

JM acting as if to get what you want

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SPEAKERS

Jen Marples

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When you're acting as if you're just standing in that power, here's maybe you're starting something new. Maybe there's one or two people that you're talking to. You show up, like the person you are aiming to be. Just do it. It doesn't matter if there's one person there are 500 people there, because you're going to be that same person you're acting as if it's already a done deal. Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn business a life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business in 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, everyone, and welcome to the Jen Marple show today I want to talk to you about a really cool tool that is going to help you in life and business. And I call it acting as if some people call it putting on an alter ego. But I refer to it as acting as if so what do I mean by that? I'll use myself as an example. So I want you I want this podcast to go far and wide. And I really want to impact millions of midlife women's lives. That is just my goal. It's in my heart, I know it's what I meant to do. Now, if I didn't act as if I was a podcaster, before I started this, I would have never start. So it's basically getting into the mindset of where you want to go and putting that on. So before I even got started with anything you do, you can talk yourself out of anything who am I to do this, and bla bla bla bla bla, the self talk that us ladies have is, is horrendous. And I know and we just have to get rid of it, flick it away. So a good way to help with that is acting as you know, podcasting is a lonely business, you do it at home, you know there's not a fancy studio where you're rolling in with some cool outfit, that would be your natural sort of default. So part of acting as it is almost like putting on your Superman cape or Superwoman cape, dressing the parts even if you're at home. So when I first started doing this, I said it's going to be really important for me to step into this alter ego and acting as if I own the joint that I've been doing this thing for a really long time. Not that it's my very first podcast that I'm recording. So I took a shower, I did my hair, I put hair I did the hair and makeup, I put on a really fire outfit. For me that was just like sticking on

a blazer, you know, stepping into my power, and acting as if I was a frickin podcast host with millions of downloads and everybody tuning in every week. So you just have to sort of channel that. Another thing that's helpful too is if you are firing up to go into a meeting, or you're trying to close some business, whatever it is that you do, go in and act as if you already got it, you've already got it, it's already in the bag, just have that mentality. And also, you know, sort of step into that, you know that role. So you know, acting as if you are this incredible successful business owner, because you already are. So just dawning that persona going in, and you're going to bring this energy and fire into the room and they're going to work with you. And if they don't well, that's on them. And I used to do this a lot actually not knowing it way back when when I had my firm and I go into meetings, like act as if you are the only solution that they need. Boom, then you're getting business. And it's really important to note this now because we have been working from home for a really long time and we've all gotten lazy and we put on kind of schlubby clothes and you know the energy is different. If you do some hair and makeup and put on a sharp outfit. I mean there is just an enter genetic difference. And it's that old adage Weren't we told in our 20s dress for the job you want not for the job you have. It's that same concept. So put on the power lip or do the hair put on the blazer I'm not telling you what to do. Only you know what makes you feel amazing and credible, maybe you've been told this to my husband and he like laughs at me. He's like, what and like, You got to be the ball or act like the ball or that you are. And that's really what it comes down to. And on days when you're not feeling it, it's really important to double down on acting as if I could have sat here at the beginning of the podcast, literally recording number one going, Oh, is this going to be successful? Or Is anyone going to listen, it's just going to make any type of an impact. Versus coming in with my, I'm already a successful podcast host, I dress the part I showed up, I came into my little home studio that I made, it's not fancy, but it gets the job done. And boom, and I showed up in a different energy, like it's a self fulfilling prophecy. And if you keep doing that, you keep showing up in the vibration, I want to say, as well. So internal and external of where you want to go, it's going to happen. So just, you know, think about it. Like if you put on sweats your yoga pants, and like a schlubby sweatshirt, what's the energy in that? not knocking it? I love those days when I'm just in my little schlubby yoga pants energy day, because that's also a day I'm cranking shit out, I just have to get stuff done. But the days that I show up, and I've got like I have, you know, if you're watching a little clip on my Instagram or my YouTube, you'll see me like I've got a pink tarp on I put on a pink lip, I've got my hair done, I put some makeup on. And I feel better about myself, because I'm showing this is how I'm showing up. And this is I'm showing up in the world, I'm acting as if I'm already the number one channel on YouTube, I'm acting as if I'm already the top podcast for midlife women. Because you guys this works. It really, really works. And it's such a great way to get in here change up the energy. And I can't underscore it enough is I was just having this conversation with someone who's really into fashion. And her big point was that we've gotten lazy, a lot of us aren't trying anymore, because you've just been home a lot. I've I've worked from home forever. But even with the working from home, you were out at client meetings, or you were at at restaurants and things like that. And so we kind of had that, you know, shut down for a while. Hopefully we're on the way out of it, time will tell. But she was saying that, we just kind of stopped caring. And there was the ease and convenience of it all. But I'm telling you, when you put on that power suit, the lip, the shoe, the necklace, the earrings, the scarf, look, whatever it is, that makes you feel like you are in your personal power tripled down on it. And especially if you're starting something new, say you're starting a new fitness business, act as if you are already a celebrity trainer, even if that's not what you want to be. I mean, I'm not telling you about what kind of goals you're

having. But let's just roll with me on this one. Just act as if you're that like SoulCycle instructor that has zillions of people, I don't do SoulCycle. But I know that they're like really popular instructors, but ask yourself to show up like that instructor that has 1000s of people showing up for the classes every day. Because if you do that enough, you are going to be that instructor that has 1000 people showing up for classes every single day. And that's the other thing. When you're acting as if you're standing in that power, here's maybe you're starting something new, maybe there's one or two people that you're talking to, but you have a meeting or that you have an in class or that you have at a seminar you're hosting, you show up like the person you are aiming to be, just do it, it doesn't matter if there's one person there or 500 people there. Because you're going to be that same person, you're acting as if it's already a done deal. And it's all about visualization. I'm not going to get into like Fifth Dimension reality of how things are actually already happening out there. And we're our physical bodies are just catching up to it. That's a whole other thing. I'll kind of let the experts talk about that. But all I can say is, is it's the truth. So just act as if I was at Elle Woods and was it I want to say clueless Oh, she was saying Oh, as if that's why I was thinking that but I'm also thinking of Reese Witherspoon in the other one Legally Blonde where she's like what, like it's hard. And it's really not hard. It's really not hard. So the next time you are feeling down and or even not feeling down, you don't feel your energy. You don't feel like you're in your power. You can actually put yourself into it by just pulling out that one out but we all have that one or two or three outfits where we know where we are just like solid. We are solid and we're feeling it. There's that vibration you want to bring to everything put it on even if you're just sitting at At home, like staring at your computer all day, you're going to show up differently because you're acting as if you're that frickin CEO that you want to be, or that killer instructor that you want to be whatever it is. **So it can't be under estimated. So go out there and act as if it's already in the bag. It's already done. It's already a frickin done deal. It's a done deal. Because one day you're going to wake up and go, I am that person. There's no need to act anymore.** So it's that little Superman cape, throwing your cape, whatever that means to you. Act as if and one day, it will be the if it's not going to be actually I should say it's not the if it's going to be the I Am. I Am. I Am statements are very powerful, too. I'll talk about that in another podcast. But for right now, **act as if you are the CEO. You are the TED Talk speaker, that you are the master star instructor that you are the number one CPA with 500 clients just act as if and one day, there's no acting, you're going to be it because it's just going to be a self fulfilling prophecy.** Trust me on this ladies. All right, go out and do it. And you know, it'd be fun is if you're, hopefully a lot of you're following me on Instagram at John Marples. I'd love to see your outfits. Tag me. I just I want to get more in communication with you all. I know, there's folks of you out there that I know. And there's so many of you, I don't know and I just love to see you in your power outfit and I will make a point to do the same to inspire all of you to do it. So act as if it's a self fulfilling prophecy. You're already there. Alright. I love you all. Have a fabulous, fabulous day.