

Hey there, beautiful! 🌈 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! 🚀



How to Build and Maintain Strong Friendships in Midlife

The Loneliness Dilemma

Carmen Hecox: Can I ask you something? Have you ever found yourself in a situation where you feel like you're all alone when you really need support the most? And then those thoughts creep in like, who am I kidding? I don't have any close friends and who would even want to be friends with me? It's a tough spot to be in, right?

But what if I told you that building meaningful friendships could be just a mindset shift away? Let's dive into how letting go of that self-doubt can truly transform your connections. Remember, you're not alone in this. We'll figure it out together.

Carmen Hecox: Hello, and welcome to Create the Best Me, the place where we embrace the beauty of midlife and unlock the doors to a life filled with growth, purpose, and deep connections. I am Carmen Hecox, your host and guide on the journey to rediscover the joy and fulfillment that comes with making and deepening friendships in the best half of our lives. If you're joining us for the first time, or, if you're a returning listener, we're thrilled to have you with us. Are you ready to explore how midlife can be a time of vibrant connections and renewed friendships? Let's dive in.

The Midlife Friendship Opportunity

Carmen Hecox: Have you ever stopped and wondered why in a world more connected than ever, finding and keeping genuine friendships feels like an uphill battle? What if I told you that midlife isn't the end of a new beginning, but a vibrant stage for cultivating the deepest connection of your life?

Imagine waking up to messages from friends who are genuinely interested in how your day is going, who shares your laughter, and your tears and who are there for you unwaveringly through ups and downs of life. Picture yourself surrounded by individuals who not only understand the beauty of your journey, but also contribute to it with their presence, wisdom and shared experience. This is not just a dream; it's a possibility that Midlife offers a stage ripe with opportunities to form connections that are rich and textured as the life stories we carry. In this chapter of our lives, friendships are not just about companionships; they're about finding our tribe - people who resonate with our deepest values, aspirations, and joy.

The Importance of Midlife Friendships

Carmen Hecox: Why do these connections matter more now? Midlife is a time of transformation, introspection, and often reevaluation of our paths and priorities. It's a season filled with changes, career shifts, children growing up, relationships evolving - and it's also a time when the value of true friendship becomes crystal clear.

These friendships offer more than just company; they provide emotional support, intellectual stimulation, and the kind of laughter that heals the soul. They contribute significantly to our well-being, serving as a buffer against life's stresses and a source of joy and resilience.

Together, we navigate the transitions and challenges unique to this stage, offering each other a hand to hold and wisdom born of experience. The shared journey through these transitions strengthens our bonds and deepens our appreciation for each other.

And for those of us who find ourselves seeking new beginnings or fulfilling voids left by change, midlife presents a perfect opportunity to forge new connections. It's a time to be bold, to reach out and to open our hearts to new friendships waiting on the horizon, friendships that can enrich our lives in ways we never imagined.

Building and Sustaining Friendships

Carmen Hecox: What makes a friendship in midlife so enduring and valuable? It boils down to a few key ingredients, mutual respect, unwavering support, and authentic communications. Add to this, a dash of shared laughter and memories,

and you have a recipe for a bond that stands the test of time, but also enriches every aspect of your life.

It's no secret that forging new friendships can seem daunting as we grow older. Our lives are often filled with responsibilities, career, family, personal pursuits that leave little room for nurturing new relationships. Moreover, the vulnerability required to open up and connect on a deeper level can feel challenging to navigate.

Yet, it's these shared experiences and values that form the bedrock of lasting connections. Whether it's through mutual interest, similar life stages, or a shared sense of humor, these elements act as the glue that binds friends together, offering a sense of belonging and understanding that's invaluable.

So, how do we bridge the gap between desire and action? It starts with the willingness to reach out, to make the first move. Joining clubs, attending events, or even leveraging social media platforms dedicated to fostering friendships can open doors to new connections. The key is to approach these opportunities with openness and confidence, knowing that the riches of midlife friendships is well worth the effort.

Once the initial connection is made, keeping the friendship alive requires both intention and effort. Regular check ins, make time for shared activities, and being there for each other in times of need are the lifeline of thriving friendships. It's about making the friendship a priority, even in the midst of our busy lives.

And what about when the going gets tough?

Real-Life Stories of Midlife Friendships

Carmen Hecox: The stories of countless women who navigated the complexities of building and sustaining friendships in midlife are a testament to the resilience and the richness of these relationships. From friends who have reconnected over years apart, forging a deeper bond in the process to new friendships formed over shared hobbies and interests, these stories inspire and remind us that the transformative power of connection, even later in life.

One of the most profound examples of midlife friendships is the story of my own connection with Janet Zavala. Janet, an inspiring transformational coach, just like

me, was introduced through a mutual friend at the time when I was in search of a guest for the show. With her first book on the horizon, Janet was looking for a platform to share her message. Our initial discussion meant to explore potential collaboration quickly evolved into deep, meaningful conversations about our shared passion for empowering women in midlife.

What started as a professional acquaintance blossomed into an unbreakable bond of friendship. Today, I proudly call Janet my bestie. Together, we navigate the challenges and triumphs of life, continuously inspiring and encouraging, not just each other, but countless of women across our paths. Our friendship, rooted in shared values and mutual respect stands as a testament to the incredible bonds that can be formed in midlife, proving that it's never too late to find a soulmate in friendship.

Another heartwarming example is the story of my mastermind podcast group that turned into a lifeline of support for myself and its members. What began as a group of women and one man sharing the love for podcasting transformed into a circle of deep friendship. Through discussions that range far beyond podcasting and current guest speakers, we have found common ground, shared experience, and unwavering support. The podcast mastermind group bond illustrates how shared interests can forge connections that can go much deeper, creating friendships that offer comfort, joy, and companionship.

Conclusion: Embracing Midlife Friendships

Carmen Hecox: As we've explored together, the journey of building and nurturing friendships in midlife is not only possible, but immensely rewarding. From the story of my friendship with Janet. To the podcast mastermind group bond, we see the power of connection and the beauty of shared experience and the transformative impact of these relationships on our wellbeing and happiness.

At the core of these stories are the ingredients of lasting friendship, authenticity, mutual respect, and shared values. These elements are the foundation upon which we can build and maintain meaningful connections.

Whether it's reaching out with confidence, nurturing new bonds, or finding common ground through shared interests, the path to deepening midlife friendship is paved with intention and effort.

The value of these friendships extends far beyond companionship, enriching our lives with support, joy, and a sense of belonging. As we embrace the journey of friendship in midlife, we open ourselves to a world of new possibilities, proving that this stage of life can be one of the most fulfilling yet.

In closing, remember it's never too late to forge new friendships or deepening existing ones. The connection we cultivate in midlife can become some of the most significant and life affirming bonds we have. So, I encourage you, my dear friends, to open up your hearts and lives to the beautiful potential of midlife friendships. They are truly a journey worth taking.

If you're inspired to take action, or you're looking for more insights and stories, today's transcript and additional resources are available at createthebestme.com/ep067. Dive deeper into the world of midlife transformation and discover how you can be the best version of yourself.

Next Week's Special Guest

Carmen Hecox: Join us next week for our special guest, Megan McShane. Megan is a personal and leadership development expert, entrepreneur, philanthropist, mom, and co-founder of Your Best Life. She will share valuable tips and strategies on leveraging your personal and leadership qualities to live your best life. If you're considering a career change, be sure not to miss this episode. Tune in next week for all the insights.

Until then, keep dreaming big and take care of yourself. And remember, you are beautiful, strong, and capable of creating the best version of yourself.

Thank you for watching. Catch you next week. Bye for now.