and all of that. And I got myself put back together. And I can look back at that time and realize what was happening and I have clarity around it. And no, only I, I was mad at this is this is the clincher guys. I was mad at him, because I wasn't realizing my full potential. When I say that, again, I was mad at him, because I wasn't realizing my full potential, which had nothing to do with him, had nothing to do with him. And that's when that's probably the whole thing I want to say to you guys today. Blaming the house, blaming where you live, your friends, your spouse, your partner, anybody your job, none of that is responsible for what you're feeling. And none of those factors are responsible for you being on purpose and doing what you're meant to do. You've got to figure that out. And you got to take radical responsibility for it. Like I said, I can come here to tell you this now, because I have done all the work, I can look back on that with this perspective that I have, and know, and then actually realize, and this is a true gift that he is the exact right person in the world to support me in doing what I'm doing today. And he always has been you guys, we all probably started out with our partners, the same thing. And there's rocky roads and kids and there's all this stuff that comes up. This is not a whole podcast about relationships. I just want to underscore the fact that you can think something is so wrong, and it's actually so right. And it's really just about taking this radical responsibility. And just know that you

knowing that I am completely responsible for my life, nobody else. It's nobody else's job. Like I said, it's an inside job. And so it's also really great news. It's great news, because you got yourself where you are, I got myself where I was, and I could make the change, you can make the change to that's what I got for you ladies today. That was on my heart. So I hope that helps. And I know like I said, I know it can be a little bit triggering to sort of hear that and go Wait, what, what I'm responsible, I gotta do what, just let it sink in. Maybe come back to this episode, maybe like take out a pen and paper and just journal about it a little bit. What did come up for you listening to this? Because it's you know, this, it's big stuff. It's big stuff to take responsibility for your life and declare that, hey, I'm the responsible ones. If I want to go do all the stuff that I want to do. I have to make it happen. And I've got to take the steps needed to make it happen. So there y'all go. Radical responsibility starts with awareness. So please sign up for my newsletter. I'd love people to communicate with you that way. So you guys don't miss out on all the cool stuff. I've got cooking. And again, it's just going to be everything I do goes through a filter of supporting you if it's not going to support you. I don't do it. Thanks for tuning in everyone. I hope you have a beautiful day. I love you all. It is my great honor to be behind this mic speaking to all of you. It's just a real privilege. So I hope you all have a beautiful day and I'll see you real soon.