

JM Episode 26 with Jen S

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SPEAKERS

Jen Szpigel, Jen Marples

Jen Szpigel 00:00

Here's what happens in mid age, mid age, we start to have big realizations use that word. I think that's a perfect word. And I also believe we take on a bigger, more bolder confidence of ourselves. It's a piece of resilience. It's looking back and going, Man, I have walked through all those things and survived. I have walked through all those things. And actually I'm better for it because it taught me a lot. It taught me what I'm willing to tolerate and what I'm not willing to tolerate and that just automatically has you stand a little straighter and in more confidence and being able to really discern what is it in my life that I desire more of and less of and you make those decisions I feel everything I do in my day is so intentional, because I live through those lenses.

Jen Marples 01:00

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business a 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 too fucking old. Hello, everyone, and welcome to the Jen Marple show today I have a most fabulous guest, and she is my business coach Jen Spiegel. And she is my first international guests because she comes from us from Canada or a neighbor to the north. And that's so that's so exciting. We used to call it my kids call it Canadia it's so funny. I'm like, I don't know how they got Canadia. But it you know, it's Canada. So Jen is a business coach. Amongst other things. She also has a fabulous podcast called Becoming iconic. And she's going to tell us about that today. But I'm going to let her introduce herself. She is a wonderful human being. And I am just thrilled that she is here with us today. And you guys are going to get so much value from her and I just can't wait to get started. Jen, welcome to my show.

Jen Szpigel 02:33

Oh, this is like the biggest pleasure and such a gift. Because this was something that we kind of conceptualized together. I mean, you did all the work. But I got to hear the spark of this idea in this podcast through you too. So to be a guest today feels really serendipitous. It's beautiful.

Jen Marples 02:50

And you guys, this is also a testament to putting yourself out there making connections, not being afraid to ask for help, and aligning yourself with the right women who are quite frankly gonna kick you in the ass to get you to do things. And Jen was my kick in the ass to get me to do this podcast. And I'm like, I wanted to do this for two years. I'm like, What the hell took me so long. And then boom, Jen came into my life. And here we are. So with that, Jen, can you give everybody a little bit of your background, who you are your family situation and what you've got going on?

Jen Szpigel 03:23

Yeah, feels like a big long story. So I'll condense it as much as I can. I think all of us in our mid age, we really do look back and reflect on our lives and realize how many versions and chapters we have walked through to create who we are today. And I feel like my life has been full of many chapters, some chapters being really big and beautiful and full of happiness and joy and other chapters that have felt a little dark and worrisome in certain ways. But I can look back at all of them. Now I'm at this place where I can look back at everything and go, ah, that's why that was created to teach me that lesson or to chisel me into who I am today or to prepare me for what I didn't even realize was coming. And that was really a lot of my leadership lessons and why I consider myself a leadership expert. Now it was there's a lot of what I walked through in life wasn't necessarily in the quiet it was in the public. So that doesn't always feel easy. But I don't know if I was created to have the easy road. I don't think any of us really are but I guess I choose to always be out on the skinny branch. And so when you make that choice, you also make the choice to accept the big lessons that are sometimes public and seen or hurt and that you're working through amongst the growth and all the beautiful expansion in your life. So I was married very young, and had two children very young and that relationship was just built on young decision. There is nothing really wrong in that marriage. It was just two young people making a big lifetime decision without really considering what that actually meant. And so that marriage didn't last, unfortunately. And that was my biggest hurdle. And I just want to sit with that for a second. Because I think we don't talk about these traumatic, sad moments. Often, I don't really dive into my story of that marriage often either, because I feel like it's my older two children story. Now that's for them to tell if they'd care to and have a lot of closure there. But what happened during that time was I had started my entrepreneurial experiences about five ish years in and it was growing exponentially. So my career as an entrepreneur was at its biggest heights, but behind the scenes away from the camera away from the people, my personal life, was completely falling apart. And that led to a lot of shame in many different directions. Because when you're standing up in leadership, a part of what we do is we hold people, and we hold them to think bigger and dream bigger and do bigger things. And that was very integral. For me, that's exactly who I am. I'm a visionary. And I love casting vision. And I felt in a way that maybe I was out of integrity, because my personal life was falling apart. So almost got that like imposter syndrome, where I thought, Who am I really the leader, I say I am where I think I am, if I can't even keep my family together. And what also happened was, at the same time, people who were watching me succeed and had what I suppose I don't want to speak for them. But this is the only way I can make sense of that, I suppose they were maybe a little jealous or envious of the growth that I was having.

They actually kind of had an I gotcha. And a few women who I was leading ended up really taking my personal life in my story and using it against me. And that was probably one of the most hurtful things that has ever happened in my entire life, in a moment where I could have really used women to support me and hold me and be there for me and be strong in a time where I felt very weak, they actually kind of just kicked me when I was down. It was not easy. And it created a victim mentality. And for me that I really slept in, I laid in it for a very long time. And it made me very fearful of women, I had a sister wound, I lost trust for humanity, I just thought how could anybody be mean to somebody when they're so hurt, and they're, they have children that they're really caring for and feeling deeply for. I mean, I was walking my children through a divorce, never mind myself as a woman. I mean, as a woman, we're also mothers, we have these two hats, these two pillars that were holding, and that's a lot and was just all around just not a fabulous time. Although my career was great. So there was this contrast, this really interesting moment. And what I did and my message and my lesson through this, as I started to dim my light, I somehow took on the feeling or the belief that if I were to play smaller, and just do enough, where I maintained the success that I had, maybe people wouldn't talk about me, maybe I would just kind of fly under the radar. And they would turn their attention on to somebody else. And that would feel comfortable for me. And so I did that. And that wasn't a decision, I didn't conscientiously make that it wasn't like I decide right now to play small and dim my light to be uncomfortable. It just sort of happened. And I could recognize myself in it. But I was so deeply in it, and so afraid of women, and so afraid of being successful at that point that I could, I could get glimpses of more, but the fear of more superseded anything, any desire. So it was about, I don't know, five years ago, I had been remarried, I should probably mention that part. I did get remarried, to the love of my life. And we had two more children. And it's been nothing but beauty. It's just a beautiful relationship. And we do a really good job of connecting and building our home and building love and support in our homes. So there's beautiful things that can come out of a tragic experience in a divorce. And I do believe that there are second chances. And I do believe that you find the right person, especially when you work on yourself and heal. So healing has been this medicine for me, I realized how much work I had to do on the inside. And by doing that I was able to welcome in the love of my life, continue my career and then also have two more children and blend that family together and really step more into my leadership. And that is really what I do now is I sink in and I teach healed leadership because what I was doing in the past when I was wounded was I was leading from a wounded place so that can bring in projection where you project those wounds onto people and again not consciously and and I don't believe many of us do things consciously when we hurt somebody or do something that's out of integrity, I think it's just a lack of healing, a lack of understanding. So now it's a really big integral piece of what I do is like that healed leadership. So we're leading from power, we're leading from strength, we're leading from love or leading from compassion, because compassion is the one thing I can tell you has been the most beautiful, beautiful part, and experience of going through all of this, I am a highly compassionate person. And it's because I've walked through these certain things. I mean, that's just one circumstance of many in my life, that has really allowed me to see people and feel people and empathize with people and also hold them up and hold myself up to more. Because what I learned was I stayed in that victim pit for a really long time, I did my light for a really long time. And there will always be that question. If I hadn't done that, where could I be? Right? There'll always be that,

Jen Marples 11:02

I think brought something up that I think it's and I've had these conversations before. And I know I recognize it in myself. And I think this is one of the gifts of being at midlife, because of everyone at this point. If you're in your 40s and 50s, there have been high high highs and there have been low, low lows, because that's just life. And so it's really a point of reflection, like how do you come out of those you come out like you're saying, you come out you do the work, you're healed, you've gone through these life experiences. So everyone, everyone and all of you listening, everyone's got this great sort of frame of reference on life. And so the real opportunity and could still be a challenge is to, to rise up and lead from a different place. Because I know I was kind of in that same thing like you the deep dark pit of success on the outside yet yelling and screaming at the kids yelling and screaming at the husband, I'm I going to end up divorced and I was fighting to have those babies. And I'm screaming and yelling at everybody. So that's not aligned. And I think that comes from you know, that's being younger, and maybe not having that experience or that reflection. So I'm really glad you brought that up. Because I think that is this. It's one of our superpowers right now at this midlife place to really look back on everything that's happened and see that that was something that was laid out for us to get us to where we are exactly right now.

Jen Szpigel 12:21

Yeah, you're right, because here's what happens in mid age, mid age, we start to have big realizations use that word, I think that's a perfect word. And I also believe we take on a bigger, more bolder confidence of ourselves. It's a piece of resilience. It's looking back and going, Man, I have walked through all those things and survived. I have walked through all those things. And actually, I'm better for it. Because it taught me a lot. It taught me what I'm willing to tolerate and what I'm not willing to tolerate. And that just automatically has you stand a little straighter and in more confidence and being able to really discern what is it in my life that I desire more of and less of and you make those decisions I feel everything I do in my day is so intentional. Because I live through those lenses. I constantly ask myself, does this fit? Does this not fit? Whereas when I was in my 20s, having these babies and being married and growing a career, I had not had the life experience that I had. Now I look back and think to myself, Wow, I mean, I was 27 years old, making incredible income with babies all over me. It's actually a wonder, look at her and go wow, good for you. But in the time, I wasn't able to accept that success. And it wasn't able to hold it. This is the big message to like, we have this success. There's one thing to be successful, but can you hold it and holding success is always going to age doesn't matter that in that at all. It's it's whether you're going to step into that leadership, it's whether you're going to do the hard and do the work and do the healing and do the have the audacity to be in that because there is a level of leadership and poise that comes with that next level, right? I mean, who we are today with our vision is to go further. We don't react or act, who we are today we stepped into were becoming and I feel like that gets more and more clear. As we age.

Jen Marples 14:25

I would have to agree and just having so many conversations with women. And what I know has been really helpful for me is looking towards the future and seeing how I want to live my life and live my days and not stepping back into the old habits and patterns that helped me grow my first business, which was the drive myself into the ground because when I was doing that business like you I had young children and there weren't enough hours in the day and I was in constant triage. Yet everything on the outside look pretty, pretty perfect and it was all fabulous and my clients were happy and everything was

wonderful. And then everything was falling away. Part, including my health behind the scenes. So I think now with that wisdom that we're talking about, and we're all looking towards the future, is how do you want to set up your life, we don't want to be on the hamster wheel. You know, life is fragile. Life is precious life is short, we want to design our days, and we can by being smart, and doing things for us, and what's gonna make us happy. And we'll get into some of these other questions later, but the, but it's defining what success is for you, not for anybody else. And that's like the big juicy topic I talk about with the women I talk to all the time. It's like, who cares what society says what your neighbor says, what the woman in yoga classes, it's what we define for ourselves as success. And once you can anchor into that, and not care what anybody thinks, I feel like the whole world is open for unlimited possibility. So before I get into some of these other questions, I want to just rewind a little bit and have you tell everybody exactly what you're doing today and what your company is and what you offer.

Jen Szpigel 16:00

Sure. So about three years ago, I knew I was capable of more, I had been doing my entrepreneurial journey for about 10 years at that time, and there was this burn in my belly for more. But again, what I didn't realize then, but I realized, now I got back into the comfort. So things started to move forward, I kind of got out of my funk, I did my healing, I was back in I was leading things were growing, they were okay. I mean, very good to the norm. But for me, in my capacity, I knew I was just okay, and just have this tug and tug for more in a pivot in entrepreneurship is not always easy. Because in some way we feel like we are divorcing or cutting ourselves off from something that we've done. I'm sure you experienced that, too, Jen, when you move from PR into entrepreneurship, well, that was entrepreneurship. But what you're doing now, it's almost like you have this sole commitment to it, you're severing ties. And so that that took a while for me to process to realize no, actually it was the stepping stone into where I'm going. It's not about cutting something off to start something new. It's about bringing all the goodness of what I just did into something that I'm being called into. And my life's goal I've been since as long as I can remember, when somebody says What's your why what is it that you dream of it has always remained the same. It's never changed. It's to build as many memory making moments or as humanly possible, and to squeeze every last drop out of this life. And I had this realization with that tug, I thought, I know I'm supposed to do more. I don't know what that more is. I'm feeling uncomfortable in this because I should be comfortable. I mean, I'm making a great income, and I have a great business and why would I need more? Is that greedy? Am I you know, failing at this? What is it? So I sat with those emotions for a while and did a lot of inner work. Because I had been in that world I just dove deeper, and really started to realize that I wasn't sure what it was. But I was willing to put myself out there and see and explore and be curious. The interesting thing was that that sounds great. And I started that, but I actually hemorrhaged shortly after having that realization, and when I hemorrhaged I was hospitalized and I was given multiple blood infusions, and I was hemorrhaging faster than they could get the blood into me. And this woman walked into my hospital room, I'll never forget it. I don't know who she is. I honestly believe she was an angel. Like, I just believe that she came into my room. And that was just one of my spiritual experiences. And she said, Hi, I'm an OBGYN. And I want you to know that I don't think this is medical, I think that your body is telling you something and that you need to cleanse yourself and release something that you've been holding on to. And I think this is all inner work. And you need to pay attention to what your body is telling you and walked out the door. So that story is wild, because an OBGYN normally wouldn't say something spiritual. They would be you know, clinical and diagnosing something. And I never heard from her never saw her again. She

walked in and walked out. But what she said really impacted me. And there was like this switch, like literally turning the switch of your lights. I just felt like a switch go off and go, What do I need to recognize? What am I denying? Well, interesting thing, and I'm not going to get into chakras. And I don't really know a whole lot about chakras. But what I do know is your womb is your creativity. Your womb is really fulfilling that creativity. And what I saw was how much I was betraying myself. I was so dedicated to my work, but I wasn't dedicated to myself and what I was being called into as much and that really called me into just trying and being more audacious and bold. So I hired a business coach. I've never hired a business coach in my life. And I remember just that being very scary. It was a bigger investment than I even fathom. When she told me what my the investment was. I remember thinking people pay this. But this is wild. But I also knew this was something I desired and I had betrayed or not followed through on many things that I wanted. And I thought, No, I'm going to say yes to this, it was just a sheer heart tug. And I said, Yes, I started working with her. And within three months, I launched a podcast in my coaching business. And my first month launching my programs, I had a six figure month, and it was divine. The reason that happened for me, I believe, was it was like God saying, I've told you, you could do more, you just had to get out of your own way. You're trying to control all your circumstances, Jan, and you're second guessing desire, and you're second guessing that you're able to hold more, and I can give you everything if you just allow it. And that was really a deeper connection to my spiritual faith as well. There's no explanation for these things. And for me, that was the stepping stone, the catalyst to who I am. And where I'm going. It was this belief in myself and knowing that we are not alone, we are divinely guided, and channeled. And it's oftentimes the reason we're not having that experience is because we are in our way, trying to capture every detail and make it the way we think it's supposed to be. And sometimes surrendering and releasing is the very thing that's required for you to have that huge trajectory into something more.

Jen Marples 21:26

I'm so glad you brought that up, because it just made me think of anova. If it's a parable, you hear it, it's like, the person was on the raft, right? Or in the middle of the ocean drowning. It's like God helped me and like God sends a raft and then sends this and that, but they're looking for the big boats, like the dancing coming out. And it's like, I'm sending you these little clues. And I know so many women have these tugs. I mean, I had them from I mean, for years for me, and I know, I've always been set up to help women. And then all I can equate it to is you have these whispers, and you've really got to listen to them. And then one day, they turn into a scream. And that's what happened to me. And I know that was months ago for me, and I haven't stopped. And so I think a key piece for everyone listening is if you have those whispers follow them. A lot of us want to know the exact plan and the exact path. And you've just got to release it up to the universe. Because then if you and Jen's been really good about telling me this, if you if you try to put too much control around it, then you actually are limiting what's possible. And so it's just following and just taking taking one little action, it could just be writing an Instagram post sending an email to a friend or saying, Hey, I'm going to start doing this. Do you know anybody who would need my service. And so just to get out of our own way, because so many women right now I do believe firmly in my heart and soul are ready to rise. This country, this world needs us to step into our power. And it probably freaks people out thinking a bunch of midlife women stepping into their power. But we are absolutely needed. Now more than ever, I'm going on a little rah rah tangent right now, because I just believe this in my heart. And I don't want any woman and Jen feels the same

way. We want everyone to be living the life that they want to live the life you guys want to live. So with that, I'm going to ask you what do you think the biggest challenge is for women at midlife?

Jen Szpigel 23:13

Hmm. I don't know if I want to label it for everybody. Because I tend to be someone who asks a lot of questions, you know, this gen for someone to identify what it is for themselves. But what I can tell you it is for me, and I think this would be something that resonates with many is this feeling of delay? Have we delayed our success? Are we too late? Is there too many other people doing this thing? Maybe it's saturated? You know, there's all these young ones doing tick tock, I don't know how to do tick tock, it's always this feeling of like being behind. And what I did is I flipped that on its head recently because I have to own it. I've had that feeling. I've had that sensation. And here's what happened actually, I started looking at my mentors, and I love my mentors. I love them deeply. They will be my mentors forever. But I realized without realizing, none of them have children. I hadn't even clued into that before everybody I've hired, they are young, they don't have children. It's not a better than it's just a different then I'm a mom of four, I'm holding for humans and responsible for their well being. I'm also highly engaged in my relationship. I've been through a divorce, I don't care to go through that again. So my relationship is very sacred and special. I also have a podcast and a coaching business and another stream of income and another stream of income that's launching in the month so I have multiple streams of income. And so what I had to realize was I'm actually ahead in all this feeling of being delayed and my behind and I miss my opportunity has aged now brought me back I all of a sudden was like whoa, what if I'm ahead of all these people, yes, they're younger than me, but my life experience my wisdom, what I'm capable of my resilience bringing that word back in my strength, my mind Knowledge, my expertise supersedes all of that. And so it gave me an edge. And I wanted to kind of give that to the audience listening in is if you're feeling like, is it too late? Are there too many? You know, should I try? Should I pivot? I don't know. I would say what if instead of asking yourself those questions, you flipped it and said, What if I put all my expertise into this? What if you put all my life experience into this? What if I put myself out there? And realize that I have an edge that nobody else can compete with? Wow, what would be possible? Oh,

Jen Marples 25:35

I love that. You said that. Sink into that a little bit everyone, because there is that goes into what's very prevailing. It's the comparison, the markets to flooded. I know women who if they want to be nutritionist, basically anything you can think of anything in your life, there's already a million people doing it, it doesn't matter. There's room for more, there's always room for more. And the secret sauce is you. That's what Jen is saying the secret sauce is you no one is you. And so just stop looking around and just go with your heart. And just go just go for it. Yeah, go for it. And that leads me into my next question, which I think you already answered. But and I know what you're gonna say, Do you think that women can be successful in the second half of life

Jen Szpigel 26:18

wildly successful, and success that takes on a totally different meaning? And what ends up happening? So I just I want to kind of cast a vision because this just gave me goosebumps. I'm so glad you asked this question. When we're younger. It's almost like we're reaching for things all the time, right, we're reaching for that next level of income, we're reaching for that title, we're reaching to be married, we're

reaching to have children, we're reaching to have that house, we're reaching to go on those vacations. It's all these things we're chasing. And something happens in midlife where you start to just settle in and relax a little bit. And when you relax, you start to open up like that has been my experience. I've just noticed that the relaxing I don't mean you sit around and do nothing because that's first of all, it's not in my DNA. I mean, the relaxing of gratitude, obsessive gratitude, you hear me talk about this all the time, like I will preach this forever. Because when you start to have obsessive gratitude, you welcome in so much more. So what I see success now as which is an edge is beauty. So I have opulence all around me, I buy fresh flowers for myself, I light candles. Success, for me is a slower morning. Success for me is I have a child sick today. And I was able to maneuver my schedule to be with Him and to hold him. Success to me is really being free of all of these chains that so many of us feel attached to. And when we release ourselves from those chains and open ourselves up to what's more, and what really feels like success is a feeling. And we get that as we come to mid age, we start to realize what is it I really ultimately desire? Is \$100,000 in my account, well yes, but why? What will that help me feel we'll all feel secure, I'll feel safe, I'll feel successful, I'll feel abundant, I'll feel like I can do certain things I want to do. So it's not the \$100,000 in your bank account that you're really ultimately looking for as the gauge of success. What you're ultimately looking for are the feelings that are going to come when you have that. And what if we asked ourselves how we could have more of that feeling in our life today, and not wait for a goal to be met. Or this next thing that we're striving for to come into fruition. And instead, we pursue everyday the feeling we desire. And when we do everything is so expansive, everything is so delicious. Like I say all the time, but my life is delicious. And it is from the moment I wake up to the time I go to bed that is success. And that's what we get to have. That's not something that Jen has, or Jen marbles has, this is a choice.

Jen Marples 29:05

I love that you said that because you got to define, first of all what that is for you. And especially a lot of us with kids and there's the running around and just being able to be grateful for taking one of my kids to school and having that's the morning that, you know, my son opened up to me and you know, 16 and a half year old, they don't talk that much and and I literally say to myself, what a blessing what I could start getting I could start crying right now to what a blessing that he opened up and we had this 15 minutes together to have that conversation. And it's being grateful, like you're saying for those little moments. And I like you too. I like nice things in my house. There's somebody I used to listen to I can't remember her name. And she was like, use the China drink out of the crystal and I think about that all the time. It gets like why are you putting the China out and like because Do we wait till we're dead to use the China will be used at my funeral like, you know, bring out the China us the nice things and then it actually impacts the kids. We did a beautiful table decoration just for Thanksgiving? And like Mom, you got so fancy and like, Well, why not? And they enjoyed it. And they acted differently. And they were just so proud to sit at this beautiful table. So it's really I love that you said that because it's really day to day enjoyment of your life, because I do think so many women, and I used to be this person, it was Monday, then it was Friday. It's Monday, Friday crossing that finish line, like, Oh, my God, everyone leave me alone, I have nothing left in the tank. And that's not that's not how we're meant to live our lives, because we can have exactly what we want on our terms. So I'm so glad you said that. So what would you say to the woman right now? Who was sitting on the sidelines, who has taken time off? Maybe she stayed home to raise a family? Or maybe there's just been a big life shake up? And she's not been out there? And there's something weighing on her heart? What would you tell

Jen Szpigiel 30:49

her? Three things come to mind. So I'll go through them quickly. So I don't talk too long. Because I could go on and on about this. The first thing is recognition of your capacity. We often think we don't have capacity for more, we often think how can I do more, I've got these kids, I'm running them around, I've got to drive them to school. And my message is always this is a get to life, not a half to life, you get to try something different. You get to drive your kids to school, you get to pay your bills, these are not have tools in our lives. And that's a different way of looking at things. And when you start to realize the privilege of being able to drive your kids to school or pay a bill or try something new. It does kind of give you this posture and confidence to go after it. There's so many people who don't have that choice. And that's just the reality and the truth. The other thing is an and life. So maybe right now you're at home with your kids. And I did that for a while too. I was at home mom and I thought, Oh, but I don't want to sacrifice we use that word a lot. I don't want to sacrifice my kids in order to build a business. If that's something you've been saying yourself, what if it's an and life. So you get to be a great stay at home mom and build a business. Or you get to have that career that you've worked so hard for and build a business. It's not this or that life, either. We think that we're constantly having to choose, but the choice can often be to blend those two things together until you are at another level to make a different decision. Maybe at some point, you do decide to leave that career because your entrepreneurial experiences thriving. Or maybe for you, you're just someone who has her hands and a lot of different things. And that's what brings so much joy into your life. So remember how you're talking to yourself? And that brings me back to capacity, I think, well, I don't think I know, we live ourselves as women, we put these lids and these ceilings on ourselves all the time. It's usually due to overwhelm, it's usually due to the past of feeling really overwhelmed and busy and like burning the candle at both ends. That's not because you don't have capacity. That's because you probably weren't taking time for yourself, or you probably weren't prioritizing certain things in the correct order. Or you were doing something that was completely unfulfilling. And that's where overwhelm stems from our capacity as infinite. people all the time, one of the main reasons people come towards me is they go, how are you doing all of this and doing all of it so well. Because I do not ever put a lid on my capacity. I never look at my day and go, Oh my goodness, how many I just know that I will. And I don't believe in balance. I think that is one of the worst things we've ever come up with and human mankind experience that we have to have balanced. What is balanced, balanced to me means you're stuck and planted with nowhere to go like you're staying still because that's the only way of being balanced. Today, my scales tipped towards my family because my son was sick. Do I have to sit down and feel guilt around my business? No, today just meant I needed to lean into family life tomorrow, guess what? The scale tips and I have a big day of coaching. Do I lay there and be guilty as a mom? No. It's just finding the harmony amongst these things. And when you start to allow yourself to have these experiences, and open yourself up wide, and stop judging everything and labeling everything. Your Capacity grows so big. You just go what else? What else? What else and it's so fun and playful and what I believe life is designed to be like,

Jen Marples 34:30

Oh, I love it. I hope you guys are taking notes. You're gonna have to rewind and take notes. I do love that. Because I always like to ask that question about Jubilee balances and that there can be achieved and you basically throw it out there. And I think it's, it's really defining, first of all, what that is in your life for you and not the balances. It's like you were saying it's kind of like today I remember having those

days too. When I ran my firm. I remember one day I had a child on me throwing up on me all day and I was like thanks God, I have the flexibility and I own my business that I can sit here, I can still stay connected on my phone, checking emails, have my team deal with things. And I'm 100% with my daughter, she's like three at the time, I had to take five showers because she was throwing up on me all day. But that is that was that day. And then the next day would have been a meeting. And so and then now with the kids older, there is that balance. And I think I just want to throw out, especially to all the moms out there, we never know what every day is going to be. You can't predict a kid being sick, you can't predict a kid having anxiety or something happening at school or a heartbreak. And so just being in that flow, yeah, the flow between the kids and work and kids and work. And I just think if everyone can be in that flow, it's just going to take so much pressure off of like, Oh, I'm failing here, or oh, I'm failing there. It's just the life experience. And I think that definitely comes with mid age, because I certainly didn't have that earlier in my career and also when the kids were younger. So one of my final questions for you, because I could talk to you all day before we go into final final questions. What do you wish for women at midlife,

Jen Szpigel 36:07

I wish for women, that we stand up and into our personal power, that we stop looking at other people for validation that we stop worrying about ruffling feathers, that everything we do comes from a pure, compassionate, loving place. And when it comes from that, and we stand in our personal power through that, it can be nothing but good. And when we stand in our personal powers, some of you might wonder what does that mean personal power, personal power, to me means the the willing to use your voice, the willingness to show up the willingness to be seen the willingness to try. The willingness to feel sexy, again, the willingness to look after yourself the willingness to forgive. That's personal power, to have people see you here you feel you. Because let's face it, we also know at mid age that life happens fast. I mean, it's like yesterday I had babies, and today they're growing. I mean, we know that it is a glimpse. And so there's a benefit to that there's an edge to that is like okay, we know how fast time goes. So let's use it and squeeze the most out of it and let every day be new. That's another thing too. That was a level of forgiveness. And my different traumas and UPS and highs and lows was the realizing that every day is new. And what happened yesterday, or what happened 10 years ago, doesn't belong in the now. All that belongs in the now are the lessons, the newness of me, the experience, the willingness, and that is me stepping up into my personal power every single day. If we did that, can you imagine how much love and expansion, power impact purpose mission would be created, because I do believe when a woman becomes wealthy, the world becomes a better place. Women do good things. And so I'm saying for all of us, we have a level of responsibility in that. And our responsibility is to see what we're made of. And to actually give it a try.

Jen Marples 38:19

I love that I got the chills. Because I 100% believe that and that's part of my personal mission is to empower every woman to know that they're not too fucking old, to step into their power. Because what a frickin world this would be if we were all standing in our power. And we are motivated, we're out there leading with love. We're all supporting each other will frickin take over. And women make great decisions, more women in power, more wealth, we're gonna make the right decisions for humanity. Full stop. Yeah, so I mean, God, that'll be another podcast. And I'll tell you guys, where we're gonna March

next year, summer 2022. What's gonna happen? So a couple final questions before I let you go, do you have a favorite book or a resource you want to share with our community?

Jen Szpigiel 39:08

So one of the most healing books I ever read, and it is my favorite, I read it multiple times a year. So I do need to say one thing. I'm a big advocate for personal growth and development. But one of the things I think that we can do wrong, especially as women is be achievers through reading. So it's like how many books can I read in a year? I really love the idea of finding your favorites and reading them over and over and over again. So you actually start to really absorb and see the beauty within those pages. And for me, that's the return to love by Marianne Williamson. It is the most beautiful book for us as women to realize our femininity and our power in our divinity and it really was a support system for me and my healing. It's just love that whole book is full of love and I believe that is one of our super ours is women. So I read that book, there's just never not a good time to read it. If you're in a time that feels low that you're maybe treading water a little bit, it will support you. If you're in a high, it will heighten you. It's just a beautiful book. And if I could be so I don't know, bold myself, I love my podcast as well, Jen. And I know that's how we found each other the becoming a conic podcast. It's taking on a new, I don't know, what, how can we even say it like just a new chapter, I suppose in 2022. I think these these mini masterminds, and these masterminds and master classes that are going to come through this are really supportive to someone building a business. So your podcast is so incredible for storytelling, I appreciate that you're doing this because it's so necessary, mine would probably be a little bit more tangible. So they would be very good podcasts to listen to together. And that's a great support system for women as well.

Jen Marples 40:56

Thanks for saying that. So listen to the gents 2022 We're gonna help you achieve your goals. A little plug. Jen's podcast is already fabulous. And then she's taking all this wonderful wisdom that you've just heard her just the very top line share, every single podcast is going to be a wonderful little mini lesson. So you guys need to tune in. Do you have I know the answer to this, but you need to tell everybody, I'm just gonna say what's your daily ritual and practice that sets you up for success

Jen Szpigiel 41:22

every day, you know that I have many. And how you start your day is how your day unfolds. I'm a firm believer in that. And one of my daily rituals practices is getting ahead. So I always say to myself get ahead. Because we are holding a lot as women, we have a lot of to dues on our lists and a lot of things that we want to accomplish. And so it's always about how can I get ahead of those things, I don't want to chase my day, I want my day to chase me. So I started by really stepping into my feminine energy from the time I wake up. Because naturally, who I am, I want to go into the masculine have doo doo doo doo. And I do that very well. So I didn't need to support that. Because that that happens very organically. What I wanted to support was that feminine side of me that ability to receive and hear and love myself and be in relationship with myself and understand myself deeply. And so that started with a robe. And I'm actually wearing one I don't know if they're going to see the video. But I always wanted a silk robe, I had this picture of a floor length silk robe. And I'd walk to the kitchen and be flowing behind me as I got my coffee. And it was really about building more beauty and gratitude and feminine in my life. And it did the feeling of putting my arm in the sleeve and the silk brushing my skin in the morning.

And now that it's a little chillier, it turned into a velvet robe. And I actually have another one too, that it's almost like I'm embodying her who I want to be from the time my toes hit the ground. So it prompts me and drops me into making decisions from my highest self from that minute that my eyes wake up. And she does things differently. She sips and savors her coffee, she doesn't gulp it down or put in the microwave 10 times. She sits and listens and sits in prayer and meditation and listens to guidance and has beautiful downloads, she lights candles in the morning, you know and like you said, Jen, you drink from the nice cups, and you do those things, because what it will do is build that whole day from there on out into making really wise, beautiful, abundant decisions. So that practice in itself will change anybody's life. It's about being in a romantic relationship with yourself. And if that will be the most beautiful love story of your life.

Jen Marples 43:37

Oh my god, I'm so glad you said that. Because I think the other thing women do, we all tend to do this. And I don't think it's an age thing. It's just everyone wants to beat themselves up all the time. I think it'd be really hard for you to beat yourself up if you had a beautiful robe on and you just really cherished yourself in the morning and just looked at yourself and appreciated yourself and had the coffee and savor and I like to I like to also keep my lights dimmer in the morning in my office as I'm having my coffee and listening to music. So and people have heard me say this ad nauseum. So it's really starting that day. So it's a such a wonder I have such a wonderful vision. I'm going to up my game a little bit now after talking to you, John, I got like a look at my robes.

Jen Szpigiel 44:17

And here's the other thing Jen is I started to ask myself in those quiet mornings, which is going to help anybody sitting on the fence. What do I need today? What do I need today? So it became less of the hustle to do and more of the desire. You know what I really need more rest today I'm feeling really emotionally tired. So I would adjust my day because I was ahead of it. What do I need today? I need to feel myself on fire. So maybe I go do a live on Instagram because that's like pushing me out there and being open and being seen. So when you start we as women start asking ourselves that we really start to make great choices. Because most of our lives were like What do you need? We said that to our kids 100 times a day what do you need? Are you hungry? What's What did you have at school? Today that when you talk about, let's get your homework done husband, what do you like? We're looking after everybody else's needs. And we do that. So naturally, it is unnatural, which is surprising to just sit with ourselves and say to ourselves, what do you need? And the answer is always there.

Jen Marples 45:17

I love that. We're gonna, I'm starting that tomorrow morning. What do you need? What do you love it? Final question. What do you think the best thing is about being at midlife.

Jen Szpigiel 45:27

For me, it's the peaceful confidence that I'm feeling come over me, I'm still I'm not all the way there yet. But I feel my myself getting closer and closer. When I see peaceful confidence. There's a very distinct image I have of that it's the woman in the room kind of has her arm on the back of the chair, her legs crossed. And you know, she knows who she is what she has to offer, you know that she wants to fill that room and be with people. But she doesn't have to be loud about it. She doesn't have to prove it to

anybody. She just is. And to me, that is the most seductive, alluring, sexy, beautiful aspect of a woman and I desire to be her where I'm so grounded and anchored into who I am and what I have to offer, that I don't not look to anybody for validation. Instead, the only thing I look for is opportunity to love on others and serve others. And to me that is that is something we get to start really playing with and being curious around as we hit mid age.

Jen Marples 46:31

What a wonderful way to end and just have that visual, I have that visual. And that goes back to what you were saying before about just being in that power, and not caring what anybody thinks you don't need the external validation. And we're here at midlife, we've got years of experience, no matter what you've done with your life. It's all there. It's all already there. It's just recognizing it.

Jen Szpigel 46:54

Yeah. And putting it on, like just wear it,

Jen Marples 46:56

taking it out for a spin on that chair and crossing those legs. I love it. Oh, this has been so much fun, Jen. So where can we find you support you and do all the things.

Jen Szpigel 47:07

Thanks, Jen. I love playing on Instagram. I'm over on Facebook to both are at Jen Spiegel. And that's JNSZPIGL. That's a whole mouthful. But that's where I play. And of course, the podcast and you can find that on Instagram to becoming iconic podcast and my website is Jen spiegel.com. So you can find me in lots of places and it's one of those names once you learn to spell it. You You can find me anywhere.

Jen Marples 47:32

Awesome. We both have complicated last names that we always have to spell knowing there's no Smiths here, that would make it too easy. I'll link all that in the show notes. For all of you, Jen, it has been an absolute joy to have this nice, lengthy, juicy conversation with you. Thank you for taking the time. And I'm so happy you're in my life.

Jen Szpigel 47:49

I am so happier my life JennaMarbles you are doing a really good thing here. And everybody listening and we are all blessed because of you stepping into your power. I thank you for being someone who's championing all of us. You're bringing up really beautiful conversations and challenging us to have more open conversation. I think that is something that's really beautiful and we all really appreciate so thank you