

Ep 187 Shira Gill

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SPEAKERS

Jen Marples, Shira Gill

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 everyone. Welcome to the show today, I have a beautiful guest, and she is a returning guest. This is Shira Gill we've got in the house. Miss minimalista herself, all gorgeous with this Christine white background. It's just calming looking at you, Shira. So if you guys don't watch this on YouTube and you've never checked out my YouTube, this is a little plug, and it pimp out for the YouTube channel. So I think you need to do this, especially we're going to be diving into a conversation about styling our lives, because Shira has a shiny new book out called Life styled. Shira is one of the most listened to podcasts ever in the three year history of this show. So I'm like, we need to have her back on because she has a shiny new book and fabulous new tips for all of us. If you haven't listened to her first episode, I'm just going to give you a little bit of a quick bio on Shira, and then we're going to get into all the things, and you're going to love her as much as I do. So Shira is a globally recognized Home Organizing expert and best selling author with a minimalist philosophy, she has inspired 1000s of people to clear the clutter from their homes and lives and developed a process and toolkit that applies to anyone, regardless of budget, space or lifestyle. She's the author of minimalista, organized living and her new book, Life Style, which we are going to get into today. I love Shira. And we were just talking about the fact that she's going to be going on Good Morning America. She's been all over the place, doing all the things. And she is not only an inspiration to all of us midlife women, because she is a midlife woman, doing big, incredible things, but she is also just lovely, and she's she has so many great tips because y'all, I know, we all have the same shit that we're dealing with, burnout. We feel overwhelmed. We don't know what to prioritize. Do we keep this? Should it stay? Should it go? She was going to tell us it should go, you know, spoiler alert. So we're going to get into all these things today. Buckle up for a great episode. This is going to be one you're going to want to come back to and listen to again and again, and also listen to the first one that I did with her many, many episodes ago, which we'll also link in the show notes, so you can have a two pack of Shira and just feel minimized

lifestyle, organized, decluttered and ready to rock and roll. So share. Welcome to the show again, and I'm so happy that you're here today. Oh

Shira Gill 03:30

my gosh. Thank you for that incredible introduction. I'm so happy to be back.

Jen Marples 03:35

You have to look at this on YouTube and also check out her Instagram, because just looking at her Instagram and looking at her newsletters is calming. We all need that calm in our lives. For those of my listeners who don't know who you are, can you just give us a quick background on to how you got started into everything that you're doing and then just launch into lifestyles and what the book is all about?

Shira Gill 03:59

Sure, love it. I was born and raised in the Bay Area. I am a San Francisco Bay Area based mom of two. I'm a wife. I have a dog. I run a career, I write books, and my work really dives into how to clarify what is important and strip away the clutter that's in the way. I focused on this in the realm of the home for the majority of my career. So I organized and edited and styled homes all over the country for I think it was like 12 years before I got my first book deal. So I have seen every type of home. I've worked with every type of family and individual across this great land, I've seen it all, and I came up with a really practical, actionable toolkit for busy, overwhelmed people to start stripping away clutter. I did this in the realm of the home for most of my career, and then about a year ago, my publisher said, What's your next book? And I said, I don't. Know, and my editor said, Well, what would be like the 2.0 of minimalista, where, you know, you help people edit and organize their homes. And I had this kind of light bulb moment about using those same tools to help edit and organize your life. So that was something where I also kind of confronted my own imposter syndrome around being really good at having clear limits and boundaries in my home. I am a minimalist mom. I'm really curated in my home. It's really easy for me, but I started realizing my life is really overstuffed. I say yes to too many things. I have too many obligations. My to do list is insane. And so the light bulb moment kind of came with thinking, What would this next book be? And it kind of turned into my own experiment. Like, you know, how Gretchen Rubin did the Happiness Project. This was like the life Edit Project. So I, for a year, kind of took myself through, how do you cut the clutter in your relationships, in your home, in your health, in your career, your finances. When it comes to personal development, that is really what this new book is all about. It's how to decide what matters. Get really clear about what's important to you, and then it is a really step by step actionable guide to how do you create healthy boundaries? How do you say no? How do you cut the clutter and create more calm in your life?

Jen Marples 06:30

Okay? Yeah,

Shira Gill 06:32

this guy just little things.

Jen Marples 06:36

So we need to know all the things, so I know everyone's listening, going, okay, sure, Bring it. Bring it. I get this question all the time of like, focus, priorities, saying no, women, we say this all the time. We put ourselves last. We don't allow ourselves the time and space to actually figure out what's important, because we keep saying yes to everything. So we're going to learn how to say no to things, and how to get crap out of the house, how to get crap out of our head, and all the things I'm so excited about this conversation. I think it's so timely, because this is running towards the end of the year. So there's a lot of stuff that we can start doing now. Instead of waiting for January one to be like, Okay, here's all my new stuff and how I'm going to live my life. Let's start now. Let's start now, so we can go into the holiday season calm and then attack the New Year with all the tools that you're going to share with us. What I found interesting is in a book called Life styled, is that you talk about burnout and how we can alleviate burnout and or mitigate just by using some of the tools that you're going to share with us. So take us through the burnout. Because my listeners already know I've had massive burnout, and I found myself on the brink again. I feel like this is a sidebar. A lot of the women listening I know are high achieving, or have been high achieving, or midlife. Again, we're doing things for everybody else burnout. We're all kind of one step away from it. Even if we've done our work and we've pulled ourselves back from the brink, we're always still. I feel like one step away. Tell us all the things about burnout,

Shira Gill 08:07

yeah, so I can tell you. I mean, I started experiencing it in my own life, which was interesting, because, you know, I am a life simplifier by vocation, and so I was like, I have all these tools, and I'm super organized, and I streamlined my home. I know how to do the things, and yet I, like many women, feel so much pressure to say yes more than I say no, to take off more than I can really handle. And I had to start reevaluating my own capacity as a human being, which I think women are not taught to do right? That's a skill in and of itself. And I realized I was onto something when every single woman that I talked to, not just the women that were my clients that were hiring me to help with clutter, but my colleagues, professionally, other organizers, other productivity experts, were confessing they felt overextended, over scheduled, exhausted. So I realized, okay, clearly there's like a mathematical problem here where we are accumulating more than we are editing. And I think the language the pressure in society is always about accumulating and adding. It's adding not just to our homes, like buying more things and buying pretty outfits and new purses and new cars and the bigger home. We know all of that pressure, but it's also the pressure to just say yes to everything. As a woman and I have come up against that a lot as a busy working mom, that there aren't enough hours in the day to do all of the things you can't kick ass as a career woman and an entrepreneur and also volunteer every day in your kids school and run the PTA and cheer the auction. It's physically impossible. It's mentally impossible. So what I kind of tapped into is I practice minimalism in my home life. That's what we talked. Out a lot in our first episode together, but I realized I was not applying that same kind of lens, philosophy and toolkit to my life. So let me start by just clarifying how I define minimalism, because minimalism is such a like terrifying word to people. So I define minimalism as being radically intentional. That's not just with the things you own, but with how you spend your time, your resources and your energy. So I'll say that again, it's being radically intentional, not just with what you own, but how you spend your time, resources and energy. For me, I had to kind of hit the pause button and take a step back and do what I like to call a life audit, where I think through all of the different buckets in my life. And so for me, that meant looking at my marriage. How do I spend my time in my marriage, and realizing, wow, that's super neglected. My poor husband is always finishing last because I prioritize my career, I prioritize my kids, I prioritize my health, and then

I'm like, oh, Jordan, we should probably have dinner once in a while, right? If you ask me what my values and priorities were, I would 1,000,000% say my husband, my family, but when I looked at how I was spending my time, it was doing a million other things that had nothing to do with valuing that very important relationship. So step one is kind of to just take a step back, push pause, even if you just have an hour to literally just write down what are the important buckets in my life that could be spirituality, it could be finance, it could be career. It could be relationships. It could be your relationship with yourself. All of those big buckets, and I like to go through and just rank them in order of fulfillment. So I do like a one to five scale. And the first time I did this, I had a leisure and recreation bucket, and I was like, Oh, that's a zero. I am not going on picnics or leisurely strolls or taking my kids to the beach. We live in the Bay Area. There's no excuse. We're by all of this beautiful nature, and it just is, simply by starting by cultivating the awareness of what are the things in my life that are neglected, just by cultivating the awareness, you're already a step ahead, because most of us don't even slow down long enough to think about it. Have you ever just pressed pause long enough to be like, how is my relationship with my kid or my partner or my best friend? Am I investing the time that I want so by stopping and just saying, I'm going to just look at this kind of holistically. And then step two is, instead of then trying to fix everything all at once, which is just going to make you feel more overwhelmed. My next kind of life lesson was what I like to call defining a minimum baseline for each thing. For me, that's saying, what is the least I could do in each area that I could live with, maybe with my husband. We're not going to go on a date night twice a week. That's not realistic. But in our case, we decided we're going to do two high value dates a month. I'm going to plan one, he's going to plan one. And so we know we're going to get this quality time in. We also pivoted from doing an evening date when we're both exhausted, which felt like we were just going and spending all of this money on dinner, but we were like too tired to engage, to now we do a day date, like a Saturday day. It could be a hike and it could be a beautiful two hour lunch somewhere, but we know, even if that's once or twice a month, we're getting that in, we're kind of baking in that big rock. Likewise, I started doing it. I have two teenage girls, and so we're like, passing ships all the time, and I just said to them, Hey, I feel like I never have any quality time with you. Can we do a mother daughter date? And what worked for us, instead of trying to carve out yet. One more thing was integrating it with things we already did. So I drive my youngest daughter to competitive soccer now every other week we go get an ice cream when I pick her up little low hanging fruit. That's easy and actionable, but now I feel like I know I'm going to have this quality time with my daughter, as opposed to just feeling like all I do is shuttle her around. So it's looking for those little opportunities to bake in the meaning and the values that you want to see in your life in a way that's easy and can be automated. Notice in both of those examples, it was like me and my husband now, I plan the first Saturday of the month. He plans the third we're done. We don't have to talk about it. And with my daughters, it's okay. We know every other week when I'm picking you up from sports, we have this mini date. We get a treat. So those little things can actually shift the shape of your life and how you. Feel

Jen Marples 15:01

Wow. I'm taking mental notes to this one again. I'm like you with the two teenage girls ships passing. They work. They've got this vibrant social life. And you'd ask the question for the audience, when was the last time you really sat and looked and audited? And I kind of had this crashing most my listeners know I just sent my, you know, my oldest off to college, and nothing is going to kind of make you look at your life quickly than when you send a baby off, because there's no time left. Now they're out the door, right? So now I'm like, Okay, what about these girls that are here? And it's changed that, you know, the

dynamic of the family. But I love this idea of tacking things on. I feel like I've done a little bit like, Hey, do you want to go to the grocery store? We're doing this. And I'll try. And I have twins, so I'll peel one. So it's hard to get kind of that alone time with two girls the same age. But I love this idea of pausing because we're on this hamster wheel, even though we try to get off this hamster wheel, and my audience has heard me talk about it. So if we're on the hamster wheel, we're just doing, doing, doing, we don't pause. And I feel like we think the world's going to end if we pause. I don't know why that is, but we feel like we're going to miss out on an opportunity, the FOMO or this, the that and the other. So what have been some of your tools? Because we're all midlife, the kids are older. I said no to the PTA and all that stuff. A long time ago, I got sucked into some stuff at the high school. I'm just like, lose my number, like you'll see me at graduation. That is all I can do is show up for my girls when they graduate. Sidebar, I told my girls. I said, I'm a bottleneck. You have my credit card if you need to sign up for AP practice tests, SATs, they're AP to all this stuff. I said, just go ahead and do it. Don't even come to me like, take me out of the bottleneck. Just go do it. Yes. So what would be some of the tips and tools you could share with everyone? Because I feel like we do have time and we talk about decision fatigue, so this probably goes into, like, the decision fatigue too. Should I do this? Should I do that? Do I go to the Joneses for this party. Do I host this thing again this year? Do I keep doing the thing that I normally did? I could do these five things for work, but so we find ourselves going and I'm **I'm speaking this out loud because I am guilty of this. So we go in a million different directions. And so we find that we do everything pretty bad or not as great as we could, and we end up fried, like you're talking about, we just were, like, in a puddle on the floor going, nothing's firing like how I want and what the hell is happening. So instead of, like, binging Netflix, what do we do? Shira, okay,**

Shira Gill 17:34

and I'm all for binging Netflix too. **So here's the thing. Is, I feel like we spend the first half of our lives accumulating, right? It's all about adding adding degrees, adding experience, adding notches on the belt, career wise, adding, potentially kids, a family, a partner. And if you just keep adding and adding and adding, you're never going to feel a sense of balance or harmony, because it's just math, like, here's what I started realizing, is if you're just adding and adding and adding and you're never subtracting anything, you are bound to hit burnout. And that's kind of how we have all found ourselves in this place. Is too much addition, not enough subtraction. In terms of, how do we restore balance? First, it's hitting pause, and it's kind of saying, What do I want my life to look like in this season that requires some soul searching, some thinking, some spaciousness. If you're in burnout and you're on the hamster wheel, you're not going to be able to make a good, grounded decision, so you must pause.** And I know that so many women feel like pausing is a luxury they simply don't have. I get it. I work full time. I support my family financially. I can't go off to the Bahamas for two weeks to Naval gaze. But when I started this process, I did do a solo retreat for 24 hours, and it literally was 24 hours. I found a place in Calistoga that I could drive to, and I could just completely unplug and just think, what do I want my life to be like? What's my ideal connection cadence with the people in my life? I think that's something we don't usually look at. And as we're gearing up towards the holidays, it's literally asking yourself these questions, like, how many parties do I want to go to per month? How much do I want to volunteer? What does that look like? How often do I want to spend with a partner or a spouse or someone I'm dating? How much time do I want to spend by myself? And then it's taking your calendar and auditing it and seeing what can I remove from my calendar, even if I feel like I'm gonna let somebody down to get closer to this vision of my ideal life. And it's not easy. I went through this

process. It was painful at times. I. Let some people down. I said no to career opportunities that maybe could have been good or helpful, but it was just one too many things for me. It's looking at, what are the big rocks in my life that I want to invest in? You have to have a big enough Yes, that's really, truly compelling to make the nose feel easy. I'll give you an example as someone who I always overbook myself career wise, because I love what I do. I had to look at what is my big goal this year, and for me, it was launching this new book lifestyle. I also wanted to start a podcast. I also wanted to be in a TV show. There were so many things, but when I did take that data myself to kind of think, what is the big thing for this year, I realized there's no way to successfully launch a new book in the world, successfully if I'm starting a podcast, if I'm going on a TV show, I will be spread thin, and like you said, I'll do a rotten job of everything. So I made it my goal to be like, I'm going all in on this one thing. I'm saying no to everything for this year only. And I think that's what can be so hard when you're a doer, the way I know you are as well. You don't want to say no to opportunities that feel good or fun or enriching or compelling, but at the end of the day, like, what's helped me a lot is knowing if I say yes to just one or two things, I can knock it out of the park. If I say yes to 12 things, I'm not going to do well at any of them. So that's my number one message here is deciding what is your big thing for the year or for the season that is compelling enough to you that feels like a big enough hell yes that it makes it much easier to say no to the PTA, no to the extra thing, no to the will you go on so and so's podcast or volunteer for this or fundraise for this. It's deciding what's the big yes in my life right now, and it can't be 10 things. It can be one or maybe two. My rule is typically one personal, one professional, and that's it. And then again, defining what's the baseline minimum, because you still have to eat right? You still have to go to the dentist, but you don't have to train for a marathon. For me when I'm writing a book, I'm taking a quick walk with my dog every morning, and that's it. Yes, I would love to go to a core power class every single day for an hour. It's not possible if I'm writing a book, but I can move my body. I can try to have a green vegetable or take a vitamin. So it's looking at what are the itty bitty things you can do while you're working towards the one big thing, whether that's a huge career shift or a relationship transition, or improving your relationship with yourself, or doing a big creative venture like launching a business or writing a book, what are all the little baseline minimums that you can define for yourself in those other buckets? I have found that to be game changing. It's okay that sometimes we have pizza for dinner. That's not what I'm doing. My goal is not to be the best recipe developer this year, and so by lowering the bar on most of the things in my life, and kind of giving myself grace to do a good enough job as a mom, as a meal prepare, as a physical being, I'm able to knock these bigger goals like writing a book out of the park.

Jen Marples 23:37

Okay, so I think this is the theme here. It's like, do less better, yes, and there's so much here. This whole conversation reminded me of when I launched this whole new business. You know, three years ago, came out with a podcast, Shira. The podcast launched a website. Was coaching women, having events. I took a book writing class. I was just, yeah, piling things on, like launching a newsletter, doing all these things and being present on sort of all these different social media channels. And I did the exact opposite that I counsel women to do today, because, like I said, you just don't do anything very good unless you focus in on the one thing, and then you realize, like I did after hard charging for a year. Because yes, I, most of us listening, are wired that way, thinking, well, if I can do it, maybe I should just do it. But it doesn't mean you should do it. That things get lost in the fray. I woke up one day going, this is not sustainable. Yeah, energy output. We're not supposed to be in go mode every single day of the

year. At the time, I saw three children at home, one who was needed to get prepared to go off to school. Yeah, there's a husband who's sadly dead. Last the dog was even above my husband. Poor thing. It's like, oh, I'm actually loving on the dog more than my husband and so. So. But I think we've been sold this bill of goods by society, and we look around and it's very dangerous, kind of, when we look around and we see people that we want to emulate, and oh, like Mel Robbins has this podcast and this, and we forget we have to peel back these layers too, right? Of understanding that people are looking at have teams, yes, that are doing tons of work and so, and so, and I know a lot of women listening are solopreneurs, and we really, I'm so glad we're having this conversation, because we really need to peel back these layers and really think about the needle moving things, and then for those of us, especially with kids still at home, they ain't going to be home that much longer. Whatever it is that we feel like life is ending, and this is my whole mission, like, you're not too fucking old, we have a lot of time. I think we for some reason, we think we don't, but we do have a lot of time. So we've talked about some big, meaty things, and I know it's going to be hard for women to go, Okay, how do we pare it down? How do we pare it down? And so I'm glad you shared some of the tips and tools you use. It's like, if I'm writing a book, that's it, because then you literally have still this full life you've got to deal with and you're working with clients, but the book is the big thing, right? So, I know you talk a lot about habits. I love a habit. I love a good habit. And I try to share habits with the women that I'm working with, too, of just if it's journaling every day, and also, you know, cleansing the calendar, if they if something gives you like a clenching in your chest, you know, get rid of it. What are your sort of top habits that everyone could implement right now to then be able to focus and get that time back and really get that clarity that we're all sinking.

Shira Gill 26:29

So the biggest thing that I do, and I don't do it every day, but when I don't do it, I suffer. This is my biggest life hack. It's so simple. I call it the index card system. So like a white analog index card. I mean, you could use anything. That's just, I grew up with index cards around my house. So before I go to bed, I ask myself the question, if I can only accomplish one thing tomorrow, what would it be? I write it down at the top of the index card, and then I just look at my calendar for the day ahead, and I make myself a little cheat sheet. And this is also because I was just telling you I've hit midlife where it's like major brain fog, where I used to truly hold everything in my head, and now I simply don't. I'm like, at the age where I've started feeling a little of the brain fog creep in, so I make myself a cheat sheet for my day, the day before, this literally takes me five minutes. So it's defining. What's the one thing if the whole day gets away from me and I'm just going to do one thing, whether it's for my home, my business, my relationship, what is that one thing? Getting that clarity in advance, and then I just make a little cheat sheet based on what is my day. So I literally would write down nine o'clock podcast recording with Jen. And as I'm writing it down, anything I need to do to prepare is popping into my brain, and I'm doing it at that moment last night, I confirmed with you via email, shot you a quick I'll see you tomorrow, right? I go through and I just do that for my whole day, if it's dinner with the family, oh, we have no food in the house. Who's doing that? When is it happening? So this is the quickest, easiest thing, but it's kind of shocking to me. Like, when I don't do it, I just sort of stumble my way through the day. I get distracted. Things fall away. I end up at six like, What are we having for dinner? There's no food in the house. So I call it a date with yourself. Just preparing for your future self, for your tomorrow self, spend five minutes, write it down, make yourself a little cheat sheet, and decide on purpose. What is that one thing? If I only what is it? So that's number one. I have other habits that are really simple, that just are

kind of game changing from my time as a professional organizer, which are like every day, I put any paper that I need to process in one basket. I call it my inbox. That way, I always know like everything in my life is centralized. I feel like as women, we're often the keeper of all of the things, all of the invitations and the bills and the forms. It's just a lot of mental load. And so I think even if you're doing nothing other than centralizing it into one location, it is a relief for your brain to know all of these things, all of these kind of to do's are in one place. I know where to find them. When I have time, I make a little date with my inbox once a week, on Sunday, I go through and review it, I pay the bill, write the email, fill out the form, and kind of reset it for the week, little things like that. I mean another one so simple, but I delegate doing the dishes to my teenage daughters every night, when we finish family dinner, they go and spend 15 minutes. They do the dishes, they dry them, they put them away, they pack their lunches. I wake up to a sparkling clean kitchen, whether you. Have kids or not, I just say treat yourself to a clean kitchen. I've timed it. It usually takes 10 minutes to knock out the dishes, wipe down the surfaces. It's like these tiny, little low lift things, centralizing the paper, knocking out the dishes, even just not looking at dirty laundry. If you have laundry in your bedroom that you're waking up, to put it in a pretty vessel, stare at a pretty basket, tuck it in your closet. It's those little things that feel like a treat when you feel overwhelmed. Another one, I would say, for Busy Women, is just treat yourself to a beautifully curated nightstand. This is an area I've been in, you know, hundreds, if not 1000s, of homes that gets so neglected, and people are staring at an old coffee mug and bills and work papers and a laptop and charging cords, and it literally can take you five minutes to clear off that night stand and put something beautiful on it, a candle, a plant, a picture of something you love art, but treat yourself to something pretty when you wake up. Make sure that when you wake up, the first thing you're seeing is not a pile of stress, but is something lovely that feels like a treat for your eyes. So my role for my bedroom is it has to feel like a boutique hotel. It's basically just my bed, my dresser. I try to have fresh flowers. I buy them for myself because I'm picky. Every week, on Friday, when I wrap up my work week, I literally will go and I'll either flip things from the garden. I don't have a beautiful garden, but even just like some olive branches, and I put them in my bedroom so that it feels like I'm taking care of myself, not just everyone else.

Jen Marples 31:51

Oh, my God, I love those. Everyone listening is probably visioning their nightstand.

Shira Gill 31:58

Yeah, they're not pretty. They're not pretty. And also,

Jen Marples 32:01

when you open up the drawer of what's in that drawer, I just gave myself stress of all the crap that's in that drawer,

32:10

oh my God, that's 2.0

Jen Marples 32:11

I got a sense of calm thinking of creating my bedroom as a five star boutique hotel. I tried to keep it minimalist, but I'm already thinking, okay, there's a lot of stuff that has to go. And I love books.

Shira Gill 32:25

Oh yeah, well, so my rule for that is I only have the book I'm reading on my nightstand, not the pile of 15 books that I want to read, just because it stresses me out. It's like anything visually that feels like unfinished business for your brain is subconsciously telling your brain we have more to do. So I think even just visually, this is a hack for any area. It could be your workspace, clear off your workspace, just have a laptop and something pretty to look at, so that visually your brain has less to process, because when your brain is always working overtime on processing physical clutter. It's in overdrive constantly. So it's a really easy hack, even if you're just hiding it, shove it in a closet until you have time to deal with it, so that you can just sit down to a curated, beautiful workspace, desk space, night stand, kitchen counter, all of those spaces that you see every single day. Get them as clear as clutter free as you can. Oh,

Jen Marples 33:28

my God, I just got this sense of calm thinking about it. I'm also going to enroll my girls in doing a little bit more. And thankfully, because they're older and they can drive, I have started saying, Okay, again, you've got the credit card. You've got your own money. I'll Venmo you when you're done. But if you guys want to make something, go buy it. Buy it on the way home from school. Make it. I'll eat it and I'll pay over it. But I'm down. I was actually talking, you know, I told you, before we got on, I was just at Parents Weekend for my son, and I was talking to all these moms, this was, like, their second or third kid, and they were, like, about to be done and really be like, free birds. And they just kind of said, you know, I've been making dinners for all these years. I'm just done. Yeah, I'm done. Like, I'm simply not doing that thing anymore, because if the kids are still home or not, somebody else can do it. But I'm just done. So I love this. You know, we're talking about boundary setting and making things pretty. You can see, I've got my pink roses behind me. Those are my little treats that I buy every week. So I have my pretty pink roses that make me happy. And I feel like we don't, we don't treat ourselves, and we don't, maybe think that we deserve to, you know, be sleeping in a five star boutique hotel and have the fresh cut flowers. And it's really, it's not like it's a big spend. It's just taking that time and intention, right? Yeah,

Shira Gill 34:46

again, it's more about the subtraction than the addition. Get the junk out. You don't need to go spend 1000s of dollars to renovate your bedroom. When I was in college, I had no money, but I was like, I want to feel like I'm in a boutique. Hotel, and I literally got white bedding from Target and just got rid of all the crap so that I felt like, oh, this sense of calm. And if you pay attention to how you feel when you're on vacation, you know, whether it's at a boutique hotel or a fancy resort, it's just less it's just a bed, a dresser and maybe an empty desk, and it gives you this sense of calm. The other thing I want to point out that I loved that you were saying is just giving yourself that permission to do less and delegate. I've had so many light bulb moments of realizing, Oh, I don't have to do this thing. I always thought to be a good mom, you had to cook a beautiful, balanced meal every night, not my zone of genius does not bring me joy. So now I let my husband cook. I let my kids do something. If it's my night, I literally am ordering a pizza, and I just decided to not feel bad about it. So it's also looking for what are the things you can let go of and just give yourself permission to be bad at I am bad at a lot of things, and instead of having shame about it, I now just lean into I'm really good at these things, not good at this, and it's fine,

Jen Marples 36:13

sure that is like, the most amazing way to kind of end because I do know, and I'm one of those like, Oh, am I a mad Mom? I haven't made a home cooked meal or this or that, that's not my zone of genius. Doesn't bring me joy. Never has, never will. Yeah, go get me a Trader Joe's salad or whatever. Like, I just, it's not my thing. It's not, it's not my thing. And God bless everyone out there who it is, their thing. One of my girls loves to cook more. I'm like, Just lean in. I'll give you money. Lean into it, whatever it wants. Cook it for the family. But I love that. It's like we don't have to be good at everything. We're not good at everything. Oh, just let it go. Yeah, maybe you're not gonna have the big dinner parties or the this or that. Goes back to this whole conversation of, if it doesn't bring you joy, it makes you feel like you're having stress to have people over, but you think you should, especially going into the holidays, let it go. Last year, Shira, I gave up. I said, No to Christmas cards. It's like, I and I'm a Christmas card girl. Since I was, like, 22 years old, I said, something has to give Yeah, and I'm not going to feel guilt about it.

Shira Gill 37:13

I love it. My husband always wanted us to do holiday cards. And I was like, if you want to feel free to, I'm not going to and he just realized, Oh, all right. And so we've never done a holiday card ever. We've been together for over 20 years, and it's just one of those things that's like, if it feels like I have to let it go like that's one of the most liberating things I think about middle age and beyond, is you can do whatever you want or not do, right? Just be like, I don't want to cook dinner anymore. I mean, what a game changer for my life. Such a

Jen Marples 37:51

game changer. So just say no, ladies, just say no. Okay, so final few questions for you, what do you think the best thing is about being in midlife?

Shira Gill 38:01

I think it's freedom. I think it's the freedom to just care less about what other people think outside standards and social norms and just start saying no to the things you don't want to do. I would not have been able to do that in my 20s or 30s. I feel like the older I get, the more liberated I feel to just say no, I

Jen Marples 38:26

love it. So every guest completes our signature phrase on the show so you're not too fucking old too, so you get to say it with your little flourish, so you're not too fucking old too,

Shira Gill 38:37

okay, not too fucking old to travel the world alone. Oh, god, yeah, that's like a faith

Jen Marples 38:44

to do that. Shira, oh, I

Shira Gill 38:48

really that's like next on my I've done a lot of traveling alone, but my real dream is to do, like a true around the world trip, and

Jen Marples 38:58

we'll do it, we'll do it, we'll do it have to be to be intentional about it, design the life and make it a priority, right? Yes, it will happen. So where can everybody buy the book? Find you support. You get all things. Shira,

Shira Gill 39:13

yes. So I have three books, minimalista, organized living and my new book, lifestyle. They are all available wherever books are sold your big or small book shops, you can join my newsletter, get all of my great fun free content just by heading to my website, which is my name, shiragill.com, S, H, I, R, A, G, I, L, I.com,

Jen Marples 39:36

awesome, and we're gonna link all of that for y'all in the show notes. You don't have to worry about jotting that down, so all those pertinent links will be in the show notes. Well, I could talk to you for hours, hours and hours and hours, and these were such helpful tips. So I'm I'm just so glad you came back on because I know we're all feeling overwhelmed. The time of the year is especially in everything that's going on that I don't have to mention, just everything is happening or go. Into the end of the year, and women need tools. Women need support, and we need to give ourselves permission to do the things that we need to do to make our lives better, so we're not crazed and burned out and running around like chickens with our heads cut off. Thank you for coming on today to share all your beautiful tips and tools, and as always, so lovely to chat with you.

Shira Gill 40:18

This was such a blast. Thank you so much. Bye.