

Ep 100

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SPEAKERS

Jen Marples

Jen Marples 00:00

Nobody you see out there doing anything big is doing it alone. I do a lot of stuff alone. But there's these really big bits that I don't do alone. And that's what I'm all about here is sort of uncovering and unpacking and always sharing my best advice and tips and tricks and tools for all of you to understand and know what it takes to do some of these big things. Because the last thing I want you all to think is that oh gosh, this is so easy and you just wake up and you put on a podcast or you go plan an event with this or that we're gonna go into a lot of this this new 100 episodes

Jen Marples 00:41

Hello, and welcome to the Jen Markel Show. I'm your host Jen Marples, 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 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're 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. Hello, everyone, and welcome to the John Marples Show. Welcome to Episode 100. What? How did that happen? Wow. I mean, this started as a little dream for years years, I had this dream of starting a podcast and here we are at episode 100. If you've been here since day one, thank you. Thank you for being here. I do this for you. I do this for us. I'm tickled pink. And that was an intentional plan words because you know me and pink I'm tickled hot pink, that I am here at episode 100. And if you're new here, welcome. This is who I am, hot pink, Jen. I am your biggest champion. I am the self appointed number one champion at midlife women, and I'm a cheerleader for all women. So if you're new to the show, I'm so happy that you're here. And I just want everyone to know that I'm turning up the volume a little bit. From here on forward, you're going to see the cover art change, it's going from a little bit of a subtle pink to Pink, pink, pink, pink, pink. And that is so everyone can find me because I'm on a mission to empower over a million midlife women. And so the pinker I am coming to jump out at you, and you're gonna see me whether you like it or not. And that's great, because I need all of us out there to hear the message, you're not too fucking old to do whatever the fuck you want. That is me. That is who I am. And I'm basically just cranking it up 50 notches, to bring you all the most incredible women that are not only entrepreneurs, I will still be

bringing on entrepreneurs, but all the women that are going to come on from this point forward, are all going to be to inspire us to give us courage to educate us, and to help us step into who we are to live our very best midlife. And that means something different for everyone. I have a very huge vision for what I want to do because I you know, you all know me, I'm out there being your cheerleader, and I want to take this message big and spread it to the world. Some of you might just go, I don't want to do any of that, Jen, but I want to tap into who I am. I want to come back to me. I've for so long been momming or had been a wife or I have just been, you know, a slave to my career. And I really want to come back to me, you're in the right place. We are going to go deep and explore that too. I'm also going to be bringing on experts to help us tap back into who we are. We're going to help re explore all the wonderful nuances that is a midlife woman, I just really can't wait. I'm so excited for the guests that I've got booked. I've got my eyes on some big prize guests to bring on all for the sake of bringing you what you need to make a pivot to step back into who you are, to start a side hustle to reignite parts of you that might you know have been dimmed. All of it, all of it. We're and we're all going to do this together. And I'm so excited before I go on because I want to share with you today, my top 10 learnings from starting this podcast. But before I go on, I need to give a special shout out to my podcast team. They are the ones Ann's working tirelessly behind the scenes, making this podcast sing. And that is Alicia Galati at Galati media, she runs his wonderful podcast company. She has been with me since day one, since day zero, because there was so much work going into this to get this puppy off the ground. So the behind the scenes crew never gets the credit that they deserve. So if you want to start a podcast, I highly recommend reaching out to Alicia and her team. And they'll help get you started. So I'm linking her information in the show notes. Never fear. But Alicia, Jessica and the team, thank you from the bottom of my heart, because I could not have done this with out you. There's just no way in hell, I could have done this alone. Thank you. Thank you, thank you.

Jen Marples 05:47

I also want to give a shout out to my coach Jen Spiegel. Because if it wasn't for her kicking me in the ass to get me to go, I wouldn't be here sitting at 100 episodes, I'm going to talk more about that support in just a little bit. But she was integral to my journey. And to me stepping into this hot pink person that you see me now banging the drum of midlife women rock and female empowerment. Full stop. I knew I had something in me and she helped extract it. So Jen, thank you from the bottom of my heart for believing in me. And saying that I had something to say, and helping me basically jump off the proverbial cliff to get this podcast going, because it has been one of the greatest joys of my life to do this. So thank you. I bring all this up. And I'm saying all these shout outs to everyone for two reasons, one to let you all know that I don't do this alone. Okay, none of us nobody you see out there doing anything big is doing it alone. I do a lot of stuff alone. But there's these really big bits that I don't do alone. And that's what I'm all about here is sort of uncovering and unpacking and always sharing my best advice and tips and tricks and tools for all of you to understand and know what it takes to do some of these big things. Because the last thing I want you all to think is that, oh gosh, this is so easy. And us wake up and you put on a podcast or you go plan an event with this or that we're going to go into a lot of this, this new 100 episodes, sort of peeling back the layers, and I'm committing to all of us, to you to myself, to showing up even more for you in different ways. And that's going to be in the form of programs. I'm writing a book, I'm doing a whole lot of stuff that you're going to be hearing about in the coming weeks and months. And I'm so excited because I want to give you all the tools that I used to pivot to change my life. And to put me on a path that I wake up going, I am blessed to be doing this

work. I'm happy, I'm fulfilled. If it all stopped tomorrow, I knew that every day, I put my all into every single day in order to serve all of you. So stay tuned for that. All right, let's get to the meat. I want to share my top 10 takeaways and what I've learned from recording 100 podcast episodes. Number one, you'll never feel ready. But do it anyway. Do it messy and just go start something new, muster the courage and just get going. That's what I did. And that's what you need to do. Number two, support yourself with awesome support systems. Support comes from coaches, masterminds, accountability groups with friends, and it's imperative to do new things, you're going to need new people and new support systems. Number three, you're going to make people uncomfortable, and happens when you step out into who you want to be and who you really are. And that's okay. Because it's not about you, it's about them, you are going to become a mirror for what's possible. And people close to you who haven't taken action on what they want to do, are going to feel resistance towards what you're doing. And they might try to talk you out of it. Don't listen, keep going and don't have hard feelings against anyone. It's just their own fear for what they want to do or to keep you safe. And that's the only reason they're doing it. They love you bless and release and move on. You've got things to do. Number four, you've got to do the work. It takes an incredible amount of work to produce and promote a weekly podcast. I am not going to lie. I'm not sugarcoating that. And like I said, I have a team helping me and it's still an incredible amount of work. But I love what I'm doing. And it's a joyful process. And so as I'm Doing all this hard work, I come back to Joy. And if I'm feeling joy doing what I'm doing, then I'm going to keep it going. But it does take a lot of work. Number five, know your why I always return to my why when I get ready for interviews, and do these solo episodes, I do all that I do to support you. I want to save you the time, the trauma and the drama of all the stuff I've gone through and tried and tested. And to give you the courage to take action. So I come back to my why every day. If I feel disconnected, or I feel overwhelmed, I come back to my wife, which is you. And then I get back on my horse and get cranking. Number six, shoot for the stars. As with anything have stretchy goals, this is how I bounce celebrities and well known really busy entrepreneurs to be on the show. The worst thing that can happen is that they say No, nobody's gonna die. I didn't die. Somebody said no, or didn't respond to me, I'm still here, I'm still alive. Most have said yes. And I'm not going to stop reaching out to bring on my dream guests. All because I want to help you. Number seven, your friends and family won't listen to your podcast. That's what I realized. And guess what? It's okay. Like anything, I've learned to have zero expectations of those closest to me. And that has allowed wonderful new people to enter my world like all of you, we often place way too much pressure on the people that are closest to us. And it's just a waste of time to think about what people aren't doing for you. And instead, focus on the people that you have in your world, and who are showing up, focus on those people that are showing up. So just release all expectations of the ones closest to you. And you're going to be okay. Number eight. You can't care what people think. You all know, this is my number one piece of advice. But I wasn't always this girl. I'm a sensitive empath. And I care a lot about what people think. So it's a really big practice for me to detach from caring what the masses think. Because if you don't, you're never going to do anything that has any meaning. Remember, nobody in the history of time who ever had an opinion about anything, it's not going to be liked by everyone. So just know it, and it's going to be okay. And when you release that, it sets you free to do whatever you want to stop caring what people think, practice, practice, practice. Number nine, you'll meet the most incredible women. I'm inspired by every single woman that I interview, every single one. I never thought that I had started a podcast, and ended up with fabulous new friends. I'm connected to women all across the country and actually all across the world because of this podcast. And also me deciding to step into what I'm meant to do. It's one of the

greatest joys of doing this work. I've made so many dear friends through this podcast, and I feel incredibly blessed. Number 10. You can do anything you put your mind to doing anything, ladies, anything, I'm going to say it, I'm fucking proud of myself. Okay, I need to claim that as I want you also to celebrate your wins. And be proud of who you are. I'm a huge fan of visualization. As you know, I sat with myself at the beginning of this whole journey and visualize myself doing it. I closed my eyes, I saw myself behind the mic. I saw myself interviewing women. I saw myself getting women excited. I saw myself serving you. And here we are 100 podcasts later. And I've been able to interview celebrities. I've done live podcast recordings at events. And I'm just getting started. So imagine what's possible for you. So I want to encourage all of you to do the same. Think Big and just know you can do anything you put your mind to doing. That's my 10 Ladies. I'm just so excited to be here with you. Episode 100 Woohoo. Let's go. I plan on celebrating all day. There's going to be a little pomp and circumstance. So make sure you're following me on social media Jen Marples, there might be some surprises thrown out there for everyone. And I just want all of you to take a little bit of this celebration and excited It meant that I'm failing into your life, because you can do it. This is why I'm doing everything I'm doing. Like I said, it's so you know, you can do it. And 53 I've got to say it again. I'm

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53 I'm not too fucking old to do whatever the fuck I want, and neither are you. So take that energy today and go take one step forward towards something that you want, and stick around. I want you to be here for the next 100 episodes. They're going to be amazing. They're going to help you they're going to inspire you, educate you, inform you, and give you the courage to do whatever the hell you want to do. So ladies, I will leave you with the tagline that just got trademarked for this podcast. You're not too fucking old. I love you all. And I can't wait to be with you for the next 100 episodes of the genmark will show. Have a beautiful day.