

The Passionpreneur Experience Podcast Transcript

From the Ashes ft. Lindsey T H Jackson- Episode 13

Host: Bridget Cobb

Outro ([00:05](#)):

Welcome to the passion preneur experience where I examine the thoughts, energy and strategy, a side hustler needs to grow their entrepreneurial dreams all while they work their corporate nine to five day job. I'm your host Bridget Cobb. Now let's get started.

Bridget Cobb ([00:30](#)):

printer experience. Today I have the pleasure of having Lindsey T H Jackson on the show. Lindsey is a powerhouse of all things, uh, balance mindset, uh, and, and really taking care of yourself. Uh, if you had to run a website, which absolutely love, uh, which is Lindsay T H jackson.com. She, uh, encapsulates, it's pretty well on her about page artists, storytellers, social scientist, entrepreneur, especially longterm health pro. Uh, she's a mother. She's a night owl and I want to be wanderlust. Um, but I know Lindsey from, uh, getting out and about around Seattle and the entrepreneur scene. She also attends one of my favorite, uh, networking or women's groups called the F bomb breakfast club, which I love. And I go, I like breakfast club. And then I suddenly thought of the movie, uh, yeah, I have a bomb breakfast school, which, uh, which is, yes, that movie's the best welcome to the show. Lindsey.

Lindsey T H Jackson ([01:47](#)):

I don't know if we're going to interview you and I just always just start talking and then I'm like, let's go to drinks.

Bridget Cobb ([01:55](#)):

Totally. I know I suffer so badly from shiny object syndrome and uh, yeah, it takes one eighties movies reference that. I'm like, Oh my gosh, look at that. Let's talk about it.

Lindsey T H Jackson ([02:11](#)):

But here's a, but that is, yeah, that movie stand up. Does it stand up the test of time in terms of, um, cultural references to, uh, you know, themes around women themes around gender and ethnicity? I think breakfast club might almost pass the test.

Bridget Cobb ([02:33](#)):

Yeah. Yeah. As, as politically incorrect as many eighties movies are. Uh, yeah, I think that one hits on some, uh, some really strong themes and you know, it's just, it's just a classic, the, that, the soundtrack. I mean, it's all happening in that movie. So teenage angst, you get it all,

Lindsey T H Jackson ([02:54](#)):

I think will happen in your thirties. Just saying 30 like 30 things. Does that effect anyway?

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Bridget Cobb ([03:01](#)):

Yeah, it is. But look, The Breakfast Club is not why I have Lindsey on the show today, although it totally could be. I brought Lindsey on the show today because she brings a beautiful focus to building in a very intentional and mindful practice into your life and into your business. And I think that's a powerful message for us as side hustlers, as passionpreneurs to take into account. And, and that is, you know, how do we holistically approach our, our mission in life. We've got the day job that nine to five and we've got our, our entrepreneurial venture that we care about so much and where Lindsey can step in and offer us some wisdom as is, how to manage that mentally with our hearts, with our minds, um, and, and really look after ourselves in the process. So Lindsay, if you wouldn't mind, give us a bit of a rundown on what it is you do, where your expertise lies and what we can learn from you today.

Lindsey T H Jackson ([04:10](#)):

Oh, thank you for that setup, ms Bridgette. I mean, um, a great way to say it would be my expertise lies in what not to do because I've learned that through years and years of being a passionpreneur and having a side hustle that sometimes was my full time gig and then sometimes I had to go out and get a day job while I kept my side hustle going. But um, what I've learned through it all, I have managed to start to compile into useful lessons. I hope for the next year

Lindsey T H Jackson ([04:57](#)):

passion printers. But you know, one of the things that really stands out even to myself is that as we do this work, as we delve deeper into what is the work that does fuel us, that gives us intention and reason to wake up in the morning and makes us feel contented when we lay our head down to sleep, is that the more you embed yourself into that work and allow yourself to fully show up in whatever project you are delving into, that is when work feels less like work and more like play. Does that make sense?

Bridget Cobb ([05:46](#)):

Yeah, it totally does. I mean it, it speaks to, again, where, where your heart lies, where your head lies. We know we both got that left brain right brain, uh, but you know where that can meet in the middle. And you know, when you think about it, you know, especially when it comes to work, we spend so much of our time there, uh, so much and uh, especially so much of our waking time there. Um, you know, we should really be finding some passion and some pleasure out of what we do out of how we bring that change to the world and you know, potentially through our jobs.

Lindsey T H Jackson ([06:23](#)):

Absolutely. Absolutely. And that that is really, you know, one reason that I'm here today and I'm just so thankful to be here with you and with your community is that the book that I've written or you know, even more honest way to put it as the work that I am finally publishing because I'm sure many of your listeners can relate to you do this work and work so hard to create something and then life comes and

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just, you know, you off track and you're like, Oh, that book I wrote five years ago, I'm just now getting around to publishing. But um, you know, that's why I'm here to talk about my book from the ashes, a 30 day Renaissance to looking good, feeling good and living well. And I wrote this book five years ago when I was pregnant with my second child and I didn't know then that I was actually writing a book to my future self because life knocked me off track. You know, I found myself having to leave the city where I had built up so many networks and started to lay the foundations for my third company. And you know, suddenly found myself uprooted, needing to move, needing to pack up an entire family. And I just set it on the shelf because at that time my confidence was really low. You know, I was not a pretty pregnant person. I was legit. If you could imagine pretty glowing pregnant person. Just how we'd like you to imagine the opposite of that.

Lindsey T H Jackson ([08:11](#)):

I was blowing cause I was vomiting non for seven months and if I could've just walked around with my head in a toilet, I would have saved time and effort. But you know, I found, you know, in this completely new space. And so I just put all of my dreams up on a shelf and thought I could walk away from it. But this book talks about the work that I needed to do and that so many of us need to do to bring ourselves back to that healthy place where we can create, where we can pursue our passions. And I don't know, for me, after having two children, I really forgot what my passions were. I started doing work just because I could do it, not because I enjoyed it at all. And it took going through my own practice again through the lessons in from the ashes to burn down all of these false ideas, all these false tropes that I'd love allowed myself to fall into. And then to rise up like a Phoenix and go, you know? No. Is that not a Phoenix sounds to you? I mean,

Bridget Cobb ([09:37](#)):

I guess I didn't know

Lindsey T H Jackson ([09:40](#)):

the Phoenix in my head. I don't want to put mine on you.

Bridget Cobb ([09:47](#)):

Sure. Fair. But yes. Not to take away from your point here, which is I do think that's beautiful. You know, sometimes we get buried in a circumstance or a situation and uh, you know, it calls for our full attention. We go there, we give our our full attention and, and we can get lost in it sometimes. And, uh, you know, you may find it, some may find that there is a, an original calling that's still there and, and um, trying to get your attention or it starts to bubble back up to the surface and it's really up to us to pay attention to that small voice that might be growing there or uh, to remember to listen to it because I'm sure, you know, we all can get overwhelmed by our lives.

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Lindsey T H Jackson ([10:36](#)):

[inaudible] and I think add to that, that we've sort of created a culture that for so long, which made sense, post-industrial era that it was about who could work the longest, who could work the fastest, and that was the sign of success in our culture. And that made sense when we were in a survival mode that became one passion or one purpose, just basic survival. But now we're in a time where people are more and more starting to scan around to say, what actually gives me a reason to get out of bed anymore. It's not just basic survival. Some of those base needs are now met. And so what is going to be the driving force in my life? For some of us, that could be our spiritual practice. For some of it that could be our family, but I often find when I'm speaking with passionpreneurs all around the world, it is the desire to create something that is a true expression of self and some that is going to to this time, this space to the next generation and finding that takes surprisingly, it takes an element of slowing down, of being quiet, of learning how to nurture and heal oneself, which is so counter to everything we're taught in our society.

Lindsey T H Jackson ([12:19](#)):

The idea that an entrepreneur would slow down in order to move forward with more intention, with more clarity, that is, that is not the image that we have of the Elon Musk, you know, type of art. It's this idea that you've got to slog yourself and slog your team, but that that is a very rare story for so many of the passionpreneurs who are out there making it while balancing their career while balancing their family. There actually has to be this gentle give intake, this nurturing of self nurturing of your team members. And so, yeah, you know, this book allowed me, and for those who have already read it, or for those of the listeners today who might read it, my hope is that it will allow them to do the slow work that is necessary to build something that will outlast you so that it's not a job. It's a company that you're building.

Bridget Cobb ([13:28](#)):

Mmm. Yeah. And look, I, I've been fortunate enough to get a sneak preview of the book and, um, for everyone listening, I can tell you, I, one of the things I love about it is that it's so actionable. Um, and that there, there is this daily practice, uh, that, uh, begins to evolve and weekly practice of paying close attention to how you're feeling, what you're doing, how you're moving, what you're eating, um, and how that contributes to your whole being and how you show up, how you show up at work, how you show up with your family. I mean, tell me a bit more about why you built that with such an intentional kind of, uh, a daily or weekly practice. Why is that important to, you know, cause you hear self care, self care. Sometimes we think I make sure I, I go to the spa once a month, that's my self care or I have a cup of tea in the evenings, self care. Um, but it seems like you took a much more direct, um, intentional approach. So tell me a little bit more about that.

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Lindsey T H Jackson ([14:34](#)):

Yeah. Yeah. I mean, I think you and I have joked before about my, uh, opinion of the words self care in that it is one of the most toxic words in our lexicon because it implies that self care is meant to be this other thing, attitude to do list. Well, let me schedule in some self care today. And you know, really self care is an every minute, every hour, every day. You know, I go on practice in that embedded in everything you do is the opportunity to care in love oneself, to make decisions for what you put into your body, how you move your body, how you show up at work, how you show up in your relationships. Every decision that we make in the day can be guided by care of self. And I, you know, for me, learning that lesson really helped me understand how I was even making bad decisions in my company.

Lindsey T H Jackson ([15:45](#)):

Companies that were fueled by just profits, companies that were fueled by just trying to be better than my competitor. When I've shown up with my companies in that way, there was a lot of sacrifice of care of self. And so ultimately I would burn out and, and then that would show up in the company. Whereas now I've learned how to embed care of self in every single decision that I make. And sometimes that means turning off the computer, putting down the phone and watching a whole bunch of shows on Netflix. You know what? Shameless plug for Netflix I guess, but whatever that looks like. And so why the book is written in such a way that it's a daily practice is that learning how to practice care of self is really an unlearning of how we are cultured in this society and then a relearning of what that would look like.

Lindsey T H Jackson ([16:58](#)):

And it is challenging because our society is not set up in that way. And so we are really being innovators in the sense to say we want to reimagine a way to do work. We want to imagine a new way that we can show up at home, show up in our communities and show up in our own companies. And so you're so right. I wanted to break it down in this way, in order to make it digestible and to introduce the idea that it's not one and done. You're not going to read this book, start applying it, and then go, well, nailed it. Now I am the person in the world. If you do, please send me a message and be like, wow, Lindsey knocked it out of the park first time round because you should write a book next. You know what I mean? Yeah, that's right for me, the book, and I've been going back to the practice year after year after year, maybe getting a bit better each time I go through it.

Bridget Cobb ([18:11](#)):

Yeah. I think that's, that's the exciting part because, uh, this is a practice that you could do year after year and discover something new about yourself, some new circumstance that you're in, uh, and repeat the practice, uh, each year. And I love that kind of free usability. Um, it becomes a real tool in your life. And I also was, when you were talking a second back, I was thinking about how right now we, especially as entrepreneurs and solopreneurs, uh, learning that culture of no, you know, saying no, uh, sometimes to potentially profit, you know, to a client, uh, because you know, if you say yes, you know, you will be

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overextending yourself. You know, when you start to have that, that practice, that daily intention of I consider myself, I consider my wellbeing, I consider, um, how this affects my greater life outside of my business in all decisions that I make.

Bridget Cobb ([19:17](#)):

It could help guide, um, you know, what, clients are going to be right for you, what business you should take, what business you shouldn't take, uh, you know, and, and help you scope out what your business looks like. Growth. It could help you in deciding to hire. It could help you in deciding to fire. I mean, these are all really elemental parts to your business. Um, and when you can kind of bring that more centered mindset into, into those decisions, I allow, I mean, I imagine it allows you to really fall back on some core values, uh, to help you make decisions day to day.

Lindsey T H Jackson ([19:55](#)):

Absolutely. Absolutely. And I'm sure you have the same experience that so many of the individuals that I meet, men and women around the world tell me that part of why they wanted to start a side hustle was that they wanted to be happier at work, but then they invariably often bring the same toxic work cultures to their new company,

Lindsey T H Jackson ([20:28](#)):

and then they find that they're working now two jobs make them miserable. And so it takes a certain level of courage and bravery to say, well, I actually want to dismantle entire culture that we have around work within my own company. I want to begin innovating around what would work look like for myself or for my team members. If I put happy, safe workplaces out as our first goal, then what does that look like every day? You know, as the CEO of my company, we get to ask this question all the time, uh, sitting around working together. What does it look like to show up fully at work? What does it look like to hold space for our feelings while also holding each other to a certain amount of creativity that does need to get done each time that we come to work together. And so this, this practice that I lay out in the book is the I work, I call it.

Lindsey T H Jackson ([21:48](#)):

I'm also the cofounder of the diversity center of Seattle. And when we are working with organizations that want to do diversity, equity and inclusion initiatives, we talk about you have to start with the I work and to begin liberating the self from outdated constructs that are not serving the majority of us. And as you do that, then you can start to imagine things that we never believed possible. And one of those things that we never believed possible is that we can have workplaces that are safe, that are promoting creativity, where people feel happy coming into work each day. And my greatest wishes that as we go out and create these passion preneur companies, that that is what we are going to do. That is the work

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that we were coming to do to say it's not just the product, it's not just the end point, it's also the work culture that we want to innovate.

Bridget Cobb ([22:58](#)):

Yeah, that's really exciting. And I, I feel like this idea of culture is, is growing. I think there is growing awareness around it and, and you know, it's hard when you've got the Instagrams of the world and the Facebooks and, and even the word hustle in itself. Um, you know, we think side hustle, it just, it, it screams go, go, go. It screams, don't, don't stop for a second. Don't, you know, make sure you get that content out there. Make sure you're posting every day. Um, so there's a lot of pressure there, but then you also have this idea of a more holistic approach to your life and your work and maybe your life's mission. So I feel like we're on the precipice of starting to understand this. Um, which is why I'm so excited that we've got people like you who are out there saying, you know, let me help you bridge the gap. You're almost there. Um, let me just help you give some tangible tools that will help kind of open your, your mind's eye to this so that you can really start to implement in your own business and your own life and, uh, and business.

Lindsey T H Jackson ([24:14](#)):

Absolutely. And you know, I, I often joke with people as a single mom of two kids who is trying to build a global enterprise, you know, I often want somebody to just map it out, give me what do I need to do today? Just pour down into what I should be doing today. And you know, uh, if you want, like anybody that's going to get me all like hot and steamy is somebody that goes, Oh, I already took care of it. I'm like, where's, where's the dating app where it's like, match me with somebody that just says things like, I already took care of it. Just not as a great thing up single moms. I already took care of it. And you just match them anyway, just innovation in there. And I want somebody else to do it because I already got along to do list.

Lindsey T H Jackson ([25:25](#)):

But there's, there's something about, yes, we're out there doing all the things, which, you know, that in itself is an idea that we really feel as though we have to be doing all the things to be of value, to be worthy of love. We always have to be achieving, helping, um, you know, being successful. And in the book I start by really countering that idea because somebody listening today needs to hear me say this, grab a pen. And that is that what makes you lovable. What makes you worthy is not the things that you do, not the ways that you help, not always being right or good. What makes you worthy and lovable is something so deep and innate within you that it can never be taken away. It is just always there. It is your very essence. And reconnecting with that means that you get to reimagine your work in your company and a brand new way. You get to reimagine your relationship to yourself and brand new way. And coming to this practice is about reconnecting with that essence. Or maybe it's the first time you've

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ever connected with that essence. And then from there you get to build brick by brick, a lifestyle that includes your work, but an entire lifestyle that you love, an entire lifestyle that is fueled by passion.

Bridget Cobb ([27:14](#)):

Well, and that's a, that's an interesting segue because you get, you get specific around some of those elements in, in the lifestyle. And particularly I'd call out things like, uh, you know, focusing on health through, through movement and uh, through uh, let's say healthy foods. What are some of those elements that you think are really powerful to that type of lifestyle you're talking about?

Lindsey T H Jackson ([27:42](#)):

That's a great question. Um, what I think it's important to mention is that at the time that I wrote this, I owned a holistic health center in Brisbane, Queensland, Australia, which I know we both lived in Australia.

Bridget Cobb ([27:57](#)):

That's right. Ozzy, Ozzy, Ozzy.

Lindsey T H Jackson ([28:02](#)):

Oh my God, it's Melbourne. Everybody just, we just dropped some knowledge on you. Um, there you go. But I was, I owned a holistic health center, which was based on my, uh, graduate research and I was surrounded by natural paths and counselors and osteopaths and physiologist and Ayurvedic practitioners and yoga and all the things. And I really worked with them to strip back what it would feel like or how one would go about experiencing personal health at an optimal level. What would that feel like? And that is so far removed from the idea of diet and exercise.

Lindsey T H Jackson ([29:01](#)):

Again, dirty words to diet is not a verb. You should never be dieting. Let's stop using that as a verb from right now. And exercise is, is again something that gets added to the to do list instead, building a life that allows for the body to ask and receive movement. Building a life that allows for the body to ask for certain types of foods or nurture nutrients, excuse me, or vitamins. And to receive it is again a practice that allows one to connect to the deepest parts of themselves. And so in the practice laid out in the book, we ask you to begin experiencing that level of health. And so we start with cleansing the body of all these things that are, are not naturally occurring. So I write this one book that says, just eat food. It's as simple as hard as that just eat right.

Lindsey T H Jackson ([30:18](#)):

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And in the book I [inaudible] challenge you to experience what it would be like to go through a grocery store and have the intention to fill your home with just food as they need is naturally occurring food. And so if you can't understand one of the ingredients in the food, don't buy it right? What is revolutionary? Right? And then the same thing. Don't exercise. Instead ask your body, how does it want to move and what does that look like for me, I've gotten to the age, I'm at the ripe old age of 37 now bridging a buy. I have few Greg, I just, I'm super excited about them cause now I feel like I'm allowed to say what's ever on my mind. You know, just hit Oh yeah, no, that's exactly what those mean. That is exactly what they mean. I will be saying more of what's on my mind on filtered, but permission granted, sometimes I don't want to fucking run.

Lindsey T H Jackson ([31:39](#)):

Am I allowed to say twice now one run. And so what does my body want? My body wants to stretch. My body wants to lie down. My body wants to swim, whatever that is. I ask my body, what sort of movement does it want to do? And then out of loving myself, I give myself that gift. And so it comes back to that idea of why are we adding all of these things to our to do list when what we should be doing is taking things off our to do list and allowing this time to connect deep within to our inner knowing, to our inner voice. Because you need that inner knowing, an inner voice to raise and grow a successful company. Yeah. So this really requires us to learn how to listen to our bodies again, learn how to listen to

Bridget Cobb ([32:41](#)):

uh, kind of our, our inner voice and, and then respond. Because I could easily see myself saying, well, my body wants to be on the couch and now it wants to also be on the couch and it wants to be on the couch. It really doesn't, that's not what it wants all the time. Um, but I could see myself, you know, or my body definitely wants me to ride the bus up the Hill, not walk up the Hill. So taking that and understanding, okay, I've got to make sure that I really am truly listening to my body because that's my mind potentially wanting that my body does need to move and it does Crow. I mean, even now this morning I was thinking, Oh man, my back really is a little bit stiff. And it's been like that for a couple of days and deep within me, I know that move, just simple walking would actually probably help release that a bit.

Bridget Cobb ([33:37](#)):

Uh, and that's like a, a deep within me and Nate knowing that I can choose to ignore and say, Oh, or I could, you know, Netflix and chill. Uh, so, um, learning how to really listen again, uh, and not mistake it for bad, you know, the bad habits we've built up or the, um, imposter syndrome or, you know, the, the fear of nobody wants to see me out there jogging. Uh, you know, I can't do that. Yeah. That, that's, that's a different voice. That's trying to keep you small and I'm sure that, you know, in the beginning as we kind of start this journey, if we're, we're going through your book there, there might be a bit of

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challenge there and really understanding how to listen. I mean do you have any advice on how to kind of get started with that?

Lindsey T H Jackson ([34:31](#)):

Absolutely. And I think you just nailed it on the head in what you said Bridget. Because when my first sense is I just want to Netflix and chill. I just want the Netflix and chill. Really most likely what your body is saying is I want to sleep, I want to sleep and I want to sleep because I'm suffering from a sleep deficit. And another really great book is the sleep revolution by Arianna Huffington where she delves into the sleep deficit that the majority of Americans and you know, we could expand this throughout most of Western culture are experiencing. And when we are not sleeping, that is when we start missing the cues that our body and that our inner voice is actually giving us. And one of the things that we struggle the most with in this society is sleep. Just going the hell to sleep.

Lindsey T H Jackson ([35:39](#)):

Because I think that if we sleep, if I respond to that impulse that says you are so tired, if we do not respond to that, we think that we are somehow nailing it. We're like gloating about how little we are sleeping and thinking that that is a sign of how hard we're working and how successful we're going to be. It's not when you are not sleeping, you are not making good decisions. When you're not making good decisions, you are not running great companies. And so the guilt that we have all learned around sleeping then turns into the guilt we feel when we don't slog ourselves at a gym or every time we eat a certain type of food then turns ourselves into the guilt around, am I doing enough in my company? Am I a good enough parent? Am I good enough partner? I mean I could. We are always blaming our, you know, upbringings on this guilt we feel are always blaming religion on this guilt. We feel we should be blaming a lack of sleep on the guilt we feel for the majority of our life. And so my number one lesson, if you walk away from anything, anything from this book it is go to sleep.

Bridget Cobb ([37:09](#)):

Good breeding often puts me to sleep. That's a great way to end a night. So, and that might help.

Lindsey T H Jackson ([37:15](#)):

B U R well that's so funny because um, we're partnering with um, a company code, true reply. The CEO, Jose Koto is a really good friend of mine and we are partnering with them to create a Lindsay experience on Amazon Alexa devices whereby you can actually engage with me in real time reading sections of the book and talking through it on your Amazon Alexa device. And so you write to me and say, Lindsay, I'd like you to also sing me a lullaby. I mean I will go ahead and make that happen.

Bridget Cobb ([37:56](#)):

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Can I just say we were testing the mix before we started recording and she did sing for me and it was lovely. I'm just going to, I won't make you do it now, but it was beautiful. We were testing the mic and the volume and all that and yeah, I got a little sneak preview so I just might do that. Oh, I love it. Well, I'm really excited about, you know, about what you're putting out into the world and how this is a, it's certainly a larger mission. I mean, it has, it has huge potential to really bring a well well rounded group of entrepreneurs up, uh, and you know, to create businesses with more purpose, more focus, but also, uh, more self awareness around what, you know, what they need and how their own wellbeing and their own mindset contributes to their mission. I mean, at the end of the day, that's really what's happening. So, um, tell me more about, uh, how do we get the book? When does the book come out? Um, and what's the story there?

Lindsey T H Jackson ([39:09](#)):

No, so the book is due out in the February. We will have it available via the website, Lindsay teach jackson.com or via Amazon. And right now I am having this amazing experience with the book designer because uh, everything that we do from Lindsey teach Jackson, um, branded companies, we wanted to be just that little bit different. And I in honoring what is it that I love to do, what are my passions? I didn't want to just create a book full of words. I wanted the entire experience of the book to be nurturing. And so we've just really been going through the book page by page, inch by inch, trying to create something that is in itself beautiful and nurturing and peaceful to engage with and to be hold. So that's where we are right now. Um, we work on it, we take a step back, we engage with it over cups of tea as a team and then we go back to the drawing board, but it is due out February.

Lindsey T H Jackson ([40:31](#)):

And then I'm so blessed I've been invited to, um, tour speaking and reading the book up and down the Pacific Northwest. So those tour dates will be out soon. And then, um, we've got some exciting new projects on top where in early production phase now for a new show that's going to be coming out, it's called nine to nine with Lindsey. And it's going to be about the experience of doing this thing called life every day, all day. And I, my greatest wish is that if we do it together, then we don't feel so alone. We feel more energized, we feel more supported and ultimately that we feel more seen.

Bridget Cobb ([41:22](#)):

Yeah, this is exciting. I love the idea of this show. I know we've talked about it before and uh, I can't wait to see where that goes. I think that's like, I am just really excited about it. I mean, everything that you're putting out I think has such a beautiful cohesion to it and, um, and is walking towards this greater mission that you're bringing forward. So, uh, guys know that, you know, hit the show notes right now. Every link that I could possibly get my hands on from Lindsey will be, are they're there. So just click over there right now, uh, that you'll be able to get over to her website. You'll be able to see all the resources she has available. So I'm, I've got it all there for you. And um, yeah. Is there any parting words of wisdom

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or anything else you want to share before we, uh, wrap it up? Lindsey? Go to sleep. No, I'm just kidding. Um,

Lindsey T H Jackson ([42:19](#)):

some people probably driving, so take that. Um, no, I think my, my hope for this book is that, you know, I wrote this book, like I said in a time where I didn't know how much I was going to need this book five years later and lots of people that I've spoken to how to year in 2019 a real year. And you know, if you need to rise from the ashes in 2020, then I hope that this book from this year and year after year as you return to the practice will help you on that journey. And please reach out by the website or on social media when you have questions, when you have breakthroughs, when you're having a shit day. And, um, my community and I were going to support you because your oppression preneur, uh, experience is important and necessary to this time.

Bridget Cobb ([43:27](#)):

Heck yeah. And how can they find you on social? What's your Instagram?

Lindsey T H Jackson ([43:33](#)):

LindseyTHJackson@

Bridget Cobb ([43:34](#)):

Love it. Okay. Beautiful. Well, Lindsey, thank you so very much for joining me on the show. Um, as I said before, you're a true inspiration. I'm absolutely digging, following your progress and your initiatives. Um, and I'm excited to continue to learn from you, uh, and, and what you put out into the world. So, uh, no doubt you'll hopefully grace, uh, the microphone with me again someday, but, uh, yeah, yeah. Well I'll have to bring you back on the show to talk about the, uh, nine to nine. So that's, that's definitely gonna happen. I'll sing on that episode. I think I'll please do that. Would, that would be lovely. Yes. Uh, awesome. Well, thank you Lindsay and thank you guys for tuning into the passion preneur experience and we will see you back here next time. Bye.

Outro ([44:36](#)):

are you building your side hustle business all on your own where you don't have to engaging with and being accountable to a supportive community will increase your productivity and keep you on track. Join my private Facebook community, The Passionpreneur Experience and connect with likeminded side hustlers just like you. Head to the show notes now for a link to the group and start building the business of your dreams.