

# Ep 188 Solo

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## SPEAKERS

Jen Marples

### Jen Marples 00:10

Jen, hello and welcome to the Jenn Marples Show. I'm your host. Jenn Marples, founder of the Jen Marples agency, mentored to women worldwide and your number one champion and cheerleader dedicated to helping you embrace and rock midlife. The Jenn Marple show has one goal, to empower you so you can go out and empower the world. So each week, I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change, ready to up level your life in business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine, and I am so glad you're here. Hello everybody, and happy Thanksgiving. This is dropping on Thanksgiving. So I hope you have a wonderful day, and I hope this finds you well and calm and not having any pie drama. This Thanksgiving episode is a quickie, because I know you're all very busy and you're with family, and I wanted to pop in and just give you a couple things that popped up for me that I wanted to share with you. So consider this your Thanksgiving table filled with instead of pies and cranberries and what else do you guys have? Sweet potatoes? There's a big fight between sweet potatoes and mashed potatoes, and my family regular mashed potatoes. So this is your Thanksgiving table filled with useful tips and a couple musings, because the midlife musings are really popping up, especially having just turned 55 and thank you all for sending birthday wishes if you follow me on socials and be on my newsletter, I had a really great birthday, and I just have to give a shout out to three of my dear friends, Catalina, Louisa and Hannah, they got me the lingua franca cashmere sweater in black with the you're not too effing old, stitched on the front. It's something I've been wanting to do for myself for two years. So you know you have friends who love you and know you well, when they make you cry, when they give you the birthday present, because it was, it was, it just really blew my mind. And I just got so many thoughtful gifts from family and friends this year, I just feel really, really, really, truly blessed. And that's kind of one of the themes I want to talk about today is Thanksgiving, and really giving thanks and really thinking about it. I am the first one y'all to be like, what happened I done this year, and I'm always thinking about the next thing, and I really have to train myself to stop, not stop, drop and roll. But maybe you could do that too, but just to really stop and take stock of the year and go, Okay, what happened this year? What

have I accomplished? And I want you all to do the same thing. And the reason I'm bringing this up is because, if we don't think about all the things we have accomplished and what we're really, truly thankful for, I know we're all striving for those new things that we want to accomplish in life, we're never going to be thankful and happy and appreciate those things if we don't start to appreciate what we have right now, and I am the first one. I tell you this all the time, when everything's pop up for me, it's because I need to hear it, so I need to say it out loud, so it sets in for me, but it's going to be useful for you too, because this is really important stuff. Because if we are always thinking about what we don't have or what we didn't do, like, where does that leave us mentally? It just leaves us kind of flat on the floor and not motivated, and not giving us the juice to continue on doing all the good work that I know you all are doing. You're raising families and just doing all the things that we're doing, we're literally doing all the things. So we've got to be we've got to really take that time and be thankful. And we've got to notice what we've accomplished and give ourselves a damn pat on the back. That is my homework assignment for you today. You can do it mentally. Take five seconds for yourself and just think right now, this entire year, I know you've made big accomplishments this year. One big accomplishment could just be keeping everybody in your household alive? I mean, I got my kid into college, truly, and sent him off to college. There's a lot of you listening. We've all done this for the first time this year. It's huge. Think of the hours, the trauma and the drama of what that entailed if you put a kid through college. So that is no small feat. Thank yourself for that. Write that write that down. That is a huge accomplishment for this year. Take that time. Write down those accomplishments. Write down what you're thankful for. And this is going to set you up for planning and dreaming and all the good things that I'll be talking to you in another podcast episode about. But we got to stop and we got to really. Sent, and we got to really zoom in on the things that really mattered this year and really be thankful. It's easy when I just had a birthday. For some reason, my birthday always puts me in all my feels. It just I have to admit, I love getting the birthday greetings on social media. I love running around. I love having champagne with friends. My little family here threw me a party. I just love every minute of that, and it makes me all juicy and all in my emotions, and I cried for days because I'm just so thankful. I'm thankful, I'm thankful for my family, I'm thankful for my friends. I am thankful for all of you listening to this podcast for three years. And if you're new here, welcome. You've got a lot of podcast episodes to listen to so I just a quick little PSA. If you're new to this podcast, go take a look in the in the catalog of podcast episodes, there are 188 This is 180/8 episode. There is something for you within these little podcast walls for you to help you with your life, if it's figuring out what you want, if it's going deep into your business, if it's talking about relationships, if it's unpacking your heart's desires, I've got it all for you. If it's, of course, menopause, let's not forget about menopause. There are many, many episodes dedicated to menopause and our specific needs in midlife. So have at it. Dig through this catalog, please. I urge you, because I do this podcast for you. I do this so you know that you're not too fucking old to do whatever the hell you want. And all these podcast episodes are very intentional. The guests I have on are very intentional to help you live your best lives. And it's coming from a woman who's 55 who's been through quite a bunch, not through at all. I mean, we've all been through different variations of kind of, some around the same things, of what we're dealing with in midlife. So I feel like I come at this with actually, this is the podcast I needed. It's the podcast I need. So that's why I do this for you. Okay, I digress. So I'm thankful for you, and I'm thankful for this podcast. I'm thankful for this platform. I'm thankful for where we are in the world of technology that I get to pop into your ears every week. I do not take that lightly. I am appreciative of you being here, and I'm just so happy that we get to have this intimate relationship. Wow, what a world we live in. I happen to love tech. I happen to love social media because it brings us all together. I want

to share with you a couple things. So I'm about like five sort of top little takeaways for you all today. Of course, one is going to be boundaries, because that's seems like the appropriate thing to talk about for the holidays. And this popped up in the event that I hosted, co hosted last week with some friends of mine. So here's a sidebar if you didn't know about this event, obviously, if you're not in the San Francisco Bay area, you couldn't come because this was an IRL event, and I'm going to be doing more events, both online and in real life next year. You can count on it, because it's the thing that makes me happiest in the world. If you are not on my newsletter list, please get on that list. You don't want to miss out about these events, because a lot of times, in the case of this event, I did not post about this on social because we had a limited capacity, because it was out of private residence, and I could only send it out to my list. So please get on the list. The link is in the show notes. Okay, my PSA for that is done. So last week, the day after my birthday, there was this beautiful event. It was called unveiling her. Was our theme, and it was really about stepping into our power women, supporting women, and really going after what you want. So one of the themes that popped up, and one of the questions I asked Louisa, one of our panelists, was about boundaries and setting boundaries, because a lot of times we all know and the holidays are going to test our limits when it comes to boundaries. So I urge you and what Louisa said, when she comes from a Latin family which there's high expectations on women in the family where you give and give and give and give and give and give at the sacrifice of yourself, and it also can translate into giving away the things that you do for your business for free, giving people deep discounts if you sell products. I mean, there's all sorts of boundaries that are going to be tested right now. So this is truly the big theme of this podcast, is look where you are sacrificing yourself. Look at that holiday calendar that's coming up. Look at your commitments, look at what people are asking you, and really think about how you might be sacrificing yourself to make other people happy or because they've always been done a certain way. Step outside of it all for a second, step outside of it and go is this truly something I want to do? I know there are things we all have to do, but this came up for me a couple years ago when I was going through my big life transition, my midlife crisis, let's call it, and I just wasn't in a healthy mind space. And if you've been with me for a long time listening to this podcast, I bring up. Story at this one year where I was going through one of the worst years of my life. I was severely burned out. I shut down my business, and I hosted 13 people in my home for Christmas, and they all stayed with me, and I broke down. And it was a disaster. It was a total disaster, and half of us ended up with the flu. Myself included laying in bed and praying for salvation. So I don't want anybody to be in that situation. And it was horrible. And in retrospect, I have to give myself a pat on the back. She didn't know what the hell she was doing and what she was signing up for. Because, hello, we just persevere. We keep going. Because, okay, you know, sure I can do it. Why can't I host? I'm in the deep, dark depths of my life, but why not host 13 people in your house for Christmas? Sure. Why not? Because that sounds like a great idea. This is but one story to underscore this point that we really just need to look at where we're saying yes, and if it's at the sacrifice of ourself, you have to say no. We're simply too old. So you're not too fucking old to say no. You can say no to Christmas cards. I'm still on the fence, you guys, because I had a, you know, my kid graduated from high school. Do I want to do a Christmas card? Everybody knows it's one more thing to do. I do them really nice. They're like, \$400 do I need to do Christmas cards? Probably not. I need to let things off the list. And I think we're going to focus more about experiences with the family for the holidays. So think about things that if they just make you want to rip your hair out or crawl into bed and watch Netflix and not get out of bed till January 2, you've got to get them off your list. Feel free to say no to the holiday parties. Feel free to not host the thing that you always host. Feel free to pull back on something with work. Feel free to take a couple

days for yourself to actually think in the midst of all of I mean, I know the days are a number, the days are getting shorter. I feel it. I've got a kid who just joined basketball. I'm so proud of her, but all of a sudden there's a lot more on the schedule. So we all are busy. We all have a lot to do. Don't sacrifice yourself wherever possible. I know are those are there's the things that we have to do that we absolutely have to do. Those aren't the things I'm talking about. There's all that extra stuff. There might be the annual lunch or something that you can't go to because you have to twist yourself into knots to get there, and maybe you've got to drive really far, or you're on a work deadline and you're feeling like you just can't do it all. Just say no. Just say no. This is your permission to say no. Now I want to bring up something really quick about family expectations, because when I went through this a couple years ago, it was really tough. I needed to do this because I was in a mode where I needed to self protect and I needed to keep my energy with me. I was pouring from a below empty cup. I was pouring from a cup that was cracking because it was so dehydrated and I needed to take care of myself. And so for that next year, because I had those 13 people over, I just said no to all holidays. I said, we're not participating in any holidays. I'm not participating in thanksgiving. I'm not participating in Christmas. We ended up doing a family trip, just with our little family, and that's what I needed to do. And I just had to pull back as I was putting myself together. I know there's so much going on, but if you can take one thing away from this podcast episode. Just really look at everything you have going on. Even look at presents. Look at the commitments. What can you pull back on and get rid of? What can you get rid of? Maybe you start a new tradition where there's no gifts. I mean, my kids don't let them listen to this podcast because my daughter, well, both of them have already sent me PowerPoint presentations of their Christmas list, and it just gives me ajiva. And I love, I love spoiling them on Christmas. But y'all, something has to give. So wherever you want to give it, like let that go, just let it go. This is your permission slip. Let it go. Let it go. Let it go. This rolls into this other theme that popped up, and that was we really need to start putting ourselves first. And you've heard me say this before. It goes into the boundaries as well. We just don't have time to waste, to put ourselves first. There will always be people wanting our time. You still have kids. I've still have kids at home. Probably have partners. We have business partners. We have all these people that are in our lives, friends, family. We need to start putting ourselves first again. Here's your permission slip. Midlife is the time to put ourselves first. Think about you first and what you want. Because if you're doing what you want, and you're putting yourself first and adding in those things that make you happy, if it's a spa day, if it's yoga, I am committing to myself. Shira, who was my guest last week, she really made me think about this, and I happen to know the property that she went to to have her 24 hours in silence. I'm booking one for myself, and I think I'm doing it this. Month I'm taking myself away from everything and everyone and spending 24 hours alone so I can think about my business. I can think about my life. I can think about these next five years, because I literally can't think when I'm in my four walls and in my home office, that's me putting myself first. It might sound crazy. It actually feels a little crazy to book something like that in the middle of this holiday season. But if we keep ignoring ourselves, and we keep ignoring those little whispers that want us to do something for ourselves, you're gonna wake up in a couple years and go, Why didn't I listen? Why didn't I do this sooner? And sidebar, nobody beat themselves up right now. There's nothing you can do about yesterday. All we can do is move forward. I was just talking to a client the other day. I should have done this. I should have done that, damn it. Why didn't I do this? Or why didn't I prepare for that? Nah, get rid of that. There's nothing. We all have stories like that. Yeah, I should have bought the condo in Hawaii for \$125,000.20 years ago. Well, that didn't happen, okay, but guess what? I can't think about it. We can only work on this moment forward. So put yourself first, starting right now, and do

something for yourself. And doing something for yourself can be go back to point number one, setting those boundaries, erasing things from your calendar, and giving yourself that permission to do something that's additive, that makes you feel good, that makes you feel like you're coming back to yourself. Okay. Now this third little thing I told you, this is a Thanksgiving potpourri. It's a little holiday table of little quick tips and tools, because I know you're all busy. This one, I can't take credit for. This one popped up in my leadership group that I was in yesterday, and I thought it was so fabulous, because it really applies to every relationship in our life. And this was the quote, We can't want it more than them. We can't want it more than them. So that applies to business, meaning we can't want our success for clients or our customers more than they want it for themselves. This goes to relationships. We can't want our spouses or partners to, say, exercise or eat healthy or do those types of things, travel more play golf, fill in the blank. We can't want it more than them. So if this becomes, and this actually, before I get to my next thought, This also goes for our kids. Oh, and this is a tough one. I think this is, like the, probably the toughest one is, we can't want it more than them. So it comes to like, say, basketball. It comes to grades, it comes to preparing to apply for college. It could be looking for jobs. If your kids are already out of school, we can't want it more than them. This is probably literally one of the hardest life lessons and realizations that we can ponder. So just think about where you're pushing and where you need to pull back, because all goes to like sacrificing yourself again, because then we're going to get into knots and turn our lives upside down trying to help the clients, our partners, spouses, our kids, to do all the things, and we're going to again be flat on the floor. They've got to want it for themselves, all of them, everybody in our lives, they have to want whatever it is for themselves, the job, the success, the fitness, the health, whatever it is. So we can't want it more than them. And I'm sorry I don't have the person to credit to. It's just in my leadership group, the woman who shared that with me, I just thought it was absolutely brilliant. So ponder that. Another quick one, and this is more of just a little thing. Just want to share something the empty nest Chronicles. And you know, my son is home for Thanksgiving. I think a lot of you have kids home for the holidays, and it's been really interesting having a kid home. And I want to share this one little perspective. I have somebody in my crosshairs that I'm going to bring on the podcast to talk to us about empty nesting. So stay tuned for that. But this little takeaway, it actually came from my son's college, which I thought was really cool. And I shared this with a mom this morning, and it made her feel better. They actually sent out an email to prepare us for when our kids come home to understand their headspace, because all of us, like me, I'm like, home cooked dinner. I'm going to make you fried chicken, I'm going to make your favorite meal, and I'm going to do this, and I'm going to do that, and we're going to hang out. I've barely seen my son. Okay? First of all, I had stress. His flight was, you know, three and a half hours delayed because we had horrible rain in the Bay Area, and so I'm sitting there and needing, like, basically, a Xanax trip waiting for my kid to come home. He was supposed to come home at 530 he finally rolled in the door at like, 1030 I couldn't chill until he sent the text going, tell Dad, I'm at baggage claim. I'm like, oh, okay, I can breathe. You all can feel me. I know it. So he came home. He's out seeing his friends. He's golfing. He's doing this. He's doing that. Like they all went out and partied one night, stayed in bed. I've barely seen my kid. So I was talking to another mom this morning. She hasn't seen her son either. She's like, what's up with this? We have to have a talk. I feel very sad. I said, well, here is what the college said. They have been alone for these three months. They're integrating back into home life. They've missed their friends too. They haven't seen their friends for three months, and so that's what they go do. They still need their time alone. So like, I made dinner last night. I'm like, Hey, let's go sit down. Like, I finally have you home. He took his dinner, went into his bedroom. My husband said to me, he's like, Jen, remember what that

email said? I said, right, right, right. We happen to be driving to Los Angeles to see my in laws for Thanksgiving, so he won't have any choice but to talk to us for the next few days, because he will have no distractions. He will want to be by himself. But I think this is part of this whole empty nesting thing. They're growing up. They're pulling away. They're now becoming independent. I fully understand and appreciate that when they have roommates, they have no time alone. They want to be in their bedroom. They want to spend as much time like sort of alone as possible, as well as with their friends. And I guess we're like, we're not there, we're not on the top of the list. But I just wanted to share that with all of you today, because I thought that was a really interesting sort of reflection on the fact that it's nothing against us. It's just that they're pulling away. They're finding their way and for us not to, you know, be in puddles because they don't want to sit there and talk to mom for five hours, because that's not going to happen. Okay, someone is going to be coming on the podcast shortly to talk about empty nest, I promise you, finally, I want you all to think about because I'm doing the same thing myself right now. I would urge you to start thinking about doing something today, starting something today that you're thinking about, Oh, maybe I'll just start this January one. This is what I'm going to start in the new year. I think if you start taking some action today, you're going to feel a hell of a lot better when you get into January. Because let's think it's not really January one. If you've got kids home from school, we're not going to be fully rocking and rolling to, you know, the middle of January when these kids go back to college. For those of you have kids, people just take time off. People are traveling. It's like that slow start to the year. The weather gets crappy. People are like, January the blues, all of that. Why not take a step today? This could be for starting a business. This could be thinking about shifting your business, pivoting, thinking about your career. It could be working out. Don't wait till January one. Just start going to the gym now. So it's like, no big deal. You don't have January one looming like, Oh, I'm just going to get through the holidays, and then I'm going to start eating healthier working out. Just start doing it now, and something that's always worked for me. And when I get back from our Thanksgiving, I'm taking two days to actually talk to my mentors and my people, taking some time alone, and then time with my mentors to really plan for next year. I'm doing it now. I'm not waiting till January. I want to be ahead of it. I've got things bubbling, and I want to go into January strong, and I'm ramping up on my exercise. I don't let that falter. And I pay special attention to to what I'm eating, because I want to have fun. I want to, you know, have the I think we're having prime rib for Thanksgiving, actually, which sounds delicious because I really don't like Turkey, but it's all about this balance. You know, it kind of goes back to those boundaries again. Boundaries balance. It's taking that time for you and start taking some action today on things that you want to move towards. I'm talking to a lot of you out there right now about wanting to shift your business goals and things like that. So this is a great segue to let you know that right now, till through the end of the year, I am offering a little bit of a bonus if you want to work with me, but you want to just a quick in and out. And I love these quick kind of power I do power hours, and I do power 90 minute sessions. If you book one of those this month, I'm adding an extra 15 minutes on at no extra charge. So if you book a 60, you will get 75 minutes for the cost of 60. If you book a 90 minute session, you will get 105 minutes. I had to do the math with a calculator to figure that out. But an extra 15 minutes at no extra cost, that's my little sort of Black Friday, pink Tuesday, pink Thursday, whatever you want to call it little special. And I would urge you to take advantage of this. If you are thinking about anything right now in your business pivoting. You are thinking about adding new products and services. You want to focus in on new clients. I'm actually talking to someone right now who wants to pivot and speak to a complete new customer base. This is what these sessions are great for. If you want to, you know, get your yourself, your products, your services featured in the press. I can do a 90 minute power

hour with you on how to get your own PR, how to put yourself on podcasts, all the stuff that I do with my clients within the agency. So you can peel away one thing. We can just get into it. We can get into your messaging, your positioning, your personal branding, and just have some Jen on your business so you are set up for success. Going into next year, I am doing the same thing for me, like I said, tapping into the people I tap into. Because I will tell you this, it's really freaking hard to see our business clearly and our life clearly, because we're so close to it, we're just so close to it, it's hard to see it clearly. So if that's something you want to do, click the link to book one of those sessions, and you know, I'll see you this month. So that offer is good through the end of the year for my beautiful podcast listeners. So avail yourself of that if you are in need of some help. And also, when you're doing that, looking at those show notes, make sure you're getting on my newsletter list, because I don't want you to miss out on all the things that I'm going to have coming up, because your girl here loves events, and I've decided, and this is what I'm doing, and talking to my people about big and small events throughout next year. I'm leaning all the way in on that, so I don't want you all to miss out. And of course, you get the latest and greatest podcast episodes and all the tips and tools and insights I share with you on a weekly basis. So make sure you're on my list. Okay, so as I am recording this, I'm wrapping up because I get to go. This is my final tip for you all also make those health care appointments, because I am going to get my fifth skin cancer removed on my back. Yay me. That's the Hawaii the 90s and too much sun. So that's happening like right now, after I hang this up and I'm booking my mammogram, I have just had an eye check because I had some floaters in my eyes. I had a weird thing, weird thing happening. So book your mammograms, book your OB appointments, book your colonoscopies, do all the things you need to do. Book those things now to make sure you're putting your health first. Okay, so that's my last tip for you. All right, that's my Thanksgiving smorgy for ya, my little Thanksgiving table smorgasbord, whatever you want to call it. And I will end by saying I am just so thankful for all of you listening, you beautiful midlife women who are not too fucking old to do whatever the fuck you want. Have an amazing holiday. Remember those boundaries, boundaries, boundaries, boundaries, boundaries, boundaries. You have my permission to set boundaries. Go forth, eat all the things, have all the fun, and I will see you in a week. Bye, bye.