



MIDLIFE MUSINGS: ONLY WOMEN GET THIS

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{MUSIC INTRO}

Hi there, my friend. It's me, Karli. Thanks for listening to my MIDLIFE MUSINGS.

Do you ever feel like you're on a midlife version of Candid Camera?

Oh, my goodness, I used to love that show. I used to watch it with my mom and I just remember laughing so, so hard.

With the new aches and pains that seem to appear overnight, changes in my skin, and hit-or-miss nights of sleep, sometimes I feel like there's got to be a film crew somewhere close by watching it all happen just waiting to laugh at my reactions.

Logically, I know it's all part of aging. My healthcare circle is kept in the loop with my concerns, but what I really value right now is the opportunity to connect and converse with other women who are equally as convinced that this might be a test of some sort.

It makes me feel seen to share my experiences with other women. It reassures me when other women share their experiences with me. And it feels really good to laugh about it all. And the best part? The women I talk to get just as much out of it as I do.

And that my friend brings me to my point today. Pay close attention here, okay?

You make a difference every time you listen. Every time you share. Every time you support.

When you take a step outside of your comfort zone to trust and be vulnerable, it makes a difference. When you keep an open mind and heart to get to know a fellow female traveler in midlife and beyond, you make a difference.

We cannot have these same connections and conversations with men. It just isn't possible for them to understand the way another woman can.

Other women help us get to know ourselves better and gain perspective on our experiences in midlife and beyond. I encourage you to seek out women who are positive, kind, and supportive. Form a community with these women. Invite more into your circle and feel magic happen.

In case you didn't realize it, by listening to my podcast, FLIPSIDE OF MIDLIFE®, and joining my email list, you're part of this community of positive, kind, and supportive women in midlife and beyond. I'd love to connect and converse with you.

Of course, you can always email me at karli@flipsideofmidlife.com, and soon I'm launching my ELEVATE monthly membership that will include opportunities to connect virtually with other members. Once our community grows, it's one of my dreams for us to gather in person, too.

If the ELEVATE membership sounds intriguing, learn more about it at flipsideofmidlife.com.

Be well, my friend. I'll be back with another MIDLIFE MUSINGS in two weeks, and don't miss my regularly scheduled episodes of FLIPSIDE OF MIDLIFE® every Wednesday.

{MUSIC OUTRO}