

# Ep 120 How To Let Go Of Your Midlife Expectations

Mon, Jul 03, 2023 2:54PM • 8:14

## SUMMARY KEYWORDS

expectation, feel, life, release, people, message, talked, summer, business, abraham hicks, easier, relationships, disappointed, showing, advice, pivoting, marple, sticky note, staying, couple hours

## SPEAKERS

Jen Marples

**Jen Marples** 00:00

It's easier said than done. But you really have to know that if you release the expectation from everyone, first of all, you won't be disappointed. The second piece is, you're opening yourself up in this world up to receive new people in your life and to receive the people who need your message, your product, your service, your book, whatever it is that you have out there that you want to bring into the world. Hello, ladies, welcome to the John 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, and welcome to the John marple show today, I felt inspired to share with you, it's probably one of the most important concepts you can understand, embrace, learn, and really like put this on a sticky note on your computer, release all expectations of everyone. I'll say it again, release all expectations of everyone. And so this is great advice for when you're starting something new. And or you're pivoting, especially if you're pivoting people, you know there's people in your lives that know you was one way and you're pivoting into something new because I know a lot of you out there are considering trying something new or you been out of the workforce for a while and you're stepping back in. And of course, if you already are running a business, this is just sage advice. Full stop. This is just basic life advice, you guys release expectations of everyone. And you'll never be disappointed. And I know, I know, this is easier said than done. I'm just coming off of a couple different things. And situations where I was taking my own advice trying to and the truth is, some people kind of hurt my feelings and very close to me. And I allowed myself to feel that feeling. And I said to myself, Jen, you had an expectation, you cannot have an expectation. And when someone is very close to you, it's 80,000 times harder to practice this. But I'm telling you, this is an amazing phrase, release all expectations of everyone. And if you can really practice that, in the toughest situations, and I'm saying like the people closest to you, it could be a spouse, a mom, a dad, a best friend, like the people you think are going to be there for you. If you just release all the expectations, you're not going to be

disappointed. And so I say this knowing full well. Like I said, coming off of something that was very big for me. You know, I like I said I had this expectation, and I was hurt. And I let myself feel that for a minute. But I didn't dwell on it. I talked to my business coach about it. And it was literally a couple hours. And I really just sort of let myself feel it. And then it's just kind of a blessing release. Because at the end of the day, I'm always banging this drum people have busy lives, they are thinking about themselves, they are not thinking about you. So any perceived sort of slap in the face, or oh, that person's not supportive, or oh, this, that and the other. They're just living their lives. And you have to turn it back on all ways. And this is what I do always is Who am I serving? Who is showing up for me who is out there who needs this message. I have another friend dealing with something and she had posted how she was just really sad that a certain group of friends wasn't supporting her. She's launching something really big. And I said, you know, you've got to let it go. Again. I said it's easier said than done. But you really have to know that if you release the expectation from everyone. First of all, you won't be disappointed. The second piece is you're opening yourself up in this world up to receive new people in your life and to receive the people who need your message, your product, your service, your book, whatever it is that you have out there that you want to bring into the world and so on. You're staying in a higher vibration because I'm all about God. I love Abraham Hicks. I will link abraham hicks in the show notes here because this is it's really all about how do you want to feel it's like I want to feel like I'm helping people I want a room filled with women smiling because they feel confident in themselves. And they're kicking ass. And they are stepping into their power. And they are knowing that they're not too fucking all. I visualize all that that's already happening. Like it's already happening. So if you flip that, and you think about all the people not showing up, that's the energy, you're sticking out into the universe, and then more people won't show up for you. Do you see how that works? So if you're staying in the high vibration, okay, Sally, Susie, and my mom and my dad, and all these people didn't show up. I'm saying this as an example, then I'm just saying that they're not showing up, you're not thinking about Jane and Sandy, and this and that, and the other who did show up. They're the ones who actually need to hear what you have to say, or they want what you have to sell, so to speak, like they're interested in your product, service book, etc. So you just got to always flip it. So just try it the next time you feel like you have an expectation, and God knows it's really hard and relationships. And yes, my husband, we've gotten to marriage counseling about some of these expectations. So I know, I know, it's easier said than done. But it's just a really strong practice just releasing the expectation of everyone. And then you open yourself up to new people coming into your life, who need to be there. Because think about it to the people that aren't showing up for you, or whatever it is, and your relationship. Maybe they're the ones that they don't need your message. They don't need to be in your orbit for whatever reason, I'm not talking about relationships, like with spouses and things like that those are complicated, that goes a little bit deeper, I'm talking about in general. So think about that. They don't need the message. But guess what, the people who are watching you who you might never hear from, those people do need your message. And so the more you open yourself up, and you keep sticking to your mission of going out there and delivering whatever it is that you deliver the right people are going to come into your life. And I know this to be true, because I'm experiencing it myself in real time. Right now, as we speak. I had that moment of feeling sorry for myself for about, you know, a couple hours talked it through like yep, yep, yep, I forgot I didn't take that advice. I flipped it. That person that's close to me doesn't need this message. And then I am not even kidding you guys. Within an hour, I got a text from someone who said, Oh, my God, I just listened to something. And I just took some action. I'm here for this, you are helping me, blew me away, blew me

away. If I had stayed in my pity party, I wouldn't have been able to welcome that in, I wouldn't have been able to make that impact. So I hope this makes sense to you guys. I'm going to recap it one more time. Release all expectations of everyone. And you're not going to be disappointed. And instead expect that the absolute right people are going to be entering your life. You're here for a reason you're impacting people. And just by having that vibration of the exact right people are coming into your life and just think about that all the time. They will start showing up in ways you cannot even imagine. I hope that was helpful to you all. I love you