

# Lisa Petty

Tue, Jun 20, 2023 11:31AM 48:49

## SUMMARY KEYWORDS

women, midlife, feel, body, experience, years, overthinking, life, learn, talk, creating, gen x, world, programmed, chipping, tune, brain, kids, mom, started

## SPEAKERS

Dr. Lisa Petty, Christina Smith

---



Are we recording?



Christina Smith

Well welcome Lisa Petty, Dr. Lisa Petty to the midlife Mojo Summit. Thank you so much for doing this session. so she's going to be talking about how we find out what we truly want, which I think is one of the biggest questions that I get from my midlife clients is like, how do I get clear? What do I want? And I know that like, for me, it started with 35. My therapist, I mentioned this yesterday, my therapist was like, but what do you want? And I was like, Well, I want to be a good employee. I want to be a good mom, I want to be a good friend. And it was all about how I was giving everything but when she asked me, What do you want to be for yourself? What do you want for yourself? Boy, oh, boy, that started years he hears of me trying that. So this session might have been really helpful for me back then. Welcome, Lisa. Thank you for being here. Hey, thanks. Thank you so much for having me. And thank you for putting this summit together. I know it's been a lot of work. It's been months since you introduced the idea to me, and you've done a brilliant job. So thank you so much for doing that. Thank you. And now tell the people who you are and what it is that you do.



Dr. Lisa Petty 01:31

Well, as you said, my name is Lisa Petty and I am what I call a midlife Alchemist. And that essentially means I help women figure out how to turn mundane into something marvelous, because when we get to midlife, the technical term for it is that sometimes we feel mad, and bored and apathetic and lacking direction, and tired and frustrated and cranky. And just wondering, is this is this all there? Is this, like, what's next for me, I really don't know. So to

take that mundane and turn it into something spec spectacular. That's what I like to help women do. And I started down this path. So initially, I worked as a holistic nutritionist, and I did that for 20 years, always working with women, always. Because I'm a woman, I understand us, right, helping with weight loss and hormones and, and beautiful skin and all of the things that that women would come to a nutritionist for. But I noticed as I aged and my clients age, we got to midlife and the women just weren't taking care of themselves. And even when they said that they wanted a certain outcome they didn't follow through. And so this happened at a time in my life when I was going through the awareness that my kids were, you know, my, my baby was looking at university applications, he was going to leave me and because I can see into the future like a magician, I knew that I was going to have an empty house. And what was I going to do that right? What was I going to do and who was going to be when I wasn't a 24/7 mom anymore. So on the one hand, I'm having this personal awareness like Oh, my life is about to change dramatically. And this experience of clients that I was helping just simply weren't, weren't following through there. They weren't taking care of themselves, even though they agreed to write they came up with a plan. They agreed this is what they wanted, and they they weren't following through. So I decided as a middle aged woman to go to grad school, and I ended up ended up getting a master's degree. And that was focusing on the experience of midlife women have with eating so all of the various components that come in to our decisions about what and when and how we eat, and the research bug bit and at that point, I decided to get my doctorate. And I asked a bigger question at that point. That was what gets in the way of women taking care of all aspects of their well being. So at the same time, as I said that I was going through this education program, I was going through my own midlife awakening and awareness of things that were changing. And of course, like a Venn diagram, the personal and the professional overlap. And I saw, I saw what the key issues were for women and why we struggle to take care of ourselves and what's happening and it's way more than just our cycle stops. Right as we get into perimenopause and menopause. It's way more than that. And it's been a real thrill for me to help other women journey through that experience of midlife awakening awareness and what do I do next? That's a long answer. Question. But I think it's important to give the background just in the sense of, first of all, I've been on this journey, I've experienced so much of it myself. And this idea of of following my curiosity and going to grad school as a midlife woman, I think all of that is really salient to what it is that you're doing with this summit, and some of the things that women are questioning at this time in their lives. Yeah. And you just wrote a book, which I really love the title. So tell us a little bit about that book, which will be in the prices today. So if you have a book, it's called, forget about having it all, the midlife Woman's Guide to Creating the life you really want. And it came about through my doctoral research, and really asking those questions, but what is it really like, what really is it that gets in the way of you taking care of yourself, and, and creating, you know, the job, you want the relationship you want the body, you want the mood you want, like the experience of life that you want. And a lot of it comes down to outside pressures, right, and the big one for Gen X. And you have branded this summit, essentially, for Gen X. So I can speak to that specifically, because I'm Gen X as well. The big one for Gen X is that we were raised with this mantra, you can have it all. So as we were coming through in our teens and young adulthood, that book came out. You can have it all sex, love, money, whatever it was, I can't even remember. And it brained our experiences from that point onward. But instead of being sort of, here's an opportunity, ladies, here's an opportunity to do whatever it is you want with your life, it actually became more like a prescription. While not only must you pursue the traditional roles, but now you must also get a post secondary education and get married and have 2.5 children and a white picket fence and a McMansion and go on vacations and you know, roll your car over your, you know, like all of this pressure and do it in size six, and three and shields, right. Like, the pressure was enormous. And and it came to us through magazines that came to us through television programs that came to us through our the music videos, and that kind of

thing. So we took it in without really thinking about what it is we wanted, as you said, you know, when you were talking to your therapist, and she said, Yeah, but what do you want? Well, way back when we were 18 19 21 20, nobody asked us, nobody said, you know, here's the buffet table. What would you like to have? It was more here's the buffet, take table Eat up, right? And have it all have it all. And so I know that the title of the book is chicken, it's intended to be cheeky, because the idea is, well, maybe maybe we don't want it all right, maybe maybe that's a ridiculous pursue. And I think at midlife, we have an opportunity to finally like, clear off the buffet table, just throw all the plates on the ground, and really sit with well, what is it? I want? And that's I think once once we do that we let go of all of those expectations, which is easier said than done, right? Because there's so ingrained in our experiences. Once we were able to detach from all of that, only then can we ask the question, Well, who am I now? And what do I want?



### Christina Smith

So it's, yeah, it's not nothing. No. And I always remember what Oprah said, she said that you can have it all, you just can't have it all at one time. And I think that women sometimes we think that we have to have it all at one time, where I was just answering something that somebody emailed me about, about how they, you know, they're letting go of their kids and they feel crushed about it. I know that women usually feel one way or the other. We're like, Thank God, don't let the door hit. Yeah. Or we're like, oh, no, my babies, right? So this woman was more like, oh, no, my babies and it was like, she's like, What do I do now? And I was like, that's the greatest thing. The whole buffet is open again, you have space, you have time you have energy to do whatever it is that you want, and they're like, I don't know what that is. Right? Because I think that we can get wrapped up in these identities, right? We get wrapped up in this identity of i Mom Like, what? Where is my identity? You know? And so I think that I think that we can go through waves of wanting different things, right? This isn't like we're not going to decide a midlife what we're going to want for the rest of our life. But we might decide what we want for the next 10 years. The next step, yes. And that's how I phrase it. What What's your next purpose? Right? Or what what is it you want to focus on next? And, you know, I used to agree with Oprah. You can have it all, but not all at the same time. But then when he started to challenge, well, what if I don't want it all? That's my question, because I don't.



### Dr. Lisa Petty 10:40

Exactly and so, so what you know, I think about the women who chose not to marry not to have children, I think about the women who chose not to have a career to actually stay home and focus on raising their families. There was no support for women who made these choices. None, you know, there's no way a single woman could go to a family reunion and not be asked 14 times when she's gonna find herself a husband. There's it just didn't happen. Right? And then women who decided not to have children, well, isn't she selfish? So it wasn't about you can have it all it was you must do what we say, in order to be accepted in society. Really, right. And to, to your, your, you're free to choose within what we tell you you can choose from. So it was a challenge for our generation specifically, you know, the the baby boomers were much more traditional, even though, you know, some of the younger boomers started having careers and started doing some amazing things with outside of the home, particularly, you know, after menopause, or after the kids moved out. In the millennial millennials, and the younger generations, they I think they looked at Gen X and said, Whoa, that didn't work. Like that's

insane. You know, 50% divorce rate. And, you know, my mother's exhausted, she's snapping at me. I'm like, No, we're not doing it like that. So I think they did learn from our mistakes, thank goodness. So I think for Gemini Gen X, specifically, we have been so programmed to be busy and doing doing doing because, you know, when you have to eat everything on the buffet, that's a lot of work, right? And we don't know how to stop. We don't know how to tune in. We've forgotten what it's like to be in our bodies and how our bodies are meant to help guide us right? get trapped in our heads as asking all of these questions like, Who am I? What am I supposed to be doing? Right? And I just this morning, watch this comedian and I'm sorry it and grab her name. She was hysterical talking about menstrual pain. And she was saying how and I don't know that this is true or not. But she's complaining comparing menstrual pain to heart attack pain, like she was like, okay, so it's not been studied. And this is this is true, because it's a woman's problem. We don't study women's problems. But that menstrual pain can be that debilitating, right? And yet, what is the social programming, go outside bungee jump right in a horse? You know, go to the beach, run a marathon, you could do it all while you've got your period instead of you know what, I'm not feeling well and tired. I'm uncomfortable. I'm gonna just stay home today and curl up on the couch with a book. Can you please serve me warranty? Right? So even something like that something so basic to being a woman is we're programmed that we're not even doing that. Right? We're not even having a period properly. So it's no wonder retired.



Christina Smith

Yeah, it is no wonder. You're saying that as I have my period. And I'm like, Yeah, I'm actually much more kind of myself now. I'm midlife. And I like i i track all this stuff, just so I can be like, yeah, those three days I'm gonna be pretty useless. So that I allow myself space for all that right. So is this how we lost ourselves? It was what I heard you saying was that we never even asked ourselves like, I think the last time somebody asked me what I wanted when I was a kid was like when I was like a real little kid. They're like, what you can do when you grow up? Because at five you should know. And, and so like, I don't really I mean, I'm like, as you said that I was like, did my mother even ever asked me what is it? No, she had the prescription right? She had that you go to college, you get a good job. You get a husband, maybe she didn't really care. But you know, maybe you have a kid but you have to have your own house and you have to have your own new car. And you have to like, but once you checked all those boxes, once I checked all those boxes, I was supposed to be happy. And I cried on the way to work. If y'all were here yesterday, I was mentioning this to I cried on the way to work for a year, just trying to be happy, shaming myself into like, Christina, you should be grateful. Aren't you grateful for all this stuff? Shouldn't you be happy you have, you have more than you ever had as a child? So shouldn't you just be happy? And that's how I lost myself by not really tuning in and being like, well, what's going on? For me? I was like, Nope, I have to be happy. And I don't know if gratitude brings tears, but not the tears I was having.



Dr. Lisa Petty 15:43

At the same time, you know, it's talking about gratitude. Because, you know, as you're saying, Yeah, you had all the things, you ticked all the boxes, but you felt awful. Right? And so, yes, you're grateful for the roof over your head and the food in your tummy and all of that kind of

thing. But that's really common, you know, you get to a certain age and you go, but I ticked all the boxes, why do I feel like I'm not living to my potential. I'm not on the right path. I'm not in the right relationship. If I have to go to this job one more time, just like, you know,



I don't want to be too graphic, but just take me out. Right, like,



Dr. Lisa Petty 16:24

and I think we've all had those soul sucking jobs. I know I have where, where you get the golden handcuffs, right? We've all had that experience where you paid well, to slowly die. Right? You just wither up and die. Because you're not appreciated. You're not doing what, what your what, what you're called to do, right? And gas, it can be so terrifying, honestly, terrifying to tick all the boxes and go, if this is all there is what am I supposed to do for the next 456 decades of my life? Right? It's it's exhausting thinking about that thinking? Do I want to be this bored, apathetic and unhappy for the next 40 or 50 years?



Christina Smith

Yeah, and some of it wasn't even boredom. It was just like this overwhelm of thinking that I had to be the best friend, the best mom, the best way, the best, the best, the best, like, do all of the things, have all the things and then maintain all of the things that I have, right? I mean, that was I was just exhausted. And I was like, if this is really what it means, then I'm not sure. Like I really suffered through a big bout of depression in my 30s. Because of that, I'm like, Okay, I checked all the boxes, Mom, where's the happy now?



Dr. Lisa Petty 17:48

Yeah, I had a brilliant participant in my doctoral research actually say, having it all comes with a lot of doing. Yeah. Because no one's stop. It is nonstop. If you if you have the house, you need the job if you have the unit, and then if you have the kids, and then you have the laundry. And then and despite, you know, as I said, younger generations are doing this better. But when Gen X grew up, while we were being told we can have it all, nobody was taking the men aside and saying, Listen, if your partner or wife is going to be out having a job to you can't be traditional. Right? You have to pick up the slack at home. So women are still doing 70% of the housework. We're still doing 90% of the mental labor. And so mental labor is what's for dinner, did Johnny go to the dentist who's going to pick up the dog, that kind of stuff? That all falls to women, right? So then our brains are constantly going constantly, there's Oh, what did I forget? Who's going to be mad at me? What? You know, it's constant. Right? And so when you get up into your head, with your lists, and you're checking off and all of that kind of thing, you're pulling yourself out of your body, right? You get into your headspace. And the research shows that when you are in overthinker I'm the queen of overthinking by the way Nice to meet you all. I'm working on I'm a reformed overthinker. When you when you're up in your head and you're doing that all the time, it leads to increased anxiety, increased depression, increased insomnia. All of these things can lead to weight gain. All of these things by the way, are symptoms also of

perimenopause and menopause so you can see how it all sort of overlaps, right. So you know, it really hits the wall when you get to midlife and those hormones start to change up perimenopause, you know around age 40. So, yeah, this this idea of constantly thinking in the mental labor, as I said approach Do you own of your body? Well, if you're in a place in your life, where you're trying to figure out who you are now, and what you want to do, you can't do it with your brain, you have to be in your body to do that. And that might sound a little bit out there. But let's talk a little bit about women's intuition. And how you know how women know things. Right? that we have in our even in our culture, in our language, we have expressions like I knew it in my gut, I felt it in my heart rate, this, these are important ways of knowing when you walk into situation and your your hair stands up on your, on the back of your neck or your arms or what have you. We receive a lot of information from the outside world, through our gut hurt, access. And so this is a little sciency. But 90% of the information between your brain and the rest of your body actually starts in your gut in your heart. And your heart has memory cells, and your heart can learn. And your heart sends a lot of information to the brain. And what we we've got to this place, you know, you can have this idea of you can have it all when we were in the 80s. That's it women out into the corporate world. Well, the corporate world is very patriarchal. It's set up with a leader on top, who delegates to the underlings. And everybody does what they're told, and it's so competitive. Well, that's very masculine energy. And yes, women will have some of that. But women, if we embody our feminine energy, we're more about collaboration. And yes, we're leaders and yes, we're, we're powerful as well. But but we were told when we went into that world, stop being emotional, right? You've got to be logical here. And yet, emotion and embodiment is how women survive in the world. You know, you know, go back, going back in time, the men would go off hunting, who was at home watching for saber toothed tigers, making sure that the village was safe. It was the women, we were the ones who had to rely on what was that noise? Something isn't right here. Right. And we were told, and he stopped doing that. Getting your head? This is where all the answers are. And we cut off about 90% of the information that is available to us. So you know, you get to the place you're asking these questions. Well, you're never going to answer your Why am I here? Question If you're only relying on your brain, right, so So at midlife women need to really learn to make friends with their bodies and really unlearn that process of making logic. The ruler, right? Yes, come back into the body. And, you know, when we talk about things like the weight gain, and that the different changes that happen at midlife, or some of it comes because we've lost connection with our hunger signals. Because we're so busy doing we push back we push past hunger, and then then we gorge and what do we gorge on? It's not salad. It's french fries and popcorn. Right? It's those high carb foods that immediately go to your belly. So So we've we've lost that information. We've lost what I call intuitive living tips. So you were mentioning that your your cycle, you know, okay, these three days here, that's restaurant relaxation. You're so far ahead of a lot of women, because a lot of women, they just will Why am I cranky today? Why am I so tired today? And they haven't done? Make those connections between Oh, I know why? Because I had a glass of wine at 430 I can only have wine up until three o'clock. Right? There's all of these little quirks that happen that we need to become aware of. And as I said, you know, when you're living in your head all the time, as we've been encouraged to do, we've lost touch with all of that. So it is it's frustrating, I think for women at midlife to just go like how everything I've done to this point. Doesn't seem to be working anymore. So I think that's you know, that's an answer right there. Yeah. To try and do different things, right.



Christina Smith

Yeah, I love all of this that you're saying because I was really raised by the at a single mom who was like for a while until she got my stepfather who was like, you know if you're gonna be in

this world, Christina, you have to act like a man you have to be like a man you got to you know, know cry



shoulder pads. Oh.



**Christina Smith**

She's like you You have to act like a man and and I was reinforced that, like my mom was like, You're so practical, you're so logical, you're gonna Oh, that's really great common sense. That's what's most important, right. And that's really like a lot of the unlearning I had to do in the last 10 years was like, just because it's practical or effective or efficient, doesn't mean that that's the way that I have to do things. And I really had to do this in my business. Because, you know, I always want to go back to what are all the rules for business? And how should I do this, and some of them don't work for me, they just don't work for me. I mean, especially this whole idea of, of, if you want to keep your job, you have to work 50 or 60 hours a week, like that no longer fits for me. And what I've learned in my business is that the more hours I pour into it, the less quality I'm getting out of it. And so that's something I had to learn from my intuition. And this all comes like, it really reminds me of when I was little, my mom would be like, You're so sensitive. You're so sensitive. Yeah, you that's a bad thing. Right. And now I'm like, my sensitivity is like my superpower. It's how I know exactly what to eat, how to take care of myself, what's going on in my body, so that I don't react out of emotion, I can actually respond. And that makes a huge difference. But that's only because I've now claimed that sensitivity and been like, my sensitivity is actually a superpower. The fact that I can intuitively II and I haven't been sick for years, even though I have gut issues. Like, that's my sensitivity. There's nothing wrong with our sensitivity.



**Dr. Lisa Petty 26:43**

Yes, you think about and I'm sure everyone listening can attest to this those times when you've done the pro con list. And it's Yep, this is what I should do. And you're and you look at it, you're going and your whole body's saying, Don't do it. Don't do it. Right. I have a story. So I remember years ago, I walked into a bar with a girlfriend. And I saw a man sitting at the bar. And he had this storm cloud over his head. Like I was just like, Oh, that guy. No, that guy is scary. So guess what I did? I married him.



Of course she did. And



**Dr. Lisa Petty 27:24**

I was looking Yeah, well, the logic said he's attractive. He's got a good job. He's stable. My daughter likes him. Right. But I was right. He had a temper. So there's so many times in our lives when when we do that we let logic run the show when our entire body's saying don't do it.

Or the Vert reverse, right? The checklist is saying this is our ridiculous idea. Like this is gonna bomb and your whole body is like, oh for it, just go for it. So the Yeah, I think it's really critical for women at midlife to unlearn all of that logic, learn how to stop overthinking, learn how to tune in, because that's where the answers are. So the second half of the subtitle of the book create the life you really want. That comes about when you can forget about everything that's out here. And it's everywhere. I mean, we're even told how to have our period by men in marketing, right? We are so programmed by the messages that we've received our entire lives about how to be we we have to turn that all off. And tune in, turn the radio dial to me, right? And you turn it to you, not to me, but turn it inward. And when you're when you're making decisions. Yes, you need your brain. I love my brain. I'm a doctor because I love to think I follow my curiosity. I love all of that. But I don't allow it to make the final decisions anymore. Right? The brain is great for processes like okay, this is what I'm going to do brain what's the best way to Okay, great. Got it. Right. But creativity doesn't start in your brain. creativity comes from your heart. Right? And so if you're trying to solve a problem, you can go Okay, bring think this one through. It's like, oh, I need to sit and be quiet. And just, you know, feel into what would be good at this moment. And when you're trying to figure out what it is you want to do next what your next purpose is. You need to tune into how you want to feel right it's not how you felt driving to work bawling because you had it all and you're miserable. You don't want that. So what do you want to feel? And then make your decisions that allow that align with that. So I think about the statue of David. And the myth is that Michelangelo was asked, how did he Park David, and he said, David was always there. I just took away the parts that weren't David. And I think that's a brilliant analogies for creating the life that you want. Because it's there already, you just have to take away all the parts that are getting in the way. So a good example is if you've decided you want to get fit, well, getting up and walking after supper that is in alignment with your goal. But coming home and eating a bag of chips afterwards, not so much. Right? So it's, it's really about sitting with, Okay, here's my option A or B, which one feels good, which one feels in alignment with what I want to create? And that's the choice that you make, it makes things so much easier.



Christina Smith

Yeah, and I mean, I have a whole program about that exact process, because I love it so much. And so one really great example was when I started working for myself, I always have this like, old belief in my head that goes hard work equals success, hard work equals success, right? Because that's a very Jennex thing, right? It's like, you can do anything you want if you just work hard enough.



Dr. Lisa Petty 31:41

And not anything ever,




Christina Smith

ever. That's right. You can have it all and have everything right. And for me, what that did was when I started working for myself, I decided in the morning, I had to do all the hard stuff. And if this stuff wasn't hard, somehow my brain would flip it to make it hard because I need to earn success, right. So that it basically, and I'm not saying that that quote is the same way it



impacts everyone. But the message I got was that unless I was working hard, which means discomfort and things that were challenging, rather than really leaning into my gifts, that I would be successful. And what I like it took me two years ago, I'm working for myself, why am I more miserable than I was before? It's like, oh, cuz it's me. I'm the problem like Taylor Swift. I'm the problem. Like I'm the one who's making everything hard. I'm the one who's overthinking everything. I'm the one who's dragging these old beliefs that don't really work for me anymore. And I had to learn, I constantly have to learn how to like, okay, Christina, am I making this too hard? Can I simplify? What is the better way? And I really have to tune in and sit with myself. And I've had business coaches who have asked me to do certain things. And I'm like, that doesn't feel right with me. And I just refuse to do them. And I refuse to have a coach who won't listen to that, too. So I've had really good business coaches that are like, Okay, well, how does it feel right? And we can feel that in our soul. Like, I was going to have this summit back in March. And luckily, I had a really great friend who was like, Christina, don't you want to like if you're gonna put all this effort? And don't you want to make sure you get the right people and the right topics? And And wouldn't it be better if you just pushed out a few months? And I gotta tell you, once I pushed it out for a few months, like, I could feel every muscle in my body just relax. And I was like, Oh, that was the right choice.


 Dr. Lisa Petty 33:45

Yes, and if people still aren't understanding what this means, yeah, have you ever flipped a coin or something? It's like, oh, do I want do I want to iron? Or do I want the red one or the blue one? Right? And you flip a coin. So heads is is blue tails is red, you flip a coin, and it comes up red, and you're like, crap, I really wanted the blue one. Like, you know, you know, and so, you know, we're so adorable. We are so adorable. We make things so difficult for ourselves, right? Instead of leaning into you know, when I like blue banner, or whatever the thing is, right? So, you know, please use that trick. If you don't know should I quit or shouldn't like quit flip a coin and then feel what it feels like in your body. Like are you disappointed? Or are you thrilled? Right? And then go with what the thrill don't go with the coin go with what



Christina Smith

Yeah, yeah, exactly. Who logic doesn't matter. It matters matter in your body. Yes,

 Dr. Lisa Petty 34:47

doesn't matter. It's how the answer makes you feel.



Christina Smith

I love that. I love that a lot. So what how so how how Would you describe getting clearer on our purpose? What are some of the elements that we need to so that we can have something just a little tangible? How do we get there? I heard that we need to let go of other people's expectations or our projections of other people's expectations, because we act like we know what other people expect from us, but we don't always. So one way, right,

D

Dr. Lisa Petty 35:24

right. I think that the key is awareness. Because every day, like today, I learned that that my whole life I am post menopause now, but my entire life I was having my period wrong. Like I learned that today. So and what I mean by that is, it came to my awareness today the programming around how to experience menstruation, right? It is so out there. And we even to the point of how we feel about our bodies, right? So women, again, part of this having at all is you better be sexy, you better be busty, but not too busty and have a thin waist, but not too skinny and have a nice bump, but not too big, right. And you have to be the right height and all of this pressure, and we take it in, we internalize all of that. And so what happens is, we've been objectified as women that this is how you're supposed to look. And then when we internalize that we start to objectify ourselves. So even when we look at ourselves, we look at ourselves with someone else's gaze. Right? It's never, it's never our own, even how we feel about our bodies comes from outside of ourselves. So this is this is not light work. And it's really like Shrek in the onion, right? Like, you just you think, Okay, I got it. And then you peel back and you're like, there's another one that has been controlling me, I didn't even know about it. So it's an on it's an ongoing process. And I think that's an important thing for women to remember, like, you're not going to do this summit, pick a coach to work with maybe or just think maybe you got it all covered on your own. And that's the end. No, like, next month, you're gonna have another question. And in six months, you're gonna, like, everything's gonna blow up and you go, Oh, what do I do with this information? Right? So it's an ongoing thing. And that's good, right? Life is a life, I think, here, here's the free answer you get. We put so much pressure on ourselves to find our purpose. Right? Oh, am I supposed to be helping the children are? Am I supposed to be a multibillionaire? Or am I supposed to be an artist? Or what is my purpose? Why am I here? You are here to live. That is your purpose. Everybody has the same one. It's just to live and to experience life. How you do that? is individual. But you're here to live and learn and grow. That's everybody's purpose. We forget that. We forget that. Because we're thinking oh, but no, I'm supposed to achieve something. I'm supposed to be the best at something I'm supposed to x y Zed fill in the blank, right?



Christina Smith

Yeah, some specific identity, right? Like whatever that identity is that we feel like we're living up to that, at least for me, that's what it was, is like this identity of being the best mom, or the best way for, you know, whatever, leave a legacy behind me or something.

D

Dr. Lisa Petty 38:35

Right. And I mean, the best legacy you can leave is to be an example of living, right just to do and experience and grow. And if something interests you try it, right, and we're so afraid we're so afraid of doing the wrong thing, that sometimes we do nothing. And that's that's the real tragedy, right? Just sitting there waiting for the perfect answer to come. And you can just sit there waiting, and we're like, dust look accumulate, because the right answer is never going to copy. Because life is a journey. You step into the next thing, and you say, Oh, that wasn't the right thing, after all, but I'm glad I tried it. Right now. I know that isn't it? What about this?



Christina Smith



Christina Smith

Yeah. And it is a constant unlearning. Because the things that I learned about myself when I was in therapy about what I wanted, they've changed so much in the last 15 years, like I mean, there's no way that I would still want the same thing. But some of the paths for what I wanted brought me to the path that I am at now. And it gives me time to be explorative which I think is like one of the key things that you've said like even when it comes to overthinking, getting really curious is overthinking to me it's usually like I'm making a lot of judgments in my head so I can't like everything hits a At that end, right and or it just goes spiraling. And that's it that just keeps going easy,



Dr. Lisa Petty 40:05

right? There's new overthink like, yeah, don't exist anywhere you build them like, that's what you're good at when you're an over thinker, right is creating problems that don't exist?



Christina Smith

Yeah. And being overly critical about them, at least for me, it's about being overly critical. So when I feel myself going in that space, I also know that that's a perfect time for me to start getting more curious and going, hold on, how do I know that this won't work? How do I know that? You know, just because they do it that way. And I do it this way that that's any better or worse, right? I won't know until I actually try it. Especially when it's something that feels right in my soul. Those are the scariest things for me, at least it was for me like to like tell my mother I was going to be self employed. That was a big thing. Because that is not the generation she grew up in, you go get your paycheck, honey, and you get your pension and all that other stuff, right? Like you can not work for yourself until it's a hobby when you're retired. And so I really had to break out of that and get curious, like, what is the worst that can happen? What is like, but what is also the best thing? And how would that serve me? Right? Because I, I mean, I think all of us entrepreneurs at some point. Like I got into coaching for coaching, I actually didn't get into coaching to do my marketing to do all these other business things that I do, right? And so there's days where I'm thinking, why do I even do this? Why don't I go get a job. But then I sit with myself, like you said, I really tune into my soul. And I'm like, What is my purpose here. And I know, I know, my mission is about supporting women. So they can have these really great mid lives that they don't have to become just this menopausal, bitchy woman that sweeps her floors for the rest of her life or whatever. I don't know why that comes into my brain, like, and then all of a sudden, it was like, I had that feeling again, where all my muscles relaxed. I was like, right, I'm in the right spot. This is just hard stuff that I don't feel like doing.



Dr. Lisa Petty 42:07

Oh, for sure. So two things came to my mind. The first one was Gloria Steinem once said, that an army of gray haired ladies is quietly going to take over the world. And my mission is to be, you know, at the front of the charge going, come on, ladies, let's go fix this stuff. But those ladies have to be grounded, they have to have a firm grasp of who they are. And what what gifts and skills they bring to the world. Because when we are being solid in who we are, we like talk about creating ripples, right? It is the uncertainty that is programmed into us it is the doubt

it is the the fear of failure, the the pressure to be perfect. That is the challenge. And if you can blow that away, and just be strong with who you are, we will change the world. We went 100% It will be women in standing in our own power. Who do that? And I forget the second thing.



Christina Smith

Well, what I heard from you before about Michelangelo, and like how he had to take everything away, it sounds like you're saying the clarity is already there. It's just taking all this other debris that we've kind of gathered. As we were going through the world, that is what we need to start chipping away at is like what are these old beliefs? What do we really think that other people expect from us? What are our half twos and shoulds? Because we all have those, I still catch myself saying that should word and I, oh, I despise it. I'm like dammit, I should myself again.



Dr. Lisa Petty 43:46

So I say and I say this, you know when I'm talking to my adult children, and I'm like, I need to learn how to rephrase this to you. Because I want to say, Well, maybe you should try this. And I don't mean should is in this is what you should do. And my daughter was like, Well, maybe you could say something like, Can I suggest that you try this? Oh, okay, well, that would work too. But it's it's hard because language is powerful, right? And the words that we choose, they're like, they're like sorceries or like magic. And when you're shooting on yourself, it like Just say the word should and you just like you just, you feel it. Yeah, like feel this heavy weight on yourself. So, you know, that's another thing that as you're chipping away all the things that don't feel good, get rid of the words that don't feel good. Right? Like, should and must. And, you know, that's what they say whoever the hell they are,



Christina Smith

right? Oh, my mother use that one all the time. And I still do that. I remember one time my husband was like I was so I was in my depression. And he said, and I'm like, why can't I just get hold of things, right? Like, why can't I just be like, and he's like, who else is doing it all? Perfect. And I was like, I really sat there and thought about it. I was like, there must be someone and I was like, Oh, my boss, she's really awesome. But you know, her schedule and the way that she, you know, schedules in her children like, I don't know if I could do that. And I'm like, I guess nobody, right? Like, what we have this idea that somewhere out there they



Dr. Lisa Petty 45:21

are. Right? You're the loser, right? Like, I'm the loser. You're the loser because everybody else has this all figured out. No, no, no, nobody has it all figured out. We're all learning. We're all on a journey. We're all imperfectly perfect. I know what it's going to say before. You have never made a mistake in your life. Ever, ever, ever. Have you made a mistake in your life? The guy that I married at the end of the bar with the thundercloud over his head, gave me the most beautiful son who I love to bits. I have never made a mistake in my life. I have done a lot of things I've learned from



Christina Smith

there was a lot of learning. A lot of learning



Dr. Lisa Petty 46:05

involved and I wouldn't take i regrets I have none.



Christina Smith

Yeah, yeah, there's a great quote by a man named Randy Pausch. He had a last lecture and he said, experience is what you get when you don't get what you want.



Dr. Lisa Petty 46:21

Yes, I got what I wanted a lot less. Right. And I think from that, ladies, what we have to remember is from that comes wisdom. And that is our gift. And that is what we can share to the world. And when we own that, and we don't apologize for it. Right? When we when we can stand up and not not shit on anybody, but just be in our wisdom and share from that place. Boom. Yeah.



Christina Smith

Oh, I know, we could talk about this all day long. And I want you to tell us a little bit about your free gift, a 30 day guided self care journal, because I think that this might help us start chipping away at some of this stuff, too. Right? Yeah, so I



Dr. Lisa Petty 47:07

have created a 30 day Guided Self Care Guide. And so I'm one of the few people who can tell you that they got a doctorate in self care, because that is essentially what I did my my doctorate looked at what gets in the way of women taking care of all aspects of their well being. So a lot of women don't like the word self care. And my concern is if you don't like the word self care, you don't do it. Right. So if you don't like the word self care, don't use it. Just say I'm taking care of myself, which is essentially the same thing. Or, you know, you think about men, when men have self care, they're not having self care, they're going to play hockey with the guys, right? Or they're going for a jog. Just talk about the activity you're doing. Don't call it self care if you don't like the word, but maybe wait self care is is more than luxury items. Right? So the self care guide starts with the serious, like book, your doctor appointment stuff, like and it's all the way through to, to starting to tune in and asking those questions about how you want to take care of your well being. So it's been a really well received guide for women because the questions come from my research and they come from my own personal journey. And they're really going to start to unlock some of the paths that we need to unlock as we start to figure out who we are at midlife.



Christina Smith

Yeah, beautiful. Thank you so much. And for all those who are listening, I am going to stop the recording at this point because we're going to do some other things. So