

JM 33 You Are Worthy

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SPEAKERS

Jen Marples

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If we're not doing Are we worthy? If we're not taking care of someone? Are we worthy? If we're not checking 80 things off a list? Are we worthy? The answer is yes. 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, 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, and welcome to the Jen Marple show everyone, I hope you are having a fabulous day, I had this big download today after talking with a few women this morning in a yoga class. And I just want to bring this message to you all. And I feel this deep in my bones, I want you to know that you are worthy and 100% whole just as you are, you don't need to accomplish anything that you think you need to accomplish, to have that worthiness. And I'm saying this to you, as much as I'm saying it to myself. But this conversation I had today with somebody who was sort of sitting on the sidelines, and just a little afraid to start doing something new, I just thought, you know, I really need to get on here and talk about this today, a lot of us are afraid to make these big changes or afraid to walk away from something because our lives somehow as they exist right now dictate our worthiness. And I can use a very real example, which is when I shut down my PR firm and I walked away sort of from the quote unquote, oh, she was successful. She had a company and I she made that money in this and that and then was I worthy. Just being me, not working, not having big clients not making all that money not running teams and getting my clients in the news. Did I still have worthiness and I think that this is something that we all grapple with. And I think it also ties into guilt and I feel there's got to be something societally. I have not done research on this. This is anecdotal. And maybe it's that our Protestant roots in this country, I'm not Protestant, but I just think we are working so hard. And somehow we have to be completely depleted and run literal marathons before we are allowed to a feel worthy be gave ourselves a pat on the back and see have any fun. So I'm here to tell us all right now and like I said, I'm being brutally honest, I am telling this to myself as well, because I'm grappling with this right now, as well. I was actually just trying to plan a night away by myself. And that just felt and I know I'm telling you guys

to do that. And for some reason this time around it like the mom guilt really kicked in and, and my kids can take care of themselves, their teens, but it was like is this indulgent, it's not indulgent, I'm actually going to go away and work and I just get some silence and just be alone. And but it still rears its ugly head. And it's just how we are programmed as women. So it's really hard to dismantle all of this. And the other thing I wanted to say too, was I would thought for a hot second to okay, I want to go away to work. So somehow that was justifying it in my mind if I went away that okay, I'm working. So I'm getting away, but I'm actually working. So it's not really a getaway. So what was really revolutionary in the thought that I had was, what if I went away for a weekend just to have fun. I haven't done that, quite honestly, in a long time, it was COVID kicking in and being able to do certain things that I know that impacts everything. But it's so important for all of us to just get rid of this guilt and the feeling that we're not worthy of joy or time alone. And I know it's very hard, especially for all of you listening, if you are not working right now and you're not bringing in the traditional income. I know that can feel like, oh God, well, I don't make any money. So who am I to go away and take time for myself. But if you're not making money, you're probably at home, taking care of your family and raising kids and doing all these other things, which as we all know if there was a calculator that would be worth boatloads of money and that's a whole other conversation for another time. But the point here is, is we really need to understand that by us being here on this earth, we are worthy of love. We are worthy of abundance. We are worthy of joy. We are worthy of fun, and everything like absolutely everything. I'm going to just tell you right now being a type A sort of recovering perfectionist, I am the worst. And like, I actually thought last night and this is really you guys. I've been working really hard on this podcast and getting other things going for my business. I actually got into bed last night at eight o'clock, I was eating dinner late and like, you know, I'm just going to go watch a show try to decompress, actually feeling guilty, ending my day at eight, because I had so much more left to do. And I said, alright, girl, that is not okay, that's not what I'm trying to teach people. That's not how I want to be living. And I know I'm in a go sort of build mode. So I am going to be working more than normal. And it's fine, because I love every little bit of it. But again, it's that little piece that comes back in, uh, do you really get to be done at eight when you work till 10 the night before. I'm not glamorizing this, y'all and I have a very specific thing I'm trying to accomplish. And I'm in a growth mode. So I am in this place. And I don't want anybody to be in this place unless you are also in a growth mode and you're loving what you do. And that's what I'm here to say I'm loving what I'm doing. But the point of all this is that even with all the introspection, all the self work, I've done all the books, I've read all the coaches, I've worked with all the therapists, all of everything, there's something deeply wired within that is the sort of the achiever in me that I need to be doing, doing, doing doing doing. And I think this resonates with a lot of you out there. If we're not doing Are we worthy? If we're not taking care of someone? Are we worthy? If we're not checking 80 things off a list? Are we worthy? The answer is yes. And I felt like I needed to get on here and tell you this, so I could tell it to myself. And so we can all really embrace this. And go it's not you know, adult and you know, so what of it is indulgent actually, I'm taking my words back. Why don't we get to indulge? Why can't we indulge in something? I think that you know, I bought myself a new lip gloss. That's an indulgence. indulgence would be you know, you guys are right, it's I'm recording this right now. It's January 7, I got a massage gift certificate for my birthday a week before my birthday. So mid November, I got a massage gift certificate. Have I booked my massage yet? Haven't why? I haven't booked my massage. It's it's ridiculous. I have a beautiful gift certificate to use at this fabulous spa. And I've not done it yet. Girl, what is wrong with me. And I'm like, if I'm doing that, I know a lot of you are doing the same thing. And again, it's like, Okay, I'll do that thing once I do XY and Z. But let's all flip that and go, Okay, Jen, all of

you out there, we can go get that massage. We don't have to work ourselves into the bone to feel worthy of having a hot minute of someone taking care of us. And I think that's what it all boils down to. We're so wired to take care of others, and produce and make things happen. Run families, run businesses, and all of this that we put ourselves last just goes back to this worthiness. Like am I is indulgent for me to get a massage. No, we need people to remind this. So I'm reminding you, if you've got a massage gift certificate, you're thinking about a massage or something like that, go do it. Soon as I finish recording this, I'm booking that damn massage. I mean, give me a break. It's almost been two months since I have this beautiful gift certificate. Come on, girl use it. So ladies, our worth does not equal our output. I think that's my key message here. Our worth does not equal our output. Our worth is that we are beautiful human beings here on this frickin Earth, doing incredible things. And your incredible thing can just be surviving day to day, let's be honest, or your incredible thing can be raising children running your business, being a great example for your community, being involved in your community showing up for your friends. You know, we have got we've got a new year. So let's really change this year. And let's really know that we are worthy. We're worthy of everything that we want. We don't have to explain anything to anyone. We don't have to have guilt around it. And this is another quick aside. I was thinking about this last night one of my daughters. Anyone with twins might appreciate this. One of my friends calls her twins, the barnacles. And I have of my twins. One of them is a barnacle and I actually used to qualify her as a little baby kangaroo in the Papoose I wouldn't baby kangaroos kids, I think they're called. So you know, if I had a little pouch, one of my daughters, especially when she was a baby, like she should have just been in that pouch because she never left my side. And you know, my twins are 14 and a half and she still doesn't leave my side. I love her dearly and it's hysterical. And she's like, Mom, why don't you want to be with me because I'm constantly like almost peeling her off. The proverbial me I've just in my energy and in my zone. So I'm peeling her away. And it's it's not traumatic for her, but she's always like, Do you love me? Do you love me? I'm like, Yes, I love you. But because I love you, I need you to leave because I need my own space. And so I was feeling a little bit this guilt and actually have a conversation with her. But I know all you moms out there, understand this, we all have those barnacles, okay, the ones that don't want to leave our side, you've got to rip them away, because you're also demonstrating to them that they get to do the same thing later. So for for just constantly doing everything that everybody else wants, we're not actually modeling that it's okay for them to do what they want. Glennon Doyle is a great one to tap into about this whole concept. And her last book, it's escaping me the name of the book, but I've read about all her books. So read them all. I'll link them in the show notes. So it's just it's really remembering that for sacrificing ourselves, for everybody else. That's what we're modeling for our kids and the people behind us all the generations behind us. It's like, Oh, mom, sacrifice yourself. So then I guess I have to sacrifice myself. So we don't want to be in that position. We want to demonstrate to our kids and the generations behind us that we are worthy. Because we simply exist. Because we're on this earth. I think I just gave myself a pep talk. So hope I'm giving you guys a pep talk here. Your output does not equal your worth. So mental output, work output, financial output, whatever it is, does not equal your worth, just by you being here in existence in this world, you are worthy. Okay. All right. So hopefully, that made you think of something a little bit differently today. And I love this you got I have to just say I love doing this podcast because I get on here. And when I think about things or and I'm talking to people and like if three people are having this thought more people are having this thought. And certainly if I've been mulling on something I know I'm not alone. And so that's one of the biggest things for this podcast is to let you all know that we are more alike than not and that we are in this life together. And we are dealing

with these universal sort of tugs, struggles, ups and downs. And my heart is so into helping everyone and that I'm going to leave no stone unturned. I'm going to leave no stone unturned and anything that comes to mind I'm going to be sharing with you guys because if it's going to help, just one of you out there then this was all worth it. So thanks for listening everyone. And again, I play around on social media everywhere at Gen Marples, I'm on Instagram a lot. I love it there. Feel free to DM me if you have questions, concerns if there's anything you want me to talk about, I would welcome your input and feedback. I know there's so many of you out there listening and I just it's funny because there's people people I'll never meet and this actually came up when I was sort of looking at you know who's my podcast team did a year and review and I was looking at you know where everybody is in the world listening and I just know I'll never meet everyone and it makes me sad because I love meeting people. I love connecting and I love being in person, but at least we can be together this way. So feel free always to reach out I'm here for you. Alright ladies, remember you are worthy. Just as you are. I love you have a beautiful day.