

# JM Ep 39 You Can Do It

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## SUMMARY KEYWORDS

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## SPEAKERS

Jen Marples

### Jen Marples 00:00

Is 100% okay necessary, actually necessary for you to put yourself first? You have to, because by putting yourself first, you are actually putting everybody else first as well. Because if you take care of yourself, you're going to be able to take care of others, and then you will know that you can do it 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 and 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 to fucking old. Hello, everyone, and welcome to the Jen Marple show. I want to talk to you today about something that I feel y'all need to hear. Because I see this pop up a lot. And I find myself actually drawn to saying it to you all the time. And it's that you can do it. So maybe today's a little bit of a pep talk, I just want you to know that you can do it. And by doing it, that's what ever it is that you feel like you want to do. If it's changed up your life, change your career, find a side hustle, find some new friends. Finally release talking to a couple people out there. Finally release the animosity and resentment towards ex husbands because that's going to free you up to actually live your life and not slowly, you know, give you an ulcer and take away your joy. You can do it. I mean, whatever it is, if you want, I actually found out some woman decided to run a half marathon and she loved it so much. She's now coaching other women to run a marathon. So the point of all this is, you guys can do it. It's pep talk today, a little bit of a pep talk. And something that also popped up. Because I used to be in the muck in the mire. If you've listened to my transformation journey, my like number, I think was podcast number two about my story. I haven't always thought I can do it. And I completely understand when you're kind of in the muck. And you're dealing with a lot of really heavy stuff. And we deal with a lot of heavy stuff at midlife, that it's hard to sort of see the forest through the trees. And you can kind of look around and think that it's everybody else's fault that they're making you feel like crap, or it's the environment, it's where you live, it's because you don't have enough money or because you don't have the right friends or your kids are driving you nuts. I mean, there's always all this external stuff that we're looking at. And we blame that or that's our excuse for not making any changes. And I am you

know, I was right there with you guys. There was one point in time where it was right after I shut down my business. And I was going through my I'll call it my midlife crisis, but it was my deconstruction of kind of dismantling who I was to really figure out who am I without this job and being a mom to these three kids. And, you know, really doing some deep, I took a lot of deep work to do that. But in the midst of that, you realize, who am I without, like this bullshit story. And what I want to say about that point in time actually is I was not a fun person to be around. And have that mirror kind of shown back on me was, it was hard. I always was the kind of the fun person to be around uplifting, but I was just going through this deep, dark time it was you know, a situation or point in time. And I remember my husband never having dinner with some friends. And God bless my husband. He's super transparent and tells me everything in this case, maybe he shouldn't have told me everything. But he had said, Yeah, I talked to your friend's husband, and he told me it's hard to be around you and he doesn't want us in their house anymore. And I was like, wow, of course I started crying because this was when I was at my deep deep dark time of falling apart and seeing a therapist and all but so first of all, it's kind of pissed. I'm like, you know, we've actually known these people for a long time and they know I'm going through something but okay, fair point. Like, it really did make me look at myself and how I was approaching everything. And the the honest truth is, and this is why I'm brutally honest with all of you is that, you know, I was in the midst of doing so much work on myself and I really knew Did to probably go deeper into the work that I was doing. But at that point, I mean, there was nothing. I had no perspective. I had no perspective. Everything was wrong. I almost blew up my marriage, I thought I needed to move away. It was all I was putting everything, all my problems were external. And so when I worked through was really figuring out what it was internally and changing my mindset. And I also was having some health issues I needed to kind of build my health back up. And all of that because I was completely fried. But I bring this up, because I know just to say, yes, you can I never want to be that person is like toxic positivity. There she is. Yes, she can. But the thing, the truth is, yes, you can, if it's taking one small step, to unpack some stuff, I actually had somebody just reach out to me, and they said that they were, you know, contemplating some changes. And they realized, oh, they need to shine the light back on themselves, because it was bringing some things up. And she's like, I think it's finally time in my mid life, I haven't, I just kind of pushed this one particular issue to the side. And now that issue was like banging at the door that she could no longer walk away from it. And so me I was I was very proud of her for realizing that I've seen you get to midlife, some of us have done a lot of work. And some of us haven't actually faced kind of what's been buried beneath. And this is what kind of I'm all about. I want all of us to be standing in our purpose, our passion, our power, and just being clear on what we want and not caring what people think. So when I tell everybody, yes, you can, you can, I want everyone to know, I want you all to know that you're in charge of your life. And if something's not right, there's some probably limiting beliefs. So there could be something from the past or the current situation that's knocking on the door, and you're just kind of stuffing it down, you can do it, you can excavate that. And you can move past that, because there is a beautiful life to live. And, you know, we do get to have joy in our life we shouldn't just be suffering through every day. And I know there's so many of you out there at this transitory time or taking care of parents. I know there's a lot of a lot of people I know who have gone through divorces or going through divorces and other people, you know, you've been with a partner for a long time, or maybe you're trying to date, there's just a lot of stuff. But we can all do it. So it's just getting really clear, really clear on listening, and getting clear on putting yourself first and knowing that that's okay. I'm going to repeat that again. Because I don't think I can say this enough to all of you, it is 100%. Okay, necessary, actually necessary for you to put yourself first, you have to,

because by putting yourself first, you are actually putting everybody else first as well. Because if you take care of yourself, you're going to be able to take care of others. And then you'll know that you can do it. But if you're always putting somebody else ahead of you, you're putting your job in front of your needs your spouse, your partner, your children, it's not going to end well. And it's what happened to me. And it's absolutely possible you all it is absolutely possible to put yourself first. And we actually need to that's the path of empowerment. It's the path of us standing in our true purpose and power and living our own lives, not lives that we think we need to have or that we want to have because we care what people think we need to just toss that all aside. So I'm kind of going on a little bit of a ramble rant for you all today. Because I just want you all know you can do it. And whatever that is, and whatever that means for you. And here's another question for you to ponder. Who would you be without your bullshit story? I'm going to say that again. Who would you be without your bullshit story? So I had to do some deep work into this because my bullshit story was, oh, gosh, well, you know, my dad was hard on me and I had to do this and then there was like, the story of my story in the place in the family of oh, she's the crazy one because she's always working and she's super type A and driven and a little bit crazy because of it and blah, blah, blah, not I mean, you guys have your own story. And so to really pull back that story, is it even you? Is it I know somebody right now who has been suffering in this five year post divorce, suffering, anger, resentment, and I literally said to her, I said, who would you be without that bullshit story? And sometimes you guys it can be frightening because if that's what you've really been focusing your life on, is, say some negative situation, then I'll just use that divorce as an example. Who would you be if you took that all weigh in, you just decided to stop and go, I'm not going to be this person anymore. I'm just going to move on, except what is and choose to live in a different way that one that is filled with joy and excitement and love and happiness versus making yourself sick because you're in the bullshit story of this resentment and rage and anger. I know, it's easier said than done to walk away. But I would just challenge all of you to think about it. It could be something dramatic as that or it could just be, I'm not somebody who's in shape. That's my bullshit story. I'm not a fit person. Or I don't I'm not somebody who exercises. It's just a bullshit story. Or, I can't be successful because I've never run a business. And I don't have business sense and bullshit story. It's a bullshit story. Such a bullshit story. Or I'm never gonna find love because I just like to be alone, or I'm a little crazy. People said, I'm crazy, again, bullshit story. So let's just get rid of those, just start peeling back the layers, we've all got them, we've all got them, and we got to get rid of them. And that's just going to free you up, you can do it, you can do it. So, ladies, if you could take away two things from what I've just talked about today. One, know that you can do it, and it's within your control, and power to do whatever you want to do is you just need to make some changes to make whatever happened happened. And number two, look at the bullshit story you're living in or that you're telling yourself right now and start writing about it. Write it down, that's the best way to get it out of you. Just start vomiting words on paper, and get that bull shit story out and get rid of it. Because it's just a story. And it doesn't mean that that's who you are. If you've done those two things, see the world open up for you. Just see what opens up for you when you know you can do it that you're in control, you can make changes, get rid of that bullshit story. The world opens up in different ways. That's what I was called on my heart to share with you all today. All right, I'm here to help you all. Get rid of the bullshit stories. I know you can do it. I'm gonna keep saying that. If you want daily, little pops of my positivity because I'm here to tell you that you can follow me on Instagram and Chen Marples because I'm there pretty much every day with a little 15 Second bits to give you a little pops of advice and basically know that you can do it and that you're not alone. We're all dealing with the same stuff together because we're all at midlife and you're just a fabulous, beautiful,

wonderful soul who gets to be happy and gets to know that she can do it. So have a beautiful, beautiful day and I will see you soon