

## A Mother Daughter Story with Janie Jones

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

In this special mother daughter interview, Connie interviews her mom, Janie, who shares her story from growing up the daughter of an alcoholic, to becoming a strong, independent woman. As a teacher, coach's wife, and mother, she excelled at everything she did. But it wasn't without struggle. She talks candidly about the hardship of being married to a coach, which included serving as a full-time caregiver for her husband, Phil, as he suffered from Alzheimer's Disease until his death in December of 2020. Janie and Connie also share their relationship struggles, path to healing, and the beautiful relationship they now share. This mother daughter story is authentic, honest, heartwarming, and inspiring.

During our conversation, Janie:

- Shares her life story, her experience as a coach's wife and mom, and the struggles and rewards she experienced with each.
- Discuss how becoming a Christian transformed her life.
- Talks about how she discovered her passion and purpose in both her ministry and animal rescue.
- Shares her experience with being a full-time caregiver for her husband with Alzheimer's and how she coped with his death and the loss of her life picture.
- Talks candidly with Connie about their relationship struggles and conflicts, their healing, and the restoration of their relationship.

#### Quotes from this Episode:

"I learned more to depend on the Lord rather than just myself." — Janie Jones

"It just breaks my heart to think that all those years you went through that and as your mother, I should have listened more and should have been more sensitive." — Janie Jones

#### Golden Timestamp:

**22:21-24:30** - How she found God.

**25:18-25:57** - How God changed her life.

**59:40-1:00:07** - How growing up independent and the struggles she had in her early life makes her strong-minded.

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