

Ep 103 The Power of Community & Connection at Midlife

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SPEAKERS

Jen Marples

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Can we find new communities? And can we find new connections in midlife? And the answer is yes, absolutely. 100% Yes. But you've got to be intentional about going out there and finding new friends, new communities, new support systems, new groups to help you thrive at midlife and beyond.

00:33

Hello, and welcome

Jen Marples 00:34

to the Jen Marple Show. I'm your host Jen marbles, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our very best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you are itching for a change, ready to pivot, or looking for a second act, stick around as this is the show for you. And know this you're not too fucking old.

01:16

Hello, everyone, and

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welcome to the John Marple show Happy Happy Thursday, Happy Women's History Month, Happy International Women's Day, which was March 8, depending on when you're listening to this. I'm recording this to air on March 9. There's so much exciting stuff going on in March I think, personally that we should be celebrating women all year long. But I guess if we've got this one big month, I'll take it I'll take it and we'll we'll be shouting from the rooftops how amazing we are. And we will also be recognizing, obviously all the women that came before us. So before I kind of get kicked off on today's

topic, which is really the power of community and connection, which is so important in business in life, especially at midlife, want to just take a moment to reflect on the women who did come before us, you know, Women's History Month. So think about your mothers, your grandmothers, your great grandmother's, and all the other big fighters and warriors that had been out there for centuries. And you know, decades before us fighting for what we have right now. I know, we still have so far to go. But we wouldn't be where we are today without our ancestors and the women who come before us. Thank you, ladies, thank you for going to battle for us. Thank you for fighting for our rights. And, you know, I know I couldn't be here if we didn't have that collective fighting for us. And I just want you to all take a moment. And really just think about somebody, think about some woman in your life who has been really important and impactful to you. It could have been a teacher, a mother, a grandmother, a great grandmother, we've all got them. Just take a moment right now and think gosh, think about what they had to go through and what they had to fight for to get us to where we are today. Just take a moment. Get them in your mind. And thank them. I really sat with this. We you know, we take it for granted. I remember when I had my mom on the podcast, I should know which episode number that was I'll link it in the show notes. But when I had her on, it was really awesome. To get her perspective. She's 77. So she's been on the younger side, I'm 53 on the oldest of four, they were at the forefront of Roe vs. Wade and all of that and fighting for equal rights. And to see, you know, some of that getting taken away right now it was actually traumatizing for my mother and for my aunts and all the women in that generation because they fought so hard that they never thought that things would be getting taken away from us. And the last year we are. So this is not going to be a negative depressing episode. Trust me, this is just a reflection and a thank you and some acknowledgement to those who have come before us. And we're they're passing the torch. So I've got my torch. My torch is hot pink. It's very bright. Because I know I want to make big change in this world. I know I know all of you do, too. So thanks, mom. Thanks, my aunt Dorothy. Thanks to my grandma, who sadly passed a number of years ago, all these women did the work to get to where we are today. So thank you. Thank you. Thank you. All right. So the power of community and connection. This topic has come up a ton lately and I was actually just interviewed on a podcast about female friendships and can we find new communities and can we find new connections in midlife? And the answer is yes, absolutely. 100% Yes. But you've got to be intentional about going out there and finding new friends, new communities new supports systems, new groups to help you thrive at midlife and beyond. Women are historically really great about making friends, I think, you know, we've made tons of friends when we were younger through college. And then once if you have kids, when you know that you make a lot of friends, with the parents and the other moms because you really do need each other to get through, get our kids through school we need we really lean on each other for support. But what I see that happens with midlife, and a lot of the conversations I've been having is, as we get older and say kids go off, and you've had a lot of friends in that realm, people move away. I know a lot of you listening have been have gotten divorced, or in the process of getting divorced, because this is just what happens. This is what happens. It's all natural and normal and to be expected at this point in time in our lives, that we could lose, you know, through divorce, you could lose half your friends, you can lose half your family because of it. So there's all different reasons why, you know, friends fade away, we lose friends, we get busy with kids, kids get older. I know for me having college aged children, I'm jumping ahead, they're in high school, and we're thinking about college, oh my god, they're not in college, yet someone helped me. I'm not involved with the school, I don't see people I barely you know, kind of have that as a connection. Maybe I see one of the moms that yoga or something. But I've definitely stepped way back from the sort of those those mom groups because I'm

just not in that realm. And I, you know, I look back and I spent a lot of time at the soccer games and this and that. And you really kind of travel as these packs, were kind of going in the same circles at the same events, the schools, the potlucks, all that stuff, where we've been doing that for a long time. And so now I know a lot of us are in this next phase where, okay, that's not happening, a lot of us work alone, or we work from home or solopreneurs, or because of COVID, we've been able to work from home. So we're not at the office, and you're not maybe seeing people as much, there's so many factors that go into why sort of the friend groups and our social circumstances can change. But the good news is, is if you are looking to find new friends, groups and communities, you can absolutely do that. You just got to put your mind to it, you've just got to be intentional about it. And so I'm going to give you a couple tips of things that I've done. And I do want to have a little caveat here is that I know everyone listening, not everyone is like me, I'm pretty extroverted. And my whole kind of reason for being is to gather women and gather groups and go out and meet people. So that is I know, it's my superpower. It's my passion. And I understand and realize and appreciate that not all of you are like, Yeah, let's go, I'm happy to walk into a room of 50 people and not know anybody, that's daunting, that can still be daunting to me. But if you take all these pieces of advice, I'm gonna give you with a little bit of a grain of salt, and just kind of pull what feels good for you and try some of them. So I would say number one is, again, being attentional going out into the world and out into new environments with the attitude that I'm going to meet really cool new women, and just have that vibration. really lean into that. Because if you walk in somewhere and go, Oh, no one's gonna like me, I'm not gonna make any friends. They all have their friend groups. It's literally the same kind of stuff our kids think about in school. I mean, I'll probably all throughout college, they think this. So don't let that trip you up and stop you. Because remember, everyone is kind of thinking the same thing you are. Everybody wants to make new friends. And they want to expand their network. So just going going, Hey, I'm here. I'm open. The key here is being open. I'm open to receive, I'm open for new friendships, and I'm welcoming in fabulous new women. And if you put yourself in that mindset, you will get connected to other wonderful women. Number two, you've got to look for these places to find people. So if you go in with that attitude, but like Hey, Jen, Well, where am I going? Well, what do you like to do? What are you interested? What's important to you right now. So if it's health and fitness, if you're already a member of a gym, or a yoga studio, Pilates studio, something, just go out of your way and start talking to people, you know, make it an effort, like maybe you're going to try to meet one new person a week and just be chit chatting with people as you're getting ready for class and all that. If you are interested in something like pottery, if you're interested in books, if you're interested in tennis, I mean, it can be anything, start to find different events or affinity groups, book clubs, things like that and put yourself out there get out of your comfort zone and go find some groups that match sort of your interest because then by default, you're already going to have that in common so that's great. I like to hike I like to play tennis or Pickleball is Pickleball is pretty big.

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I have not played that. But you get the gist. cheer. So if you are under a certain thing you've already, okay, great. We all like yoga, we all like this book, we all like tennis. So that gets you over the hump. And then again, going in with that positive attitude of I'm going to find these wonderful women, boom, you're going to find them. Number three, if it's something for business, and I'm gonna get to this in a minute, because I am launching my next mastermind, it's really important to go out and find groups that are going to support you in your business. So it could be networking groups, it could be accountability groups, you could look to join programs like the one I'm about to kick off, which is a mastermind, group

coaching programs, all of those, again, with that's the common goal of growing your business and meeting other women in business. Those are superduper beneficial, because again, you're going in to a group where everyone is kind of doing the same thing, not necessarily the same company, or the same type of business. But all the women that are coming in, want to be aligned, they really want to make great connections, and they really want to support each other in business, of course, you're gonna be learning things, whatever group you're in, but coming in to say, How can I help you, you guys are going to help me we're all gonna help each other, it's going to be all great. And so then you've got this wonderful group of women, based on you know, where you are in your business, if you're starting something up, or if you are knee deep in it, you need to go deep into, you know, social media, I know somebody who's actually in one of my masterminds right now just launched a social media mastermind group. So they're going to be meeting for a bunch of weeks, and really focusing in on just social media. So there's so many different types of groups, you've just got to be intentional. And keep your eyes open and look out for groups like that I have been in so many of these types of groups, masterminds group coaching, networking groups, and within a lot of networking groups, there's actual subgroups within these networking groups, you know, depending on your area of interest, there's so many things you can do. They've really leaned into these, especially when COVID started, and we all became isolated, that they were fabulous. And all these women that I've met, I've just collected, I've literally collected hundreds of women over the past few years, through putting myself out there joining groups really going in with the attitude of I'm going to meet new people, and they're going to be amazing. And guess what, I met new people, and they're amazing. And I've just expanded and expanded and expanded my network. Another big tip is if you are someone like me, and you are more outgoing, and it's just comes a little easier to you to like, Okay, I'm gonna go to this event, think about some of your friends out there who are a little bit more shy, or who aren't maybe going out as much, or maybe something's happening in their life, and they could use a night out, or they could really benefit from going to hear this author speak or going to a networking event. Don't forget about them, take them with you. It really helps to have a wingman or wingwoman, I should say, when you're venturing out and going out to meet new people. So you guys can go in together? And then your friend who's a little bit more shy has that support? Or maybe you're the shy one and you can the flip of that is ask, you know, tell one or two of your friends. Hey, the next time you're going somewhere, can you just let me know, I would love to go with you. Because maybe that friend isn't going to be you know, she's not gonna be like, Hey, tell me tell me what's going on. Tell me maybe if you just say it one time, you've planted the seed. And then we actually, you know, we can spread our tentacles out of you know, the reach of where we're going, what we're doing and who we're doing it with. So I think about that a lot. I've actually had women asked me exactly how I'm telling you, Hey, Jen, I saw you went to XYZ event, the next time you go to something like that, can you let me know I'd love to go perfect. So the next time I do that, you know, throw it out to a little bit more of a bigger network. And people come along a little bit, the sidebar here, this is a good little PSA for you to get on my newsletter list. Because when I go to these events now, I pretty much let the world know. And if you're in my newsletter community, you get that information on a weekly basis. So as I'm recording this, this week, I'm speaking at a women's event tomorrow, I'm speaking at a retreat on Friday and going to an event in LA on Saturday. And I've let everybody know about it. And different people are going to be meeting up with me at these events. And I love that. So get on my newsletter list. The link is in the show notes side bar. That's the way Come with me. So basically, I'm saying if you if you don't have any friends or you want to come and see what I'm doing, come with me, I will hold your hand I will take you into these events and we'll do it together. We will do it together. So just really think

about those two different aspects. If you're a real social person, take your friend with you. If you feel like it's a little bit harder for you to do these things. You need some more encouragement or it's really easy for you to just Netflix and chill and knock it out there. Tell that One friend or look me up and say I want to go to something, and they will take you to something. So those are just a couple tips to help you get out there. And so I want to switch gears a little bit right now. And in the essence, and in the gist and in the realm of being connected, and really feeling supported, and knowing how important community and connection are in business in life. I am kicking off my mastermind. Doors are open today. So my mastermind is kicking off on March 30. And it's gonna go to June 1. So it's the spring United unstoppable mastermind. So if you've been here for a while, you've heard me talk about this. And I had the United unstoppable mastermind that kicked off last fall. And the beautiful thing about that group of women is that when it came to and they said, Hey, Jen, we don't want this to end that we continued on. So I'm currently extended their mastermind. So there's sort of a little secret society going on from the mastermind that launched in the fall. I love these masterminds so much. And I've you know, I've gone back and forth Am I want to offer one mastermind a year two or year three, I think two year are great. And I really think this is a great time to step out of your comfort zone, and go all in on your business and step into the room, the proverbial room with an amazing group of women. The transformations that I saw happen last fall, and there's still happening because this group is still together has been nothing short of fabulous. They've made wonderful connections together and they've supported each other, they've started new aspects of their business. And they've gotten out of their comfort zone, they've stepped back into really who they are, they really dug deep and got into their what, who they truly are and who they want to serve, which is so important. That's so important for all of us, all of us solopreneurs, we've got to know our why we've got to know why we are doing what we're doing. And then have a clear message to then attract the women and the people that we want to serve. So I know it can be really uncomfortable sometimes to stretch yourself and to walk into those unfamiliar rooms, like I just talked about. And the key takeaway here is that you'll never quite feel ready. I never feel ready. I'm as I'm recording this. I'm speaking to a group of women tomorrow at a luncheon. It's a networking group. I never feel 100% Ready, but I go. And I step and I take leaps. Because if you really think about it, are you ever going to feel totally ready to do anything? The answer's no. But will you have the confidence and courage to do these big things? If you're in these rooms with women who are supporting you and saying, oh, hell, yes, you're doing this? Yes, you're gonna rock it, yes, you have a message that they need to hear. It's so important. I'm involved in so many different groups right now. I look forward to them every week, I clear my calendar for it. They're the most important things I do. Apart from working with my clients. And of course, working with all of you in a mastermind. They're the most important thing that I do for me for my mental health, for my business, for my well being. And I would never not I just keep adding more in. So I'm currently in several different networking groups. And I'm in a big, huge networking group that has these subgroups. And so I'm in one for people who want to speak I'm in another subgroup for solopreneurs. I met them mastermind, I've got so many things going on because it is lonely being a solopreneur. And if you're like me, you can ruminate, you can think and overthink. And what happens when we work alone, which a lot of us do is that ideas, great ideas never see the light of day because you talk yourself out of it before you even start. Because there's no sounding board. There's no one to share it with. So that's a really beautiful aspect of being in a mastermind. So I like to say it's kind of like, where ideas come to life because there are no bad ideas. And so I've seen women come in going well, do you think this is a good idea or coming in with some type of a gut instinct going like, what

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do you guys think this is where I think this needs to go? And we're like, yeah, we totally say that, of course go for that. That is a great idea. And then we can hash we hash through a couple of different scenarios of this idea. So it's just such a wonderful way to get the support and you know, the uplift that you need on a daily basis and I'm just going to let's have some transparency here. Okay. Life is hard, okay, like red mid life. We've got a lot going on. I'll just take my last week. My husband was gone which is actually love you honey, but it was a relief. It was one less person to worry about. I just get out get out. I need my Bass get out. And then I just fell in funky on that. I know a lot of us are feeling funky right now. And I think March is really we're going to start really coming back to our own. The last week, you know, I was on the struggle bus. And as many days and this is important for all of you to hear, because you see me out with a podcast, and I'm doing all these things. And it seems like easy, none of this is easy. It's not really, really hard, because I don't want us to think that everything needs to be a struggle. But this shit ain't easy. I question myself all the time. I'm like, is anybody listening? Does anybody care? Does this matter? Like, am I helping people, I come back to my why all the time. And I have to sort of get off my ledge. And the things I looked forward to this last week, the most for my groups that I'm in, I had one of these solopreneur groups that I'm in, I had a networking group, I'm in about talking about speaking, and another group, and then a group chat with another group in between all talking about different aspects, and they were my mental salve, I couldn't have probably got through the week unscathed without all of the support. So I just want you all to know, all of us need help. All of us needs support. People at the highest levels, like the Oprah's of the world have support. We all need it. It's not a sign of weakness. It's just a sign that you're human. So I want to make this really, really clear. And so last week, in particular, like I was saying, I was really just feeling in a funk and like I what am I doing with my life, and I always come back to you guys, I like I'm here to serve. I'm here to serve. And I'm thinking about different programs and this and that, and then I get bogged down with my son in college and the whole I'm not doing enough for my kids Am I thinking about him in college, and I've you know, during the whole inner critic beating the shit out of myself, I got myself out of it, by being with these groups and being very vulnerable with a couple people within the group. And that opened up a whole discussion where every Buddy was feeling a version of the same thing. And so just to know, I think this is probably the biggest takeaway I want you to know, just to be in the room of other women who are at the same kind of point in life that we all are doing the same things businesses, there's kids, there's relationships, there's we're dealing with aging parents, there's all sorts of stuff we're dealing with, just knowing everyone is feeling the same way and experiencing the same thing is worth its weight in gold. Because we know we're not going crazy. We're not alone. We need each other. We need each other to get through this life. Another point from last week was even on these these sort of dark days, I was still getting light shone back at me where women were responding to my newsletter. And some of you have reached out about the podcast. And you know, all this great feedback was coming in. But yet I was still having, you know, a moment a day sometimes can be a day, sometimes it's an hour, sometimes it's a week, you guys all know that feeling. But the constant and all this is knowing I have my ladies, I've got these groups. And you can check in and usually, if someone's feeling one way, you see another woman's feeling the other way. And I'm not even joking you this one group I'm in the connection was everything last week, the group chat has kept going with people and what they were experiencing. And while yes, we came together for business, it's so much more. And that's really what I want to impart here is that I say, you know, you come into a mastermind says they come for the tools, and I have that

sort of an air quotes, but stay for the community, that connection, the magic, the support, the Virtual hugs, because that's the stuff that we really, really need to get us through every day and to keep us sort of committed to our path and shaking things up and trying new things. It's magical. At the end of the day. It's magical. If this is calling to you, I want you to say yes to yourself. Say I thought about joining gents last mastermind for some reason I didn't do what I want you to be like I am in like Flynn, because I need this community and connection and support. And of course we're going to go through tools. You know, I took everybody basically on a path my last mastermind went through from A to Z we started with stepping into who you really are, what are your values, looking at all of your key messages, who are you serving? What's your why? And then we follow that up with a little bit of expansion on that and getting into like really being able to describe who you are and what you do then get into the meat of stuff like marketing stuff like content creation, all that kind of good stuff. And then we ended with presenting art Word new and not new and improved our refined selves to the world. So the group got media training, and we practiced in front of each other, and it was beautiful. And so all the women had this confidence. And they had this clarity and they were able to step into, and really anchor back into their authentic self, and not be afraid, and not be afraid to go out there to serve the people that they want to serve. It was really, truly a beautiful experience. And we're still experiencing it, of course, because I'm still with that group. But I want you all in, I want you guys, and I want to support you. And I just know that every time I do any program or event, I always like meditate on it, I sort of let things I let things flow. And I always say to myself, and I've counseled numerous women on this, you've got to let everything go and know that the right people show up in the right people always do. Always, I knew in my heart, my last mastermind was going to have a group full of fabulous, beautiful women. That's exactly who were in that container. And I know with this next mastermind, I've already actually talked to a lot of you about it. And so I can't wait. Because these doors are open. So I can't wait for you to actually walk through the doors and come on in and experience what it's like to be supported. Guided, and just being held, seeing your vision and having other women see your vision for your business. And go god that's so amazing, you're so incredible,

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it's almost hard to describe, because you just gotta come in. So if you've got a little tug, come on in. And I know it's for for us, ladies, it's always hard. It's hard for us to say yes to ourselves, it's hard for us to spend money on ourselves. It's hard to invest. We have all these things that we say we should be doing should should should. Whereas I know every single time I've invested in anything, my time, my money, my experience into all these groups and all these other women, it has been nothing short of magical. And so magic. Let it be magical who's talking about magic and business, I am, like, let's have it be magical. And the other thing that I also want to bring up when I create anything is that I always create really secure private containers. So I take privacy very, very seriously. I want everyone to come in and feel really safe and really secure. And I have agreements that I take the whole group through. So everybody agrees to these because what happens in the mastermind stays in the mastermind, it's for nobody else's consumption. I'm not a fan of like taking photos of while we're in the mastermind and all of that I don't do that. We're there, it's private, it's sacred and we dig through. We dig through a lot, our business selves and our personal selves. We're all the same people. They're not divided into two. So a lot of times you'll come in, and I've done this, I've done all of it. You'll come in, you'll cry. Some days, you're gonna laugh some days, you're gonna feel like you're on fire. You're Beyonce. Other days, you're like, what the actual hell am I doing in this world? All normal, all real, we all feel it. In the same

mastermind. Within the span of a couple of weeks, I've been the one crying, like what am I doing? What am I doing to wow, this girl is on fire. It's all part of life. And it's all so natural. So I just want you all to experience that. I really want you all to experience that the other thing and I'll shut up about it, but I can't shut up. Because it's just Also important is that when you're in my masterminds, you are a part of this wonderful community. You also become part of my extended community. And by that like when you're in my world, I know I've said this before when you're in my world, yes, stay in it, you can't get rid of me. So I'm always looking for ways to help you and support you. And throughout the course of the mastermind. Everyone is connected, we have a special, secret, private place where we connect and we can riff the group can riff off each other during the week speed between when we meet and go, Is this a good idea? Hey, I just need some cheering up today or I'm dealing with this what are your thoughts, a place to stay connected, which is really, really important. And that really keeps everything alive and everybody loves it. I love it. Everybody loves it. So one of my greatest joys as you all know is bringing women together, supporting you and seeing you succeed. When I was probably two weeks, as I'm recording this two or three weeks ago, I started all the masterminds with a visualization. And one of the gals in my mastermind she said guess what? She announced to the group She's like, I did it. I made this one thing happened that she had visualized. At the very beginning months and months and months before. And all of us were like, oh my god, that's amazing. So I just want you to know it's possible. Believe in yourself, believe that you deserve that support, believe in the power of the connection with other women. Just believe it, trust it, trust it, and know that it's absolutely incredible, and amazing, and it'll be the best investment you've made it yourself. Because you're also investing in other women, you're investing in you as much as you're investing in the success of other women, what can be greater than that. So we kick off March 30. Yeah. And so I have some, some fun bonuses, the first five women to register. So, so exciting, I decided to offer this, this time, the first five women to register will be entered to win a VIP day with me, which is a day where we really dig into your business, I look at all your marketing materials, before we get on a three hour session. And then we hash through whatever you want to hash through, we refine, and we renew and we refresh. And then you've gotten in your back pocket for five days after that. And it is a beautiful experience. People love it because it's it's a crash course it's an intense, focused time, just on you and your business. And so doing that, and hand in hand with this mastermind, you'll be flying. So the first five of you that register are entered to win that day with me and the value of that is \$2,500. Late is \$2,500. So I'm bringing my you know, 2530 years of PR and marketing experience to you, not only for the mastermind, but for that wonderful day, we can just refine your business, pick it apart, do whatever you need to do to get you to the next level. I'm so excited about that. So I'm gonna leave you with this. I always have my guests, as you now know, complete the sentence. I'm not too fucking old too. So I'm just going to shout it back to you. I'm not going to say I'm not too well. I'll say I'm not too fucking old to help you. That's for damn sure. And what I will say to you is that you're not too fucking old to choose you. You're not too fucking old to choose, you just do it. I know, there's so many of you out there like, Oh, you're kind of like one foot in one foot out one foot in one foot out, jump in. Just just jump in. Come for the tools. That's what you need to make yourself feel better. And know that you can tick it off the business list. But no, you're going to stay for the fabulous women, the community, the connection, the relationships, the collaborations, magic, all of it. Because that's what you're gonna go. If that's what you expect. That's what you're absolutely gonna get. All right. So what did we talk about here today, ladies, community, and connection are vital for your business and life. You can absolutely make friends later in life. Like I've said, I have made hundreds of friends as I've launched this new business and put my really put myself out there. And you can do it,

too. One thing I actually forgot to mention, just reminding myself this, the connections you make don't necessarily all have to be in person, they can be online, obviously, with my mastermind that is a virtual situation. Even if you live close by him in Northern California. That's great because I do do in person meetups. But I have met so many fabulous women, and I consider them to be very close friends. And they're dear to me. Just by putting myself out there, like I said and joining these groups because people come in from all over the country. You can meet women on social media, strike up conversations have virtual coffees, the sky is the limit. But if you need some help, and you need a guide, you need someone to hold your hand. I'm here for you. So reach out to me, join the mastermind, if the mastermind is not for you, because you don't have a business. That's cool. Just DM me. Just stay in my world. Get on my newsletter list. The link is going to be in the show notes. And I'm always going to be telling you that the stuff I'm doing and I will take you with me. You can be my plus one. I want to help you. We'll do this together. Seriously ladies, my greatest joy in life is bringing all of you together and helping you know you're not to fucking I'll do whatever the fuck you want. Thank you know that. And if it's feels hard, reach out to me, because it doesn't have to be so hard. But I do know this. When we do life together. It's so much better. We are better, faster, stronger and more magnificent. When we are doing all this life together. Trust me on that one. Trust me. It is a damn truth. Ladies, I hope you have a beautiful day. I hope you join the mastermind. I hope you go out and make some new friends And and if you need help you know where to reach me I love you