

Ep 88 Gratitude

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SPEAKERS

Jen Marples

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Give yourself some thinks. I'm saying this as much to you as I'm saying it to myself. But look in the mirror. And just really look at yourself and give yourself some thanks. thank yourself for showing up in the world. thank yourself for being you. thank yourself for being passionate. thank yourself for being a great mom, a great wife, a great friend, a great partner, a great daughter, a great granddaughter, all of it

Jen Marples 00:35

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 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 that you are not too fucking old. Hello, everyone, and welcome to the Jen Marples show coming at you fresh as a Thanksgiving turkey on Thanksgiving. That's me today. This is where my mindset is. But I want to do a little short and sweet episode for you today because I know everyone's busy and with family, and hopefully enjoying some much deserved relaxation and time off. Because you all deserve it. You all deserve it. So I'm going to keep this one short and sweet. I know I say that. And then I go on and on and on. But it's Thanksgiving. So here's my message for you today. Beautiful, wonderful ladies. Give yourself some thanks. Look in the mirror today. And I'm saying this as much to you as I'm saying it to myself. Look in the mirror today when you're hearing this. And if you're in the car, if you're if you're walking, you know, do it when you get back home, look in the mirror. And just really look at yourself and give yourself some thanks. thank yourself for showing up in the world. thank yourself for being you. thank yourself for being passionate. thank yourself for giving a shit about people. thank yourself for being a great mom, a great wife, a great friend, a great partner, a great daughter, a great granddaughter, all of it. We, I'm sorry, women, and I'm saying this as much to us. I'm saying it to myself, we don't think ourselves enough, we actually we probably never think ourselves. And I usually come on here to preach something that I need to hear. And this is the truth. I actually just left a message for my my mastermind group is beautiful group of ladies. And I know everyone is

showing up and working really hard. And doing all the freakin things. And we don't ever sit back to say, Hey, Jen was going to use myself as an example. Hey, Jen, you're showing up. You're showing up in the world. Thank you. Thank you, Jen for showing up. Thank you for giving a shit. Thank you for caring thank you for loving. Thank you for caring about people. I want you all to do this today. You know, this is the you know the day of things and the day of gratitude. Give yourself the gratitude for being you. I know if you're listening to this, you're most likely at midlife, you've worked really hard. You're maybe trying to figure out what's next. Or you're just working hard every day doing what you do. And how often do you really sit back and reflect and honor yourself. We're always waiting for the next we're always next next next next. Next, I am the biggest guiltiest person in that regard, the biggest. And so we got to change that we got to disrupt it. But we've got to be intentional. Because if we're not intentional, we just keep going through life. So I'm gonna, you know, I'm challenging my, I'm challenging you challenging me. And I'm going to challenge you to challenge the other women in your life to do the same thing. And actually, let's all make a point. If you've got kids, and we're sitting around the table, maybe this is, you know, we're thankful for everything else. But let's go around the table and say, you know, like Snoop did, it's like, you know, I'm thankful for me, that one speech he gave, I can't remember where that was, like, I want to thank myself. And the truth is, we want to thank ourselves. Because if we're not thanking ourselves, and we're not giving ourselves appreciation, we're actually doing the opposite all the time. We're usually always beating ourselves up and what aren't we doing? What haven't I done? What did I do wrong? Or what I perceived that was wrong So we've got to flip it and be intentional about thanking ourselves for showing the fuck up. Sorry, I had to do the little F bomb drop. But I needed to make my point really, really clear for you all. Really thank yourself, and then show everyone who's sitting around that table. For Thanksgiving, it might just be you, if you're sitting with your dog, your cat, great. Do it in front of your dog or your cat. Thank you. And you're gonna Of course, thank them for being fluffy, furry and amazing. And then thank yourself. So I challenge all of you today to do that around the table by yourself. And then also look in the mirror, really look in the mirror and look into your own eyes. This is just coming to me right now. And I'm going to do this as soon as I finish recording, I'm going to go look in the mirror. And really look into my soul. Go. Thank you, Jen, thank you for being the person that you are. And I want you to do that to yourself, too. It's feels weird. It was a little it feels like Gosh, I'm giving myself praise. We have to give ourselves praise. You praise other people all the time I do it you do we all do it. Turn the light back on you and be thankful for who you are. Truly be thankful for who you are. Because you are amazing. You are incredible. You're everything you need to be right now trust that. So let's explore gratitude a little bit. So there's being thankful. And then there's having gratitude. I feel like gratitude sort of gets a bad rap. I think it's because it's talked about so much that it's almost like the boy who cried wolf. Oh, gratitude, gratitude, gratitude, and we kind of just like, oh, yeah, I'm grateful. I'm grateful. I'm grateful. Again, we got to be really intentional about it. Sometimes it's really hard to journal about gratitude. All sit and go, What am I thankful for today? Literally some mornings, it could just be your hot cup of coffee. I was so funny. I was listening to Glenn and Doyle's podcast and they were talking about something else. And some woman waxed on and waxed on about I think was her love language was just coffee. And I could really relate to that. So some days, your gratitude might be for being able to have a cup of coffee in silence. That does actually sound pretty amazing, doesn't it? I digress. It does really sound amazing. I love a cup of coffee in silence. But I think for gratitude, sometimes we force it going I should be you know, thankful for an alpha, everyone's health and this and the other. Yes, of course, we're thankful for that. But sometimes it doesn't feel true in the moment. So another challenge for all of us is to when we're writing down what we're grateful for thinking about it,

you can just wake up and keep your eyes closed and just go, Okay, what am I grateful for, or take pen to paper and journal about it or do it right before you go to bed. And it could just be a warm bed, it could be thankful for the wonderful conversation that you had with a kid. It could be that coffee. You know, earlier today, I was looking at my dog, and my heart was bursting, because I just love my dog so much. And I'm so grateful for my doc Ali, he's my spirit animal. If you're listening in, you have pets, you probably all feel the same way you're like, do I love my dog more than my kids. I mean, I don't, but maybe I do. But be thankful and have gratitude in those fleeting moments, it's not always going to be these huge, huge thoughts and feelings of I'm thankful for the roof over my head. Sometimes that feels like that's too big, or it's doesn't feel authentic. So drill down into some of the smaller, the smaller things in life. Like I'm grateful to go on a walk today. I'm grateful for that coffee. I'm grateful for my pets, and so grateful that I had a wonderful conversation. You know, I'm just coming out for birthday and the Big Girls Night In the event that I had last week, which is fabulous. And I'm going to be doing so many more events side bar online and in person. So you can count on me for that for 2023. But you know, my normal tendency is to just keep going, keep going keep going instead of really sinking into the gratitude of everything that has just occurred. And one thing I really love to do actually on my birthday is, you know, when you get wishes and calls and texts, and people leave Facebook messages, Instagram messages and all that I sit with every single message and note. And I thank my lucky stars for each and every one of those beautiful human beings that reached out to me, I think and I meditate on them I think about how we met how we know each other. Oh my God, I am so freaking grateful for everyone who is in my life. Now it's like I said it's sometimes you can't grasp on to that day to day that's it and it shouldn't be just you know, once a year on your birthday, but that is my tradition. I sit with everybody who sends me well wishes and I just I meditate on them and think about them and send them love and I can feel the love. But sometimes you're not going to have that big burst of gratitude for all your friends and all your family and this is that the other So I would just challenge everyone to think about sort of the smaller pieces of gratitude, the smaller bits. So if I were to, you know, write something down right now, again, today was my dog. And then I was thinking about how grateful I am for a couple of groups of women that I'm involved with. Just so grateful, like I love them all, dearly. Love them all dearly and deeply. And what a blessing it is to know these beautiful groups of women just really sink into that ladies,

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let everything flow, how it's supposed to flow. And really look for the little things. Like I said, sometimes it's harder to grasp the bigger things. So just look for those little things, it can literally be, like I said, that coffee, it could be your favorite pair of shoes, it could be at that great conversation you have with somebody. So this, I told you, I was gonna keep this short and sweet today. So thanks, and gratitude, are the key here. So remember to look in the mirror today. Or whenever you're listening to this, look in the mirror and really look at yourself. And thank yourself to say, Hey, you, I'm so thankful that you're you, and that you're showing up how you're showing up. And also know that you are 100% enough. And then when you've done that, look at your journal, or just think about something in your mind and think about something that you're grateful for. Today, it's coffee tomorrow, it could be dogs. The next day, it could be five groups of friends. Just let it flow. But be intentional. So if you need to put a sticky up and just say, What am I thankful for every day? What am I grateful for every day, just stick it on your computer. So you remember to do it. And it feels so good. It feels so good. And we need to really lean in on appreciating ourselves and thanking ourselves. We're all working hard, ladies, you're really doing

all the things you're really showing up. You're really showing up for other people I know you are, you're working hard. And so I really want all of us to show up for ourselves. And when you show up for yourself, thank yourself and stare at yourself in the mirror, something's going to change. It really has a drastic change on your body and your cell structure. Just give yourself some grace. And go into this. You know, next couple days, relax, try to unplug. Be present with who you are with, even if it's yourself, be present with yourself and let it flow. Let it all flow, ease and flow. That's what I'm taking into this this long weekend. Being with family and also trying to take a little time for myself. Haha, because you probably some of you might need that since we are going to be with family. There's a balance there. That's another podcast episode. So I'll leave you with that. Ease and flow, Grace, gratitude, and thankfulness. I hope you all have a beautiful, wonderful day. I truly do. I love you all. I don't take it for granted that you're here in my life. So I'm very, very thankful for you. And I'm very grateful for you for tuning in and listening. And we're here. We're in this life together. And I'm just honored to be doing life with you. I'm thankful for you. And I am grateful for all of you. Have a wonderful Thanksgiving. And I'll talk to you soon. Bye