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**Intro:** Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the absolute full. Life is so much better and easier and more fun when we navigate it together as girlfriends. And I cannot wait to get started.

Friends, I'm so excited about today's episode. Today we have my real-life friend, Jordan Lee Dooley, back on the show. She's here to teach us how it's possible to really like our lives even when we're not exactly where we want to be.

Jordan has a new book coming out next week actually, and it's called *Embrace Your Almost: Find Clarity and Contentment in the In-Betweens, Not-Quites, and Unknowns*. I love this because I know that so many of us have found ourselves here. So many of us are experiencing heartbreak and disappointment, lost dreams and never ending delays. We're in seasons of waiting. Waiting for a relationship or a promotion, or a baby, or a big move.

We're in a place where our life just isn't working out the way that we thought it would, the way we really, really want it to. And that's hard. It's even harder to know what to do when we're in that place. Do we try harder? Do we keep pushing? Do we give up and walk away? How do we know? And as we're waiting, what do we do in the meantime? Jordan is going to walk us through this and more. I am so excited for you to hear from her.

But before we dive in, friends, I am so excited to say that registration for my online course Love Your Single Life is opening up again on April 4. Guys, I'm so excited about this. I would love to have you join us.

If this is your first time hearing about the course, let me tell you just a little bit about it. Love Your Single Life is the only online course for Christian women that teaches a step by step plan to help you savor and enjoy and truly make the most of your single life all while setting yourself up for amazing relationships and marriage in the future.

We have had more than 6,000 women join us for the course since I started teaching it in 2015. And after taking the course, women have gone on to adopt children, travel around the world, step further into their identity and calling and marry incredible men.

I want to share just one of our alumni stories with you. This is what Taylor had to say about the course. She said, "LYSL was the best investment I made in myself in 2020. Before the course, I said I was content with being single but deep down I was still incredibly insecure about it.

Steph's course allowed me to explore the value of singleness. And today I can tell you that I am truly happy and content with being single. Steph helped me dream and plan for my future. Since the course, I've reached more of my goals that I set aside for some day: adopting a dog, spending more time outdoors, learning to cook well, and investing in my friendships.

At the same time, I also feel ready to date as a result of the course. Growing up in church, I didn't learn much about dating and relationships besides the usual "date with the intention to marry" advice. And as a result, I've always been anxious about dating because I didn't know what to do or how to do it well.

Steph's course taught me how to flirt, how to talk to guys, how to show a guy that I'm interested in him. Oh, LYSL taught me directly and explicitly how to date. And for that, I am so grateful. The confidence in the relationship inside of my life is higher than ever. And I feel both content in my current season and eager to see what the future holds."

Ah, friends, I love that. Registration for the course is only open twice a year. And the next time is on April 4th. You can find out all about the course and get your name on the waiting list at [loveyoursinglelife.com](http://loveyoursinglelife.com). Again, that's [loveyoursinglelife.com](http://loveyoursinglelife.com). And that link will also be in our show notes.

One other thing is that I know that some of you guys may be listening to this after the deadline in April or in a totally different time of the year. And that's completely fine. Head to the website anyway, put your name on the waiting list. And that way you'll be the first to know next time the course is opening back up. I can't wait to share this with y'all.

With that said, let's jump into the episode. Here's my conversation with Jordan.

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**Stephanie:** Okay, friends, I am so excited for who we have on the show today. I'm sitting here with my real-life friend, Jordan Lee Dooley. Jordan, thanks for coming back on Girls Night. We're so happy to have you.

**Jordan:** Thank you for having me. It's always fun to be here. It's been a gift. I feel like you've been so generous with your show. I love getting to chat every time we do this. So thank you.

**Stephanie:** Oh my gosh, same. I love that... We'll probably talk about this soon but I feel like so many of the things that you're doing, so many of the things I'm doing they've been vetted through each other before they go out into the world. There's so many texts that go back and forth that are like, "Does this make sense?"

**Jordan:** "Does this work? Is this a bad idea?"

**Stephanie:** "Is this a good idea? or "Stop me now." So far so good.

**Jordan:** Really it's such a gift to have a friendship like that. I feel like our communities are so similar to where you understand my people, I understand your people and we can kind of look at it through that lens which is such a gift.

**Stephanie:** Yeah, it's so good. Well, Jordan, for women who haven't gotten to meet you yet, all two of them, tell us who you are, what you do, and a fun fact about yourself.

**Jordan:** Oh, fun. I am a podcaster, author, entrepreneur, coach. I kind of wear a lot of hats. I just wrote a new book called *Embrace Your Almost*. That's kind of a big project right now.

A fun fact about me is that... Okay, this is kind of random, but I've gotten into raw liver shots. Have you ever done that? It kind of sounds gross, but like literally eating... I'm telling you it's a wellness thing because I've nerded out in my wellness journey over the last few years. I started with desiccated liver capsules to try to get some organ meat nutrients.

And I recently learned about straight-up taking a raw liver shot, which is a teeny, tiny little piece of orange juice. You don't taste it. It's actually not that bad. But I was like, "I'm eating this like a psycho. I cannot believe I'm actually doing this." But I feel great. So maybe it's working.

**Stephanie:** Whose liver?

**Jordan:** It's not someone's. There's a local regenerative farm not too far from us. So I eat a grass-fed beef liver that you can get for like eight bucks. I mean, it literally gives you like two months' worth of supplements for like \$8. And it's nature's vitamin. If you Google eating liver...

I also don't like to eat liver as a meal, because that's nasty. So that's why it's like the fastest way to do it is just throw it back with some orange juice. Don't even taste it. But it's kind of gross but random fun fact because I've been into this, like, "How do I get more whole foods in like organ meat?" But I also wouldn't want to eat organ meat as a meal. Anyway, super random. Probably nothing to do with what we're going to talk about. But I've been on a wellness kick and trying to find ways to do things more naturally. And that's one of them.

**Stephanie:** Oh my gosh. I mean, it makes sense. Like if I was going to eat a piece of liver, I would want to [inaudible 00:06:49].

**Jordan:** Yeah, exactly. You don't want to taste it.

**Stephanie:** You don't want to do that.

**Jordan:** No.

**Stephanie:** That's amazing. I feel like some people are like, "Yeah, duh, this is amazing," and then others of us are like, uhm...

**Jordan:** "What's wrong with you?" Yeah, totally.

**Stephanie:** We need to Google this on our way to try.

**Jordan:** Truly look up the benefits of eating liver, though. For any organ meat, honestly, it's mind-blowing. The amount of just dense nutrients and none of the fillers that you would get in a supplement, it's kind of interesting.

**Stephanie:** I do have to tell you. I die a little bit inside every time you say "organ meat."

**Jordan:** It is kind of gross. I know. I'm sorry to all the vegetarians out there. I didn't mean to trigger you in the first five seconds of this episode.

**Stephanie:** Oh my gosh. Well, man, welcome to Girls Night.

**Jordan:** Let's just go in there. Hey.

**Stephanie:** Well, Jordan, I'm so, so happy to have you back on the show, here talking about this topic in particular. And I'm so excited about your book. Before we get into anything, tell us about your book. Tell us what it's about. And really I know that before we can write a book, we have to live a book. So I would love to hear, what does that look like for you?

**Jordan:** So the way that I describe this book is it's really meant to serve as a survival guide for when you're in between where you started and where you thought you would be. It's called *Embrace Your Almost*.

The purpose of that title is because I think a lot of us have experienced a lot of almost, but not quite achieved dreams or things that we thought we would have done by now in our life, whether that's that guy was almost Mr. Right, and then right before I thought he'd pop the question, he changed his mind.

Or I almost got the promotion but then my kid got sick and I had to focus on that, and that went to someone else. Or I almost had a baby and then I walked through a loss. Sometimes it's really heavy, devastating heartbreak and loss. And other times, it's just like, "Dang it! I did not get the promotion I wanted and I was so close."

Anyways, it's really meant to be a guidebook because the reality is I think most of our life is we're aiming for a mountaintop moment. We're aiming for the next achievement, the next milestone in our life, whether that's personally or professionally. But most of our life outside of when we actually reach it and have the moment to celebrate, most of our life is spent in the middle. It's spent in the journey. It's spent in between one milestone and the next. And sometimes that journey is a lot longer than we anticipated it would be.

So it's really meant to be a guidebook on how to not only find contentment, but also clarity when you find yourself stuck in the in-betweens or "not-quites" of the unknowns that really come with uncertainty, transitions, waiting seasons, or those kind of curveballs that life throws when you thought you'd be here, but instead you're still kind of where you've been.

So that's kind of a quick summary. But it's really the culmination of a lot of what I've lived over the last 3 plus years since my last book came out. When my last book came out... I kind of have to share this story. My book came out, my first book, I was 24, almost 25 years old, which is super young to write a book. I had hit seven figures in my business that year.

My husband came home to work with me full time. We had traveled the world. I got to speak. Like was on the mountaintop. And then at the end of the year in December found that I was expecting. And it was one of those like, check, check, check, check, check. I'm 25 years old, life's going how I want. Everything is just falling into place.

And then everything fell apart the following year. January, went through my first loss, had another loss six months later, and then COVID hit. And it was just like there was one thing after another where it was just like everything kind of like...

Just when I thought I had the world at my feet, I lost control of everything. Everything went sideways and the perfect plan just kept not panning out.

Anyway, whether it was something, like I said, really devastating like loss, like almost having a child and then not, or almost launching something in my business and then COVID blowing everything up and us having to start back from square one, or a very various other almosts in our life that we've experienced outside of the last three years, I kind of drew upon those experiences to share the lessons I've learned in the middle and in the not quite suddenly unknowns.

And also kind of create a guidebook on how do you make the most of the middle while also still aiming for whatever it is that you truly want and hope for? Because I think those things can coexist. And I think sometimes we think contentment means, okay, you just don't care about the thing that you're hoping for anymore. So anyways, that's kind of a quick synopsis of what inspired the book and kind of what it's about.

**Stephanie:** I love this so much. When you told me about this book, I was like, "Well, this is for my people." I mean, you know this, but we talk so much about transition in my community. It's crazy, this will be 15th time teaching the course. I have a course called Love Your Single Life and it's all about making the most of this season right now while also setting yourself up for the next season.

Because I mean, I got to see this in my own life and I've seen this in so many different people's stories that one accomplishes the other in so many ways. Like through living today well, that's exactly the right way to set yourself up for whatever the next thing is. So I just love this message so much. And I know that we all are running out to buy this book because it's just so necessary. So many of us are here.

I want to really dig in with you because I know you have so much to share on this. When there's something that we're really hoping for and it's not happening, that's just frustrating and devastating all at once. Sometimes all in the same breath. Sometimes it feels different on different days. But are there any mindset shifts to kind of kick things off that can help us just think about where we are differently?

**Jordan:** Yeah, absolutely. There's a couple things. One that I've had to shift, especially as a person who's more of an achiever, in like I set a goal and I achieve it. And then there's been certain things in my life that whether that's because of circumstances in the world or in my personal life that I'm like, "It doesn't matter how hard I worked for this. I could do all the right things and it could still go wrong," which is like the most humbling thing to have to come to grips with.

But in that process, I've learned one big thing. Life is more like a garden to attend than a game to win. And I'm going to say that again just because I think it's something that we often look at it like the next achievement, the next milestone, the next this. Especially as everyone else around us is advancing to the next level in life, whether that's getting married, having a baby, buying a house, advancing in their career, etc., we almost I think start to treat life like a game. Like, "Oh, I'm behind them, but I'm ahead of them in this and that, the other thing."

And in my season of like, "Well, everything just blew up in my face. What do I do with these broken pieces?" I actually started gardening, partly because I just needed a hobby and needed something to nurture when I thought I'd be nurturing the kids. It actually became a very therapeutic thing. But also there's so many lessons in the garden.

And really learning life is more like a garden to attend than a game to win. And if I start treating it like a game to win, I'm going to treat some of the most sacred things in life like an achievement. Whether that's motherhood or marriage or something else.

So that's a huge thing to just kind of lean back into of like, Hey, some of the most important things in life are not something to achieve. And they're not usually something we can control. We might be able to make choices that support those things. But ultimately it's not something you can achieve. We often turn sacred things into a competition or an achievement. So that's the first thing.

The second thing I would say is our greatest disappointments can be one of two things. They can be dead ends or they can be defining moments. It's hard to lean into that because they often feel like a dead end. And it can look one of two ways. It can look like I was on track, I was two seconds away from getting married or having the baby or doing this thing and something came along and blew it up.

You know, something went wrong, something went sideways and I'm just so disappointed. And disappointment doesn't feel like the right word. I'm actually devastated and so discouraged and confused and disillusioned. Sometimes it's even deeper than just merely disappointment.

But also it doesn't always have to be when something comes along and blows up our perfectly laid plans or whatever. Sometimes it's just like, "Nothing has worked out with this. I have not made any progress on it. And I'm disappointed in myself, I'm disappointed in the people around me or my circumstances or all of the above."

So regardless, either way, the things that feel like the biggest place of disappointment in our life usually it's because I expected to be here but instead, I'm

still here. Those can either be dead ends. Like, "all right, well, I guess this is how it's always going to be. I'm just going to sit down because I'm over it." There's definitely days where it's tempting to do that. And sometimes you do need to take a break and just be mad. I validate that.

But they can also become defining moments. In my life, especially after going through double loss, that was a big... I don't even want to use the word "almost." That was a life-changing, heartbreaking, heart-wrenching experience, but it was also an almost in some ways. Just a really hard one.

Especially for the second time, I was really pissed, honestly. I hope I can say that on the podcast. But just to be raw, I was just mad. The first time I was like, "Well, it's a fluke. I trust God. God is good." That was kind of how I like out it. And then the second time, I was like, "What the actual?" I felt like God had said things. I was like this, "Did God even speak to me? Does he keep His promises? What's going on?"

Anyway, so I had a lot of bitterness and a lot of anger, rightly so. And I carry that for several, several months. It still can come up at times. But it was one of those things where I just... And then I felt like this season was supposed to be filled with motherhood and all these things, but instead, it just feels empty. So I just wanted to busy myself.

I remember I had a conversation with a friend who had walked a similar road and she was like, "You don't have to fill all the time though." Because I was just going to get really busy in my work. I was like, "Well, I don't know what's going on in my body but I'm good at business, so I'll just throw myself into that."

And she's like, "Yeah, maybe not." She was able to kind of be a guide and say, "This is your boot camp to learning to be more present and still." Which is ultimately what you're going to need when that season does come.

That was eye-opening for me and a mindset shift for me for sure. It went from feeling super empty and discouraging to empowering. Like, "Oh, if I could look at this as a bootcamp season. I don't know how long a bootcamp season is going to be. But if I could look at this as a time to pour into my health and steward my community, and maybe actually not just throw myself back into hustle, but actually start creating a more flourishing and lovely existence of a life even when I'm not where I thought I would be, maybe that will be so key in the future."

Anyways, after a little while, I kind of leaned into that. And I started doing different things in my bootcamp season that have been so life-giving and developed me as a person. So in many ways this bootcamp season or after that, it was a huge



disappointment. In fact, a devastation. This is not an example. I'd call it a disappointment.

But those experiences really do have the potential to be a defining moment. I mean, I feel like a completely different human than I was two years ago. I have learned to say yes and no to the right and the wrong things. I have worked on my health. I've grown my relationships. I've become more available. I've stopped the hustle, like train that I was just on trying to achieve the next thing and the next thing.

I've gotten really clear on what I value and what I don't. That I don't think could have happened without some major setbacks and some things that were really jarring.

So anyways, my point is your life is a garden to tend to not a game to win. And your greatest disappointments can be one of two things: A dead end, which they often feel like or a defining moment. It's really up to us to choose.

**Stephanie:** I feel like we all just need to sit for a second and then rewind, press play, take a bunch of notes. I feel like that's been the lesson of my life in so many different seasons. That is what I learned when I was single. There were so much of that time in my life where I was trying to fix things and change things and force relationships to work, where I was just sometimes discouraged, sometimes disappointed, and sometimes totally devastated by the fact that this relationship didn't work out, or it felt like no relationships were working out.

But then there really was this turning point for me where I was like, "What am I going to do with this time? I have this time, regardless. I get to either just sit here and kind of wasted away or I get to make some really conscious decisions to live life on purpose right now."

And I had this gut feeling that maybe if I did that, maybe the way that I lived this middle would make a really big difference in the next season. And it was so true. Everything that I did to grow as a person, to heal, to grow in my community, to develop me, exactly as you said, I mean, those things have made the biggest difference in my marriage in every single day of my marriage, which is why I love talking about this.

I haven't gotten to share this yet, but it's like my new favorite picture of this. I went through so much of what you're talking about when I was single. And then getting married, that was kind of a chapter. But I relived this lesson all over again in trying to get pregnant, which you know it took us a really long time.

I had to make the same decision all over again where I was like, "Am I going to just..." Like it felt really empty and so discouraging. Nothing we tried fixed... We did everything that we could, we couldn't control it. But I did have to make the same decision where I was like, "Okay, am I going to live this season or am I just going to wait?"

I really decided that if I ever got to be a mom, I wanted my kids to find me living a really full life. We have this photo board in our house that has a bunch of mine and Carl's favorite memories printed out on it. We've just always had it in our house.

And after our girls were probably maybe six months old when they first noticed it. But they love looking at it. Like love looking at it and just stare at it anytime they pass by. And I was able to capture a photo of Carl holding Annie as she's staring at these photos and Carl's telling her about all these different ones, which of course she has no idea what he is talking about.

It was this really cool picture of all the things that we did while we were married before we were parents. Those things have made us who we are as parents in the same way that the things that we do while we're single make us who we are when we're married. I really love that.

One of my favorite things I've ever heard you talk about is learning to like your life. When you don't necessarily love the way that something is going in your life you can still like it. Can you talk us through what that means? How do we do it?

**Jordan:** All the things. Good question. I kind of came up with this term. At least I thought I came up with it. I've never heard anyone else say it. But I felt like everywhere, especially as I was trudging through the healing journey after loss... Because I took a long time to pause. I mean, I felt like, "Okay, I'm young. I'm going to take my time. I just can't keep living this cycle." So I took a long time to focus on my health, to heal my heart, a lot of things.

But in that, I felt like there was so much messaging that I was like, "Build a life you love, love your life." And I was like, "Well, I don't. I'm thankful for a lot of things in my life. But this is such a painful area right now that it almost feels impossible." Life can be hard and hard to love. I think it's just such a cliché that we say, but it's not very honest sometimes.

But at the same time, we don't want to hate our life. If you're just leaning into how miserable you feel about one thing, that can start to bleed into everything else and really ruin the joy and the meaning that so much of life holds because there's this one area or this thing that feels painful or heavy.

So I was like, what's the realistic and doable way to approach this? And I just felt like I came up with this form of like, "What if you could like your life?" Meaning maybe there's something that feels undone or incomplete or whatever. But what if you could be intentional to make the most of your life right now and do things that you actually enjoy?

Because I think a lot of times when we're in a transition or something isn't working out or almost works out and then it goes sideways or whatever, it kind of feels like we're stuck in like pending. And we almost feel like we're enduring. To a degree, there is enduring that happens when we're waiting or hoping for something. But I'm like, "What if the enduring could also be like enjoying?" Kind of what you had said about your memory board.

This was all kind of happening around the same time where I was thinking about: how can I treat this as a bootcamp season to prepare me for the future, but also make me a more interesting person in the present and enjoy my life more in the present because it that really doesn't feel very enjoyable or very happy.

I also don't want my joy... not my joy. I don't want my satisfaction or sense of contentment to come solely from my circumstances and things working out. Because inevitably we will all walk through things where the thing that... Just like I had shared in the beginning, I had the perfect year, you know, in air quotes, like the perfect year beforehand where every box was being checked in and all of a sudden everything went sideways.

That could happen to any of us at any point. And around the corner, we never know what could go wrong. So it's just one of those things where it's like, okay, if I only like my life or love my life when everything was peachy keen, I'm not going to have much time where I actually enjoy my life. Those seasons where everything just feels great are like gifts. They're like pockets. But the reality is we live in a broken world so we're bound to experience in-betweens and heartbreaks and unknowns in the stress of that.

Actually, ironically the day I came up with this concept of liking your life was I was sitting on my back patio... Well, I had launched a program, completely flopped to my stance. It just did not hit anywhere where we thought it would and I was so discouraged about it. This was actually after our losses and everything.

But I was in the process of this whole mindset shift anyway around like I don't have to do all the things, whatever. But then when my achiever side went psycho and crazy, when things didn't work out how I wanted about this lunch and I called my husband, he was like, "Hey, let's go talk about this because maybe this isn't the right

program for you. Maybe this isn't something you need to be doing. We're trying to streamline anyway. Let's go to dinner and talk through it."

So I agreed. We go to this Italian restaurant, we're talking over pasta and wine. It was the most enjoyable little dinner. And then after that, we kind of came up with a plan, went home. And he happened to grab a book and sat on our back porch of our new house. We had just moved a few months earlier. And it overlooks the pond, and we had our little bistro lights that we had just strung up. It was like a late spring evening, you know, 60 degrees and cool outside.

So anyways, we're sitting on a little back patio and he starts reading. So I grab a book and I start reading. And the bistro lights are above us, and we hear the fountain in our backyard. And I just looked around and I was so discouraged about this launch almost working out but then not and kind of flopping.

And then all of a sudden, I just remember I looked around and I was like, "That sucks but I really like my life right now. This is actually so sweet and enjoyable. I love today. It's actually a beautiful evening and I'm so thankful for my husband, the good things I do have."

So, anyways, all of that said, that was kind of where that concept was born from. And that's really a huge part of what I wrote in the book. Because I think we struggle with like, what does it even mean to love my life when things don't go how I want? I actually would love to read this quote. I need to find it. It's on my Instagram. But it's from the book. It kind of defines what it means to like your life because I think that can feel like an overwhelming concept. So I'm going to read it if that's okay. Is that good?

**Stephanie:** Yeah. Yes.

**Jordan:** Okay. It says, "Liking your life doesn't mean you can't aim for more. It doesn't mean you don't plan, hope, or dream of possibilities. It doesn't mean you quit longing for whatever feels just out of reach. It simply means you learn to sit with the tension of both disappointment and possibility. You allow yourself to simultaneously aim for what could be and make the most of what currently is. You know what you really value in a world that's constantly saying you should want to have it all. You redefine what success looks like for you, find contentment in what you do and create a lovely existence even before you see the outcomes of your pursuits. You trade perfection for whimsy delight, faith and intention while tending to the life you've been given."

So that kind of goes back to the whole "tending what's in front of you" concept. But that's kind of how I define liking your life.

**Stephanie:** Oh, I love that so much. Jordan, you need to like make that a print that we can all have it just on our wall. That is so beautiful.

**Jordan:** Thank you.

**Stephanie:** I love that so much. I know that you have just this incredible way of breaking big concepts down into really practical steps. Can you talk to us about a couple things that we can practically do? If we're in the season of waiting, if we're not loving our life right now, what are a few small changes, practical things we can do to like our life?

**Jordan:** That's a great question. One thing I would say is try to learn something new, something that is kind of interesting to you. In this bootcamp season that I kind of found myself in, I asked my dad to teach me to play poker. Like so random. But it was just something I was like, "I kind of want to learn that."

So he took me to the casino. We played video poker so I could learn the hands and learn the cards. I won 100 bucks. It was awesome. And then I just learned to play so my family and I would play occasionally. It was a fun thing to do with my dad. So I learned how to play poker. I learned to garden. I learned how tomatoes grow.

I started asking my husband more questions about... he loves outdoors. He loves animals. So I started asking more questions because he literally watch these camping wilderness YouTube vlogs. So I asked him questions about surviving in the wilderness and how long deer live and random stuff.

I started reading books about women's health and an endocrine system and learning how my body works. So point being, use this as a time to learn about things that maybe you didn't get... Like not learn about stuff when it comes to your work. I didn't read a bunch of personal development books or read more about social media or podcasting. I started learning about things that were just fun and interesting to me. Like gardening or poker or random stuff.

So give yourself time to learn something fun. That can be a really sweet thing. And it can actually make you a more interesting person. Like my dad's friends now are surprised I know how to play poker. So, anyways, that's something you can do.

Another thing is to invest in your health. This was something that I really took the time to do. Because sometimes when you have this idle time or this time that feels like it's not full of what you thought it would be full of, it's also an opportunity to be like, "How can I make sure that I'm taking care of me? And what do I need to attend to? What needs to be supported? Sometimes the waiting times are the times

do that because we're not running on all cylinders are as busy as we would have liked to be. So that's another big thing.

A third thing I would say is try to identify the desire beneath the dream. And what I mean by that is, you may have a really specific dream. Like, "I want to meet my person and get married" or "I want to be a mom" or "I want to own a home" or whatever it may be. But maybe for whatever reason or another that's just not happening right now.

So the specific dream may be let's say getting married. But if you can start to go, "Well, what's the underlying desire beneath that?" you may find it's really to feel connected and not lonely. Or when it comes to parenthood, maybe it's really to nurture and pour into and mother in some way or another.

For example, in my season shortly after my losses, I had this literally instinctual need to nurture and I felt like it was taken away from me and I couldn't. So that's why I started to garden. I was like, "Okay, if I can't nurture in the way that I thought I would at least right now, what can I nurture?"

So I started nurturing my marriage more. I started being more intentional with that. I started a garden. Like something I could tend to and nurture and feel like I could care for and grow life. Because I had this whole complex of like I can't grow life, I don't know what's wrong with me.

So that was a really sweet way to kind of revive and support that desire that is underneath the more specific dream in the meantime. So kind of finding a way to move in the meantime and supporting that desire of your heart, even if it's not in the specific way you thought, can be really life-giving.

One last thing I will say is serving. So we started serving just by... There's various ways to serve. We serve through a volunteer program, where we took in kids in crisis situations so that they wouldn't have to go into the system. And we will host them for a night or a week or a month, depending on what the need is.

Also hosting my friend's bridal shower and my sister-in-law's bridal shower. There's different ways to serve. It doesn't have to be in crisis situations. But finding a way in real life. Like, yes, you can make a donation to a cause you believe in, that's great, but that's not going to shift your heart.

What shifts your heart and what shifts your perspective and kind of gets you out of your own head, because we can get so focused on what's not happening in our life, is to get into the lives of others. To enter into brokenness, to enter into pain and be a light in that way. And it also then ends up lighting up your life too.

So serving in some way, making a difference for someone else, whether that's hosting someone's bridal shower, or serving for a local program, or doing something that just kind of gets you. Because otherwise we just get so focused on our own suffering and when we can enter into the suffering of others. There is this holy communion that happens. There's this sense of redemption and joy that can come out of that as hard as it can be.

I don't recommend doing that if you're actually walking through a huge... If you're five seconds after you go through a really big loss or heartbreak, give yourself a little time to mend and heal. Make sure you're in a good headspace to be able to do that. But if you feel like you're stable and you're able to, I think somehow serving can be such a way to like... The way I describe it is like the most sanctifying thing to do is to serve in the place of your pain, which sounds so backwards. Like why would we do that?

The reason I got that idea was because a couple years ago I had a close friend of mine, and she was just really struggling through her singleness. She had so many great suitors and those relationships just kept pulling apart. And she was just like, "What the heck is going on?" She was so discouraged in it.

And one day we were talking about it, she said she started volunteering at a nursing home. And I was like, "Why did you choose a nursing home?" just out of curiosity. And she was like, "Because I'm so focused on how lonely I feel that I decided I wanted to serve those who are probably even lonelier than I am and be a solution to other people's loneliness." And I was like, "Oh my gosh. Okay."

That's not for everyone but that was just so moving for me. So after our losses, we ended up supporting babies and kids and taking in three weeks old. This feels so backwards but it was the most sanctifying thing in so many ways to step into the place that has been painful for you and serve.

This was like a year after my last so it wasn't like immediately afterwards. But I felt like my heart had healed in many ways. I'd gone to therapy, I'd taken time, I'd done the things, but there was like this corner of it that just still felt so hard and guarded and so angry. And when we hosted our first newborn, it was literally like God's finger Himself touched my heart and softened it. It was the most healing thing in the most unexpected way because I thought for sure I was going to hate it.

So anyways, all of us had different experiences. But that's just a reason where I'm like, Serve in some way. Maybe not in place of your pain. But if you can, there is something sanctifying and healing about stepping in and making a difference in the area that's been painful for you.

**Stephanie:** Oh, that's so good. I'm trying not to cry. Oh, gosh, I love that so much.

**[00:33:45] <music>**

**Sponsor:** Hey, guys, I hope you're loving this conversation with Jordan as much as I am. I wanted to pop in for one quick second to thank our sponsor for this week. Our sponsor for this week is a company I love called Faithful Counseling. Now, if you've been a part of our community for a while now, you've heard me talk about counseling and about how life-changing it's been for me.

Well, because I talk about it so much. I always have women asking for recommendations for good therapists. And for the longest time, I was never able to truly help. I don't know therapists in every city across the country and I could never find a truly helpful central database of counselors. But that all changed when I connected with Faithful Counseling.

Faithful Counseling is a website where you can get matched up with a counselor for professional online therapy sessions. They're amazing because they help you get traditional mental health counseling, but from a Christian perspective. And you can do it all online, all from the comfort of your couch. I love that.

One of the things I love most about Faithful Counseling is that it's super easy and totally free to change counselors if you need to. I've always believed that for counseling to be truly beneficial, you have to find a counselor you really connect with. We don't always find the right person on our first try. So then we're stuck doing counseling with someone we don't love or having to break up with our counselor which is super awkward and then starting from scratch to find a new one.

But with Faithful Counseling, if you don't love your counselor, or if you find that you're looking for something different, you can switch by clicking a button. I did it actually, and I'm so glad that I did because the second person they connected me with was a much better fit than the first. They really make it easy to find the best fit possible. And I love that.

But here's the other thing. If you're anything like me, you may have been thinking about counseling for a while, but it's the cost that's really holding you back. I completely understand that. Traditional in-person counseling can cost more than \$100 per session, which makes it a total no go for so many of us. And that might be why I love Faithful Counseling the most. They are significantly less expensive and they have financial aid available.



Friends, I love Faithful Counseling's mission and their methods so much that I decided to team up with them. Another one of our main sponsors of the Girls Night podcast. And because they're one of our Girls Night sponsors, I have a special link that will give you 10% off your first month of counseling.

If there'll be something you've been considering or something you think might be helpful for you right now, go to [getfaithful.com/girlsnight](https://getfaithful.com/girlsnight) to sign up, and you can get 10% off your first month. Again, that is [getfaithful.com/girlsnight](https://getfaithful.com/girlsnight) for 10% off your first month of counseling.

Friends, I know that we have so much going on in our lives and our minds and our hearts right now. So that's why I wanted to be sure to share this resource with you. You don't have to go through any of this alone.

Now, without any further ado, let's jump back into my conversation with Jordan.

**[00:36:24] <music>**

**Stephanie:** One of the things I know can be so hard about waiting and about... I think one of the things that comes against us most when it comes to liking our life, like really loving our life but even liking our life is comparison. Because we're sitting at a stoplight when everyone else seems to have all green. What do we do about this?

**Jordan:** I mean, I'll tell you when I figure it out. But it's an ongoing struggle. I don't feel like I have the perfect answer. The way I describe that is it feels like your dream is coming true for everyone else but you. Like literally the day you get broken up with, your best friend gets engaged. Or the second you go through a loss, 17 of your friends or like, "I'm expecting," or whatever. Or you miss on the promotion and all your friends are advancing in their businesses.

Whatever it is, it just seems like when there's an area that something feels outstanding for you and not outstanding in the meaning of excellent, but actually like not a thing and it's not there. It feels like anybody else experiencing that very thing is highlighted. It's just like when you buy a new car then you start seeing that car everywhere. It's like the thing you're thinking about.

So I kind of consider that when everyone else's dreams come true for you, like what the heck are you supposed to do with that? And I write a whole chapter about this in the book because it was something that really hit me hard in various different seasons, but especially after loss.

And a couple of things. One, I would say comparison is there. Actually, I reached out to my counselor right after. I had multiple friends reach out to me and either

they were thriving in their business and telling me these big wins, which I hadn't had because it's been such a hard year for us. Or they were like, "And I'm going to have babies."

So I was just like, "What in the world? I'm just hitting brick walls and everyone else is advancing forward?" And I was really having a hard time being happy for them. I wanted to be but I didn't know how to be. So I texted my therapist who has walked a similar route. And I was like, "How do you be happy for people when you actually feel so sad for you?"

She said something that was really freeing for me. She said something along the lines of, "Being happy for others when we're in so much pain is a social norm but it's not normally how the brain works. It's not actually biological. It's how our brain works. She goes, "Here's what I've learned. It is possible to be happy for them and simultaneously sad for you."

Because that's really the feeling we have. It's not like we're angry at them for something working out in their life. It's not like we're sad that it's happening for them. It's not taking away from the fact that... Like just because someone else got engaged doesn't mean there's less opportunities for us. It's not like a zero-sum game. But it can feel that way when it's just in your face all the time.

So the way she put it was like, "You can be happy for them and sad for you." So that was permission to be like, oh, I don't have to jump up and down and give them the same reaction that I thought that I would. So that was just like the first piece of encouragement that reminded me you can support but maybe not in the same way you would have if this wouldn't have been painful for you.

But when it comes to comparison specifically, I feel like the best thing I found is actually confessing that. There was times where I had to reach out to a friend and be like, "Hey, I'm really struggling with X, Y or Z. I just want you to know it's not you and I apologize if I'm putting this on you but I've just been carrying a lot of jealousy and I just need you to know that." Almost like getting it off your chest.

When you feel like you're comparing yourself, it can feel so isolating and almost shameful because you know it's not the right thing to do, but it's a natural human reaction to things. So when try to be transparent either to the person you feel like you're comparing yourself to or just to a trusted friend in your life or your spouse or someone else, just even calling that and getting it out of the dark can be really freeing because then it kind of brings it to the light and you're like, "Okay, it is what it is. I've admitted that."

You can kind of then move forward versus when it's like just taking over your mind, it kind of traps you. So that's a big thing I would say can be really helpful is just confessing it either to the person or depending on the situation or to someone that you can trust. That's a big thing.

And then another thing that I've had to remember, and this is something I wrote about in the book too, is, a lot of times we compare because we feel like compared to someone, so I feel behind. They got married and I'm 27 and still single, or whatever it may be.

And if anything, I feel like sometimes we get so fixated on the area that they're ahead that we miss the bigger picture. I actually had a friend share this with me. I wrote about this in the book. But it was like, right into my losses, I was really like comparing myself to my friends who never walked and had no issues when it comes to motherhood. And I just felt like, well, they're more successful moms or whatever.

It was interesting because then I started thinking and actually had a friend challenge me, like, yeah, you're comparing yourself to so and so but do you know how much she's probably compared herself to you when it comes to your career? She's tried various businesses and none of them have worked out, and you've just made it look so easy.

And it was like, "Oh, yeah, in the area I may be comparing myself to you, there's another area you might be comparing yourself to me." And it kind of just is like, there's a bigger picture here than the one area I get so focused on, you know, in many cases.

So that's just also something to consider is like, you know, sometimes... or like I was thinking about business stuff. Like I had a friend who was single but killing it her business. And I was comparing myself because I felt like I kind of hit a wall for a little while. And I was like, "But I also have this beautiful marriage."

You're behind in one area or feel behind in another area, you may be ahead in one another. And that's not always true with every case but in many cases it is. Always try to remember, feeling behind someone else is honestly super relative. Because you're always going to be behind one person but you're also ahead of others.

So this idea of we just focus on the... We always compare up. "Oh, they have this and I don't have it. So therefore until I have it, they're better off than me." So kind of bringing that perspective back into reality and looking at the big picture and the full picture can make a big difference. And just realizing like, I'm still jealous that they have this thing that I don't have. But perspective shifts, like it's not the whole

picture. Actually, I have some really great things that they don't have. And it's not a competition, but at the same time, it's helpful for me to remember we're just in different seasons.

**Stephanie:** That's so good. That's so good. We're talking about liking your life and you talked about this and you defined what that means but I would love to dig into this a little bit more. One of the things that I've heard from women when we're talking about my course, you know, I get emails from women who are like, "Hey, I've been thinking about doing this, should I sign up?"

One of the questions is, "I have a hard time thinking about liking my single life or loving my single life because I don't want to be here. And I'm afraid that if I get comfortable in my single life, it's going to be like a really, really good, comfy couch where it just kind of swallows you in and you never get up."

That's one of the things that we've talked through. It's hard to balance in our heads this idea of contentment with complacency. So it's like, okay, if I'm content there, well, then does that mean I'm going to be there forever? Or if I'm working hard for something, does that mean I need to hate where I am right now in order to propel myself forward? Talk to us about the difference in the balance of those two things.

**Jordan:** I think primarily liking your life or making the most of it doesn't necessarily mean sitting down. It just means like, okay, what things can I be doing to make this a little less miserable and actually make this something that's making me more interesting and my life more full?

I'm going to read this because it's something else that I wrote. It's talking about contentment versus complacency. Because almost it sounds like what this question is, is like, how do I be content where I am without getting complacent? I think sometimes we make those things synonymous. So I want to read this because this is exactly the answer to this.

So, first, it's possible to be content without being complacent. Because complacency is actually pretty passive. For the sake of a metaphor, it's like sitting down in the middle of your journey, pouting that you're not at your desired destination, and ultimately just foregoing all hope, effort, and intentionality to keep moving forward toward the thing you're hoping for, whether that's a relationship or something else.

Contentment, on the other hand, is actually active. It is choosing actively to make the most of the middle and cultivate a purposeful existence, even before you get to where you want to be, and taking brave steps in the direction you want to go without resenting the journey when it gets long.

So it's not saying like, "Oh, I'm just going to stop dating. I'm going to sit on my hands and be mad about it." Or "I'm going to love my life so much, I'm going to get off the dating apps. I'm going to stop trying to connect. I'm not going to do a blind date. I'm not going to put myself out there because I just want to love my life and focus on this." It's actually saying both can exist.

I can make the most of my life and love it and I'll still be putting myself out there. It's like you don't just give up on the thing you want to do. Or I guess my point is you can make the most of what you're doing without giving up on the thing you want to do. Both can simultaneously exist. Because ultimately there's eternal purpose in every moment you're given. And there's either preparation or purpose or something that's being developed in you in every season and every moment.

So if you can kind of look at it like, Okay, I can do things to enjoy my life and not just so that I'm a more interesting person or a better wife or whatever. But knowing that that is part of it, it is a preparation for the possible season I may step into next.

But just because I'm content or just because I try to practice contentment doesn't mean I stopped putting myself out there. Contentment is you're still walking up the path, right, in the mountaintops up there, which is marriage, or whatever you've decided is your mountaintop for the season. So you're still walking.

But instead of walking and being angry about it, and hating every moment of it, it's like grabbing a water bottle, bringing a friend along, stopping and smelling the flowers, putting some earbuds in, listening to some music. Like making the experience a little bit more enjoyable.

On the opposite hand, it's not sitting down and being like, "Well, I guess this is my life now. No, you still keep moving toward that mountain top. It's just you're doing it in a way that is a little bit more fruitful and fulfilling and fun, rather than just frustrating. So hopefully that makes sense.

**Stephanie:** It totally does. One of the things I always think about with this is my mom would always say that thing about how a watched pot doesn't boil when I'd be making Kraft mac and cheese because that's the only thing I could make. And she would always say that.

The truth is water is going to boil in the same amount of time whether you're watching it or not. But if you go do something else while you're waiting for water to boil, you can get other parts of dinner ready while you're waiting for the water to boil or you can go, I don't know, do something, take a really quick nap. I don't know. You can do all kinds of different things. It will feel like the water boils faster,

and you will have gotten something else done while you waited instead of just staring at it being frustrated that it's not boiling faster. I love that. I love that. Bringing your friend along, putting in your earbuds. That's so good.

When we're pursuing something, I think there are moments where we're walking forward and something's not working out, it's really hard to know whether we should continue pursuing this thing or whether that's like, I don't know, kind of like a sign. Like, is this a closed door or is this a door I need to like... Is this a brick wall or is this a door I just need to knock on a little harder? How do we figure out the difference?

**Jordan:** I think it's honestly different. There's not a one size fits all answer because it varies so much situation to situation and person to person. This is a different situation but one kind of brick wall I ran into was I actually closed that area of my business. I closed my product shop for a while, which felt super backwards because that was how my whole business started. It was actually super popular. It was thriving in many ways, at least on paper.

It was popular, it was profitable, but I felt like it was lacking purpose and clarity. And that was making it really hard for me to lead. And I kept just trying to push through, I was like, "Okay, we'll just release another thing. We just keep going. It'll come into clearer view. I'll figure it out. We just got to keep going."

I did that for a little while. But then it just started to feel more like a blob than a clear business that had a purpose and I could lead it well. And blob is kind of a silly word, but it just felt like kind of a mess. And even though it was working, it didn't feel sustainable. And I was having a really hard time like, "Do I close it? Do I walk away? Do I just try to force it and keep going? I don't know."

So I wrestled with that for a long time and then I finally started seeking counsel. I asked people who had worked with me in it, whether that was a contractor or on my team. I ran it by some trusted mentors and friends, my husband.

I kind of addressed some people in my circle and I was like, "Here's where I'm at? What are your thoughts?" I was feeling like it was time to at least take a step back. Sometimes it's not giving up on something forever, but it's like, okay, maybe it's just not the season for this.

But to let go of a good thing, to let go of a dream feels really backwards. And I think a lot of times we assume that if it's not an easy decision, or if it's not the easier move, then it must be the wrong thing. Like if it doesn't feel like it's just easy and falling into place, it can be hard to know.

But anyway, I ran it by several different people that I trusted, and it kind of the overarching consistency. Like the majority of people were pretty much like, Yeah, maybe it would be good to take a step back and pause it, maybe close it for a little while, see if you get any clarity, and just kind of like let the Lord lead you. Because at the time, there were some other things that I was doing with my podcasts and books and whatnot that I could pour my attention into.

So I was like, "Okay." And I kind of knew that's what I had to do, but I still waited for months until I finally did. And then when I did it was crazy because I closed it. I finally did a warehouse sale, closed it, had no idea if I was going to bring it back, and then walk through a year plus of adversity, loss, hardship, whatever.

And in that address, God gave me all the clarity I needed. And I would not have been able to get that clarity had I been trying to force it to work. So sometimes we have to just open our hands with something and say, "Okay, maybe it's not the season."

Another great example is we had a property that we owned that had like this beautiful little kind of colonial-style farmhouse. Super quaint, cute, but needed a lot of updates. We're going to open it up and remodel. It sat on three acres. We had chickens. It was kind of like this was the start of our dream to homestead.

And then we walked through loss, and then COVID hit, there was one thing after another, and we just started to feel like we had gotten into a couple of the renovation projects and it was fun. We made these bathrooms so much more beautiful, we had updated some of the landscaping, but we had a lot of other things we were going to do.

We're going to open up the kitchen. We're going to put a new roof on it. We're going to paint it white. We're going to put a front porch on it. It was going to be a massive project, and it was going to become like our family home.

After going through all that we did and just kind of re-evaluating our priorities and realizing like, maybe being Chip and Joanna Gaines isn't a priority in this season. Maybe it's simplifying and taking care of our health and building our businesses and our family. That's more of a short-term goal than renovating a house.

So we ended up, after a lot of wrestling with the decision, selling the house and simplifying. And it was hard to let that go. Because I felt like I was letting go this vision I had. I was excited to see it all come together.

My point is, it can come in various ways. But the biggest thing that I found that to be helpful is to consider, is this aligned with what I truly value most? And the only

way you know what you value most is when you start looking at everything you're pursuing and asking why? Why do I want to do X, Y or Z? Why do I want this? Why do I hope for it, whatever?

And if your answer is like, "I don't know, it looks cool for Instagram..." That was kind of my answer for the house. Like, yes, it was a dream home but we could do that any season of our life. I can renovate a home in my 50s. I can't do what I'm doing right now with my business or build a family in my 50s as easily.

So it was just kind of like what makes the most sense for this season. And sometimes what you need to ask and also just answer why to everything. Some of my business goals or work stuff I was doing, it was just like, "I don't know what sounds good. I saw my friend do it." I didn't really have a good reason.

But then just some things I was like, "Because I know I'm called to be a wife and a mom" or "because I want to be the healthiest me I can be for my future family whenever that happens. There were some things that I was able to get very clear answers to with deeper purposes and other things that were more just like, I don't know.

Even for the business thing, when I was considering closing it, it was like, "Why do I have this?" And I could not answer that. I was like, "I don't know, I don't even know what the purpose is of what we're doing. People just like it but I don't know."

So asking that question to the different things that are on your plate can help you get clarity on what it is that needs to be prioritized in this season. I call it the present priority. And that can change. That may change in a year. It may change in six months. It may change in five years. But just kind of evaluating what's right for me in the season.

And sometimes seeking some counsel and seeking some feedback to affirm where your heart is leading or where your head is leading can make a big difference and give you a lot of that affirmation and clarity you need to make a decision.

**Stephanie:** I really like that. And I really like the idea that things can change. You can take something away and then bring it back. Or you can say notice something but then say yes to it later.

**Jordan:** We're still going to want to build our custom home or have our land. Eventually, that's still part of what we want to do. But we just kind of got to the point where we were like, "Just not in this season. Maybe in 5 to 10 years." Just knowing that you don't have to do it all right now.



**Stephanie:** One of my girlfriends, she posted something on Instagram a couple days ago, where she said that one of their favorite dinner conversation starters is, if your life was a book right now, what would this chapter be? Or if your life was a book, what would this chapter be called? And I think hers was something like always cleaning, never clean or something.

She had three kids I think under four. Anyways, she's always cleaning, never clean. And I was thinking about it and I was like... There's a snappier way to say this, for sure. But I think that mine a lot of times would be I can do hard things, but not this many all at the same time or something like that.

It's like we can do hard things and we should, and we can do big, important worthy things. But we can't push ourselves to our max in every area of our life all at the same time. Something's got to give. So if one area of your life is going to be really important right now, that means that another area needs to sit on the backburner. But that's okay because there's going to be time for it. There's going to be another time for it.

**Jordan:** Or if it doesn't have to be put on the backburner, it at least needs to be adjusted to better support the area that needs the most tending. Like when I encourage people to think about what's your present priority, it doesn't mean that all your other responsibilities just get thrown to the wayside. It just means you may adjust how you're doing them.

For example, when I identified my personal priority is my health, once I started kind of digging into testing and finding I had adrenal issues and thyroid issues and things, I was like, "I shouldn't be having this at 25. We need to get this under control," I realized that needed to be my priority.

So it didn't mean that nothing else is important. My marriage is still important, my house is still important, my work is still important. But I just had to figure out, like, how can those things kind of fall in line with supporting that priority? And how can I do them in a way that doesn't take away from that priority, but actually supports it?

So that's part of the reason we said, "Okay, we're still going to live at home. We're not going to not take care of a house. But maybe we need to do so in a way that actually is more supportive to our health rather than causing a lot of stress and anxiety and construction and all the things."

Anyway, it's like the way that we lived when it comes to home and housing shifted a little bit to better support the priority. That's obviously a big move. But that's just an example. Or the way that I worked, I started delegating some things, I started

saying no to extra projects, I started simplifying some of the things that I was doing to better support the priority.

So it's not always that it just gets thrown to the wayside. It just sometimes has to fall in line with the thing that needs the most tender loving care if you will.

**Stephanie:** We've been talking a little bit about relationships, about singleness and dating and stuff. I think that this question becomes a little bit trickier when it's like, when do we wait and when do we take action when we're in a relationship? I don't know why this is so on my mind. I feel like I'm going to get an email from someone that was like, "This is for me."

I just want to talk for a second for the woman who's trying to figure out if she's supposed to be waiting on someone. "I have feelings for this person. I'm really hoping that they're going to return them someday or someday soon, like now, like yesterday would be great." Do I take action or do I keep waiting? How do they start to figure that out?

**Jordan:** That's a really good question. Again, it's not always a one size fits all. I think it's important to seek counsel on that because those who know your heart and that other person's heart could be really key in guiding you on like it's the right time. You may be able to have that conversation.

Your friend may be able to point out, like, "I know you really want to be able to share this, but homeboy just got out of a relationship. Give him a month," or whatever. Just kind of helping you think objectively because our hearts are so connected to the things that we want to do we get so emotionally wrapped up. Or they may be like, "Yeah, you've been sitting on this for three years, it's time to do something about it."

Because at least then you'll know. Because the thing is we can sit around waiting for something that was actually never meant for us anyway. And if we don't actually take the risk to know that, then...

The things that are meant for you won't pass you by. That's the first thing to remember. But also, sometimes it's important to find out if it was meant for you. So if you can seek some counsel and you get kind of the affirmation from those who know your heart and love you and want the best for you and may even know the other person in this specific example, I think sometimes you do have to put yourself out there.

I think a lot of times we think waiting is just sitting there hoping that something will happen. Like they'll come to us or something will happen. Taking action on it

doesn't mean you're not waiting. Like you could take action and it may still be a maybe but not yet. Or it may still be a... You know what I mean? Like there could still be waiting around it.

For example, after my losses, part of me was like, "Do I just wait and see if everything works out the next time?" or do I start taking action and trying to find answers?" To me it's like, what if I do both? What if I try to find answers, but also give myself a break and understand that this is going to be a little bit of a waiting season?

I guess my point is, sometimes it's not mutually exclusive. And I think taking action to try to get clarity on, "Is this even something that I should be waiting on or am I like wasting my time?" can be actually really helpful. But I definitely say seek some counsel on that because it's going to vary situation to situation.

Again, it's like the example I shared where if someone's just got out of relationship or is maybe bad news, and you have a lot of feelings for them but the people that love you most are like, "Probably not a good fit," maybe it's not best to take action. So that's where it's like seek some counsel from trusted people in your life.

And then don't be afraid to try to find out: is this even something I should be waiting on? Or is this something that's better for me to take some time to wait on so that it can work out in the future? Which is in my experience what I had to realize. It's like, I need to take this time to heal and to work on some things and whatnot. So hopefully that's helpful.

**Stephanie:** Yeah, yeah, I like that. Jordan, you are just this incredible coach. You are just an incredible coach. It's one of my very favorite things about you. I know that there are women right now who, in all kinds of areas of their lives, feel like their efforts just don't make a difference. They're just trying and trying and trying and it just doesn't make any difference. So it's just hard to keep going. It's hard to get up and keep walking, because it just feels like you're never getting anywhere. So can you talk to us, like, how do we get up and keep going moments like that?

**Jordan:** I totally get what you mean. And it's funny because when I first wrote the first manuscript to my book, the message was like, "If something doesn't work out the first time, get up and try again." Like the very cliché thing we hear and we're like, "What if I've tried again over and over and over. I just keep running into brick walls. Like I'm tired of that message.

And I think it's a more honest message now. It's like sometimes you do get there all the right things and you give your best and you just keep getting doors closed in

your face. And it's so unfair. And it doesn't make sense. It doesn't make sense right now anyway.

But all that said, one thing that I would encourage you to try to do is... Let's say it's like a relationship that you've been trying to mend or you've been doing your best for it to work out and it just keeps running into brick walls or something else. When your best efforts kind of feel like they keep lending you in last place in one area or another, it's so disheartening.

But one thing I would encourage you to try to do is to try to finish something, even if it is entirely unrelated to the thing that feels... Because when something feels incomplete in our life, whether that's our relationship status or our family, or our career, or something that's just like, geez, I've been doing my best and it still just feels incomplete.

Sometimes when you can almost completely pivot your attention to, "Okay, but what can I finish?" Maybe it's training for a marathon and finishing a half marathon. Sure, your career might still feel a little incomplete. But you're going to feel so accomplished and satisfied and fulfilled by completing something that feels fruitful in your life.

Or maybe it's a home project that's just kind of been sitting half done, or unpacking boxes that you just left in your basement, preaching to myself here. But sometimes finding something. Like finishing this book was like, "Yeah, there's still areas in my life that, as I was finishing it, felt like, well, that's not quite what I thought, and it's still kind of incomplete. But finishing a book and being able to close that, it gives you that sense of satisfaction that you're really craving. Because what you're really craving is that sense of like, okay, something worked.

So it may not be in the area you want it to, which can still be incredibly frustrating. But trying to just lean into what can I finish? How can I finish something meaningful to me? How can I put the final touches on this project I've been letting sit half done in my house or declutter this area that has just been driving me crazy, but I've just not touched or write the book manuscript I've wanted to write or train for the half marathon and run the dang thing, or whatever it might be?

There is something that kind of, I don't know... It's like it can be like a spark that really lights your fire and gives you the determination and the energy to keep going on the things that may be taking a little longer.

**Stephanie:** I love that. I love that. That's so good. We can talk about this forever. And I honestly wish we could. But can you have just any last encouragement for a woman who's sitting in a waiting season right now?

**Jordan:** I think the most important thing that I've been told, and that I think is important... I'll just give this story. My mentor poured this into me and it really helps me in my season of just feeling like what the heck. If you think about the garden... We talked about the guard a little bit earlier.

But if you think about the Garden of Eden and you think about the story of Adam and Eve, in that story they were given everything other than one tree. They were given paradise, they were given fullness of God, unity, all the food they could possibly want, all the things. But there was one tree that was off-limits.

So what happens? The enemy slithers in and tries to make them fixate on that tree. And it's like, "I know, God gave you all this other stuff but look at this tree. Look at this thing that's being withheld from you." And what happened? And then everything was a downward fall from there.

I think in our own lives too, this was something my mentor said, is when you can start to shift. Because the enemy wants you to fixate on the tree that is like the one thing that feels withheld and focus on how God is not good and how much He's withheld from you. Never mind the fact there's this garden of gifts and fruit and blessings around you because there's this one thing that feels withheld, so therefore, it feels like a reflection of God's character when He withholds something. Or it seems like He's withholding something.

So the best encouragement I can give you is like, if you feel fixated on the tree that has been withheld or seems to have been withheld, the enemy wants you to fixate on that. And you're going to feel miserable. Because trust me I've been there. And I can get stuck there at times. It's not something you just overcome one time and you're done. Just with like comparison, it's similar. It's kind of an uphill battle. But just have the awareness of like, I'm getting fixated on the one tree again.

And if you can shift your gaze to make sure you're seeing like, "Oh, I have this home, I can serve others with and make a difference. And that's going to be so life giving to me," or "Oh my gosh, I have this beautiful relationship that I've just been so kind of neglectful of because I'm so dang fixated on the thing that hasn't worked out," or "Oh my gosh, I have these amazing friends that I've just not really been very present for because I've been so mad that my like relationship life hasn't worked out," or whatever it may be.

Try to remember you have a garden to tend to in your life. And there may be one tree that feels withheld or some fruit that feels just out of reach. But it may not be withheld forever. And just remember there's so much more to enjoy in life. and every time you start to feel the complete defeat of like this is not working out,

remember I get to call the shots. Like, the enemy may want me to fixate on this and I may have been fixating on it but I can shift my focus and see that God has so much more for me than the thing that I've been focused on or the only thing I can see.

**Stephanie:** I love that. I love that. Jordan, thank you. Thank you. Thank you. Thank you. You guys, we will link to everything for Jordan in the show notes. Which by the way, if you guys don't know where those are, they're at [girlsnightpodcast.com](http://girlsnightpodcast.com) That's where you can find everything. We'll link to Jordan, we'll link to her book. Make sure you go get it.

Jordan, I just am such a big fan of you. Thanks for being on the show.

**Jordan:** Same. Thanks for having me. It was so much fun.

**[01:05:24] <music>**

**Outro:** Thanks so much for listening to today's episode. I cannot tell you how much it means to me to have you here at Girls Night. Before you go, I would love it if you would do two quick things. The first is to subscribe. Subscribing to the podcast is the best way to make sure you never miss an episode. It's also a way easier way to listen because it's a way of sort of bookmarking the podcast. You never have to go looking for it again. Your Apple just automatically downloads the next episode when a new one is released.

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So would you do me a huge favor and take just a quick second to leave a rating and a quick comment about how you liked the show so far? That helps us out so much.

And huge shout out to all of you who have left those beautiful five-star reviews already. It means the world to me. All right, friends, that's all we have for today, but we'll be back next week with another episode of Girls Night. I'll see you then.