

EP 121 Solo

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SPEAKERS

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focus on the people you're trying to serve. I know who you all are, that I want to reach, I focus on you. So if I focus on somebody who I think is going to say something, I can't help you. Take that into account, think about the people you're trying to serve. And think that okay, if I am thinking about someone else, or what they're going to think I can't actually help anyone. Hello, ladies, welcome to the Jen Marple show Summer Series. I'm replying several of my very favorite solo podcast episodes featuring my top tips for success in business and life. These are short episodes filled with easy and actionable life and business advice that you can apply to your life right away. I firmly believe that these tips will help you rock and roll this summer and help you slay all the beautiful things you're working on today. And help you plan for the future. Happy Summer ladies and happy happy listening. Hello, ladies, welcome to the Jen marbles Show. Today, I've got a solo episode for you. And I want to talk about something that I preached a lot. And it's something near and dear to my heart. And that is you cannot care what people think. And this is such an important bit of information. For all of you entrepreneurs out there, especially if you are trying to find the courage to start something new. If you literally think about what you think people are going to think about you, you are just going to you're going to end up not taking action, and you're going to be dead in your tracks you're going to be done before you even start. And I know this is easier said than done. And it takes practice you guys have been there. And I think this is one of the beautiful things about being at midlife. I've been hearing it from a lot of the community from a lot of the women I've been interviewing is that kind of once you hit the 40 It's like, hey, it's sitting there, we're kind of there of like, not giving a shit about what people think. And and really, I think when you hit 50, something clicked I remember and I'm gonna just be very honest with you, I remember on the eve of sort of turning 50, I was so kind of like depressed, and I'm like, I don't want to talk about it. I don't want to promote it. I don't want to post my birthday cake on Instagram. I don't want anybody to see how old I am. And then something in me switched. And I was like, You know what, girl, woman Gen gives a shit. You are 50. And you have so much to offer. And I know the message I want to give to everyone is that you can do whatever the fuck you want. We're not too fucking old. But I just want you all to know, I didn't like wake up thinking that it took a little bit of time and some reflection. And I do a lot of work a lot of self work, and journaling. And one day, I woke up and said, Who gives a fuck, like you need to embrace your age. And that really, I think comes with this midlife. And it was so freeing. And I think it really does to go hand in hand with you know, everyone's talking about being authentic and this

and that. And what does that really mean? And I think it really means being vulnerable. And going out there and just telling it like it is. So if we're afraid to say our age or afraid to say how we grew up, or whatever it is. It just gives the situation as it were power. If everyone knows everything, would there's no there's no power in anybody's opinions. It just doesn't exist. It's like yeah, this is who I am. I'm brutally honest, this is I almost had to break down. I had this I had that. And really embracing the age and saying, I'm not going to care what people think. And in fact, it's going to be quite the opposite. I'm going to step into this and really give all of you out there the permission to do the same thing. Really big point I want to make because I digress about age a little bit. But it is very important at this midlife phase to realize, okay, we've lived almost half our lives here, or hopefully half our lives because I plan on living to 100 that we just can't care what other people think. We just can't care what other people think. I will use my own experience as an example. When I started out, really going more public in my support of women and throwing myself out there and getting on video. It is scary. I was sweating the first time I did it. And this is somebody who's run a business and who's done tons of public speaking I've done training for speakers but when it's yourself and I'm not promoting a product or anything I'm promoting me but I'm not really promoting me I'm just being my volume Trouble self, all I'm promoting is the truth. And to get out there and really speak your truth, it was terrifying. And then I did it. And then a couple people emailed me a couple people DM me and said, This is exactly what I needed to hear at this right time. And this gave me the courage to do X. And I'm not joking. And I was like, okay, all right. But a couple other times, I said, you know, got out there and did things I didn't hear from anyone. But what I did know is that I was very secure in my knowledge that I want to help and serve. So that's always my guiding force. I can't care what people think. And guess what, if someone doesn't like me, or they think Who the hell is she to do that or whatever. Okay, move on, I don't have I don't have time for that. I'm here for all of you who need encouragement, who need to feel like you're hearing the story that you need to hear that's going to get you help you get through the day, I want you to hear from these other business owners and hear what they've gone through to get through the day. It does take practice to not care. And when I say not care what people think. And I'm a very sensitive person. So it's hard for me, because I will get the occasional text or something or you think about something that someone said, and it will knock me off my horse for a minute for a hot minute. And then I get pissed. Like, why am I thinking about that one person and the one comment, it doesn't matter. They can move on, they don't need to be in my universe, I need to focus on all the women who do need my message. I need to focus on all the women who do need my message. And I don't know who that is. I knew who some people are. But I'm letting that guide me. Think about it. Why do you care what anybody thinks. So let's all think about it is it's the ego, right? But you know, I did a post about this, it's like, we're not an avocado, we're not a margarita, we're not going to make everybody happy. And once you kind of realize that, it really sets you free. I don't care. I know I have a mission. I know I'm out to serve, I'm going to show up and deliver value. I run everything through that filter. I know it's real. It's so much easier said than done, you guys, I really do understand and appreciate that. I had a conversation with somebody today. And they said, Every time I get some limiting belief or a thought of what I think people are going to think about me, I have a practice where I just think about it for a second and kind of just shove it off my shoulder just kind of flick it away. Because it doesn't mean anything. But she has something that she had put into practice. So okay, Enter, Enter thought, okay, it doesn't mean anything. Flick it aside, it means nothing. And the other thing you guys, here's the big truth. You think people are watching you. You think people are hanging on to your every word, you think people are watching every thing that you're putting out there, or whatever it is. And they're really not. They're really not. Some are most art. And that takes

even more sort of courage to get out there and do the thing. But everyone's busy. Just think about five to 10 people that are close to you right now. Do you know everything that they're doing? No, I'm actually just saying that right now, that made me think about a couple of dear friends that I hadn't heard from in a while. And I should really check in on them and see how they're doing. So that's the truth. Everyone's busy. No one is consumed with what you're doing. If I thought that everybody was like, oh my god, what is she doing? What is she doing? That? No, no, no. People have lives. People are busy. You're busy. No one's thinking about people that much. And if you are, that's a whole other conversation. Because Why are you so focused on somebody? And maybe it's because that's a nice little clue that you maybe that person is doing something that you want to do. But the truth is, and the key message here is, nobody is thinking about you the way you think people are thinking about you. And it's okay. For people not to like you. I know people don't like me. People don't like you. It's okay. You don't like everybody. I don't like everybody. It's a big world. It's a big world. So I just want us all to save. You could just save time and save the trauma and the drama of thinking about what people are going to think your parents, your best friends, people at work, whoever it is. I don't care. I actually my son, God, it's hysterical. He's like, why are you doing that? Is it honey, I'm not listening to what you're saying. I don't care what all your friends are saying about me. I don't care. Lord, help me if I did. Funny aside. So I hope this is getting you all to think Because really, truly, I know that if you could just practice and work on that one little bit of not caring, it's going to open up so many opportunities for you. And make it easier for you to step into who you want to be, or start that business. run the marathon. Take a class, like, who cares? I can't hear so many women saying, Oh, I don't want to do this, because I'm not flexible or not this. Who cares? Oh, I don't know about this. Because you know, maybe I don't know what I'm doing. You got to start. Who cares? Go for it. I could go on and on y'all. But here it is, number one, do not care what people think, too. They're not thinking about you anyway. Number three, if a thought comes in, and you get terrified to do something, just know focus on the people you're trying to serve. I know who you all are, that I want to reach, I focus on you. So if I focus on somebody who I think is going to say something, I can't help you. Take that into account, think about the people you're trying to serve. And think that okay, if I am thinking about someone else, or what they're going to think I can't actually help anyone. Number four, if you do feel that thought coming in, take a deep breath, realize it's a thought. It's not real. Imagine it's sitting on your shoulder, just flick it off. I'll leave you with this. As much as you are thinking that people are thinking about you, or judging you, or whatever. Think about all the people that you're not hearing from that are rooting for you. Flip it, just flip it in your mind. There are so many people rooting for you, and are watching you, and you have no idea. You actually have no idea the impact that you have on people, you really don't. And I have to remind myself that every single day, because you just have to flip it, we're always thinking about the negative. Think about the positive. Who am I impacting today? And I know I'm impacting people that I'm never going to hear from, I will never encounter and I will never hear from and it's great. It's okay, I don't need to encounter you or hear from you to know that I'm not I just hope I'm helping you. So just think about that negative comes in, flip it. Think about all the people I am helping or serving with whatever it is that you're providing. All right, there you go.