

# Ep 123 Solo

Mon, Jul 24, 2023 5:11PM • 14:22

## SUMMARY KEYWORDS

business, sit, podcasts, intentional, day, walk, podcast episode, jen, plan, serving, marple, journal, holiday inn, inspiration, years, friday, thoughts, future, journaling, hours

## SPEAKERS

Jen Marples

### Jen Marples 00:00

It's impossible to figure out what you want to do if you want to make a change. Or if you are in business, it's impossible to plan for the future. If you're constantly on your little hamster wheel. I'm right there with you. We're all there, trying to make things happen. And we're serving clients, we're serving customers. But it's so important to step back. Because I don't want any one of us wake up five years from now and go, Oh, I'm in the same place I was five years ago because I didn't make the time to take the time. Literally 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, ladies, welcome to the John Marple show, I am inspired to bring this message to you today because it is something that pops up a lot. I often get asked from women who already have businesses and or who are looking to make a change how they get started. And something if you might be new to me, and what I'm offering or if you've followed me for a while, you might have heard me banging this drum. And what I like to say is, you need to make the time to take the time, I'll repeat that you need to make the time to take the time. And what I mean by that is you need to make the time to take the time to think you need to make the time to take the time to plan. If you're constantly busy and running around and either working in your business and you're serving clients or selling whatever you're selling or managing teams, whatever it is. If you aren't intentional about setting aside the time to make progress or to think about how you want to grow your business or to think about the future or how you want to expand, nothing's going to happen. You're just going to be going Monday through Friday, dealing with your day to day and you're going to wake up two years later and mean exactly the same spot and maybe be a little bit more tired and go, Oh God, I had these goals. And I never thought about how to achieve them. And it's really hard when you're an entrepreneur, because a lot of times, we're doing a lot of the stuff on our own. And it's really hard to step back from your business and go either need help. I need to bring in, say a virtual assistant or hire somebody gets some interns or actually hire an in person, real life assistant, or expand my team because a lot of these decisions can feel scary. And maybe you don't want to spend the money. But the goal is is to just set aside this time to really think about your business. And so I always like to do like a

Monday through Thursday. Those are like the business days, I'm outputting. I'm serving clients, I'm recording podcasts, I'm dealing with all that stuff. So I'm in my business on Friday, I like to keep as much as humanly possible that day free. So that day, I can sit there and plan I have time to think I build in time to actually think and look and see what I want to accomplish. Because if you are in the day to day, like I said, and you're not picking your head up and looking to the future, you're going to be doing the exact same thing. Back when I had my agency, I used to do like day retreats with one of my colleagues who was helping me run the business. And one time we just we went out of town, we went up to Healdsburg of all places, because we needed to be inspired, we needed to change our environment. And we went up there and just had a nice long lunch. And we had wine. And we really looked at the business. And we looked at where we wanted to go. And we did that regularly. And now since I'm running a virtual team, I consult with those folks and get ideas. But I really take this time every Friday to dedicate at least an hour or two to okay, what have I accomplished? And what do I Where do I want to go because it's not enough to be in the day to day to day to day to day because if you let yourself do that, and a lot of us are in client facing we're all basically in client service. Even if you're if you're selling products, or selling services, we're constantly in this serving mode and you can get wrapped up in that and consumed and yes, we need to do that. But you also need to again, take this time. So I have a couple of tips. And I also want to say if you're out there and you are not loving what you're doing and or you want to start something and you are just you don't even have a clue what that might be, you know, there's something in you, you know, there's something inside you that you want to accomplish and maybe you have some little whispers You also need to be intentional about having some time alone to think. And I was interviewed on a podcast and an Instagram Live. The question was, Jen, how can women start to even figure out what they want to do? So this is all for you out there who are thinking about wanting to do something, you know, there's something out there you think maybe you have an idea? And my answer is, you have to make the time to take the time to spend that time with yourself to actually think about it, because it's not going to, you're not going to get these bits of inspiration, if you're working. Or if you are dealing with kids or a spouse or a partner involved in charities, whatever it is that you're doing, if you're not intentional about carving out this time for yourself. So that's my biggest piece of advice is you got to be intentional about taking the time. Now a couple things, I have five ways, five opportunities, so write this down. But if you're driving, don't refer back to it. And please sketch that when you are in a safe place. Number one, and this was what I did a number of years ago, when I was pivoting, go away. If it's at all humanly possible for you to get away from all your people and all your responsibility, do it and leave them I will use myself as an example. I did this a few years ago, I actually went down to my mother in law's house and she was great. She left me alone, I stayed in her pool house. And I was alone for 24 hours. It's almost crazy, because a lot of you thinking oh my god, 24 hours alone, you guys have no idea how much time you actually have when you're not in your own home with your people. It was insane. And so it was amazing. I could sit there. Things could start percolating I journaled, journaled, went on walks, had more inspiration. And it was great. And it's something that if everybody could do that, like once a quarter, at least maybe twice a year, it's so incredible to spend that time by yourself, this is not going on a retreat, this is not going somewhere with your friends, this is not going somewhere where they're planned activities, this is going away by yourself, you could just go to a Holiday Inn doesn't need to be fancy, it doesn't need to cost a lot of money. I just want to repeat that this does not have to be fancy and cost a lot of money. Stay in somebody's house, if they're away, go to a Holiday Inn, find a really cheap room, lock yourself up for 24 hours. Because what you can uncover and unpack, just being alone in 24 hours is incredible. Alright,

that's number one. Number two, if you can't go away for a whole day and nights and actually leave your people and I understand that, especially my single moms out there, try to do something where you can take yourself a little bit like say on a day retreat, just go somewhere, it could even be finding a park, and just getting everybody away from you. And sit with yourself for a couple hours and do the same thing I just mentioned, if you were to go away, it's just to start this practice of being by yourself. Don't have a phone with you. You're not listening to music, you're not listening. I know I have a podcast but you're not listening to podcasts, you're letting thoughts come into you. Because if you can't sit alone, without all the input coming in, you can't you literally can't think. And so not everything might come to you and a few hours. But if you put that into practice, things will start to come in because now you're training your mind and your body to slow down. And you're starting to listen to yourself. Number three. And this is something that be great if you can do it every day, or just start a couple times a week. Just go on a walk. That's free. That's easy. Again, no music, no podcasts, no nothing. Just go with your thoughts. Doesn't have to be long walk around your block. Start with 10 minutes. But again, be alone with those thoughts get used to being with yourself. without anybody, no input. We are in this high drive, overload of incoming incoming incoming information and demands on our time that we just have to walk away from it. So if you're working just instead of like sitting and having lunch at your desk, just go for a walk, quiet your mind, go for a walk, or take yourself out for coffee but I personally like a walk because there's something also about moving your body. It gets the thoughts flowing. I like to go on hikes by myself I love to walk by myself is as you move you're processing your body's releasing and you can really tap in to these thoughts. Number four, journal. This is something I do five days a week. I don't do it on the weekend. I give myself a break from everything on the weekend. I like to sleep in and have my coffee on the weekend. Monday through Friday, I wake up, I get out of bed, I have my lemon, water and coffee and I journal for 10 minutes. Again, if everything is chaotic in your house, you know, I need to get up earlier because I got to get kids out the door. So I need to get up earlier. So I don't wake up in this reactive mode. And I feel crazy. I wake up, I have my coffee, I get them out the door, I sit down, I journal. And this is another way you guys and your you'll listen to 7000 experts, everybody journals you've got to write you've got to spend that time with yourself let feelings go. And don't go like you know, Dear Diary, what's my inspiration for the day, just let it fly, it doesn't matter. Be open to it. And things are going to start popping up. If I go back, I have like stacks and stacks of notebooks I get from CVS, I buy different color every time I love notebooks. And there's also something about taking pen to paper, pen to paper, you can't type out notes, you have to take pen to paper and actually write them out. And it's very powerful, I could have another whole episode just on the power of journaling. But again, daily journal, try it. Number five, get support. So if you're having a hard time, making the time to take the time, and less support. So you're going to need somebody who's going to hold you accountable. So look to join groups, you can join coaching groups, you can join a mastermind group, you could hire a coach, you could even talk to a therapist, because maybe you need to just a quick aside to work with a coach, it's really about planning for the future. And if you feel like you need to kind of unpack and remove some blocks and kind of figure some things out. That's when you go to a therapist. So figure out what you need, or find a buddy, just find a friend who's you know, is on your same path and wants to make changes, you guys can say, okay, Friday morning, 10am, we are going to have a half an hour call. And we're going to hold each other accountable because you want to do X and I want to do Y and then boom, you guys get together and you can be an accountability party. And now you've got that time on your schedule, you're making the time to take the time. And you've got that accountability, buddy. And so you can after doing some of these other things all week, then you guys

can catch up with each other and go okay, this is what I've learned through journaling, and through my walking this week, and sit you know, you guys get to share. Very powerful, I've done all these things. There's no one right or wrong way to do it. Figure out what what is doable for you. Again, this doesn't cost anything, it doesn't cost anything to go on a walk. And you know, find a piece of paper and get a pencil and start journaling. But again, it's impossible to figure out what you want to do if you want to make a change. Or if you're in business, it's impossible to plan for the future. If you're constantly on your little hamster wheel. I'm right there with you. We're all there trying to make things happen. And we're serving clients, we're serving customers. But it's so important to step back. Because I don't want any one of us wake up five years from now and go, Oh, I'm in the same place I was five years ago because I didn't make the time to take the time. And I understand the demands. I've got three teens, there are so many demands on your time, I get it. So many demands. But you need to be intentional about carving out that time for yourself to plan your business strategy. And or figure out what you want to do. So let me know how it goes. It's funny, it's like it's as you teach what you need to learn. I found myself today struggling because it's always a struggle, we always have to go back to our practices of what keeps us on task. Like I need to do this. And I need to do a podcast episode about this because this is such a good reminder for me as well, that we need to sit down make the time to take the time. And so you get yourself out of that chaos and the craziness. And you can actually put things down on paper and plan and build for the future. So I hope that was helpful for you all. Let me know how it goes. Follow me on Instagram at Jen Marples DM me you know all the links are in the show notes. I'm here for you guys. If you have any questions or need more advice, reach out to me please because I am here for you and have a beautiful day.