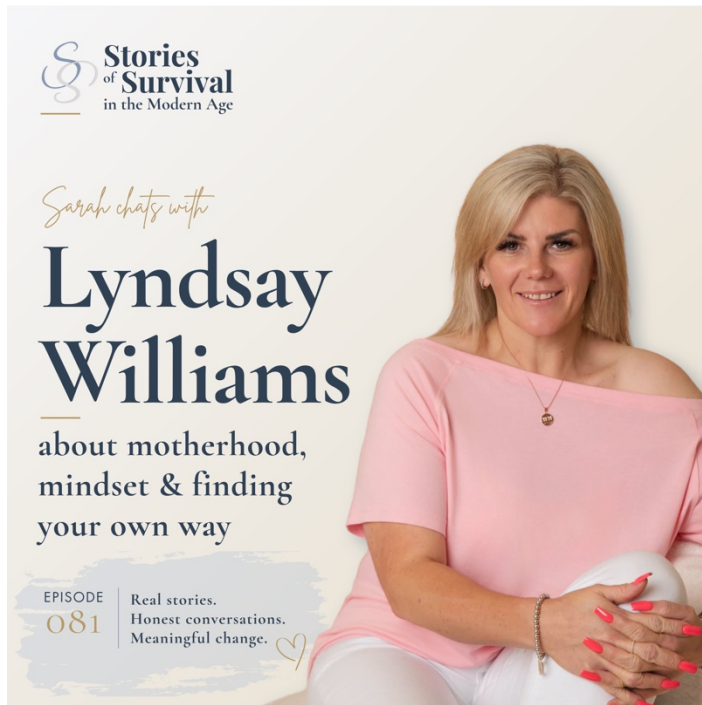




0:00: Hey, it's your friend Sarah, and welcome, welcome to Stories of Survival in the Modern Age.

0:14: Today I'm chatting with Lyndsay Williams, author, podcast host, fitness specialist and self-development mentor who is passionate about helping mums look after themselves while navigating the many demands of family life.

0:28: Through Lyndsay's own experiences of motherhood, including raising a child with a rare genetic syndrome, she understands that life doesn't always follow the path we expect.

0:40: She's channeled those experiences into supporting other parents, encouraging women to prioritize their wellbeing, build confidence, and believe in what's possible, even when life feels challenging.

0:53: Author of *Manifesting Through Motherhood* and host of the podcast of the same name, Lyndsay explores mindset, gratitude, personal growth, and the realities of being a mum.

1:04: Today, we're gonna talk about the challenges that can reshape our lives, what it means to keep going when things do get difficult, and how our experiences can help us find a new sense of purpose.

1:17: Lyndsay, welcome.

1:19: Welcome to Stories of Survival in the Modern Age.

1:22: Hi, thanks for having me on the podcast.

1:24: I love the podcast, so it's nice and it'll be surreal listening to it back as a guest as well, so that will be different.

1:33: No.

1:33: So you're what I would call Lyndsay, a multi-hyphenate.

1:37: You wear a quite, I never heard that name, a multi-hyphenate.

1:40: In other words, you wear a few hats.

1:43: Oh, I'm gonna write that down.

1:45: Do, you're a mum, obviously, an author, a podcast host, an entrepreneur.

1:50: But I'm curious firstly about where your journey began.

1:55: Take me back to Lyndsay.

1:57: No, I'll probably think about all the things, all the things that I wrote in the book, so my journey took me probably, little old me and my mum, my mum had me at 17, brought me up on her own, it was hard because she was young.

2:10: And she did a good job and she always encouraged me to, you know, don't do the things that she did, make sure you try and meet a nice person, get married, have a child, don't do it young like me because you know my mum found it hard to find relationships, sustainable when you've got a young child.

2:26: Money.

2:27: Obviously money was so different back then.

2:29: And she said go to college and do, I've always wanted to do hair and beauty so I finished it, went straight to hair and beauty.

2:37: And yeah, my life's just gone crazy, so I have done lots and lots of qualifications.

2:42: I feel like, that is, that is what you said my name was, so I, yeah, I've just collected certificates.

2:48: I feel like I've always wanted to.

2:50: I don't know, I think cos mum's always pushed me and supported me.

2:53: I feel like that's maybe driven me a little bit too much to want to keep achieving.

2:58: There's definitely elements that I see myself now is like why am I an overachiever, who am I?

3:04: I think that I did write in my book, you know, like who have you got to prove, and I think.

3:08: Where I grew up and being in a single house, so I think a lot of people said that you know you won't amount to things living around there and you, you know, you're living on your own and I feel like I kind of, it was a bit of a fire in my belly to say well actually I'm gonna show you what I can do and all the people now that don't, or are in the background, he's like, What are you doing now, so it just shows that I needed that for, for me to push me.

3:33: It's like it's like a, a double edged sword, isn't it?

3:36: Sometimes somebody can say that to you, and it, it, it sends you one way.

3:42: And it somebody can say that, and in your case it completely pushed you and gave you that drive and gave you that fire in your belly to like, you know what, I'm gonna show you.

3:51: Yeah, you can achieve so it doesn't matter where you come from or anything, you don't need two parent household to be an entrepreneur, to have your own business.

4:00: My mum's like, you've over it and achieved everything that I wanted you to, and I think because of her saying she's proud of me and she's support and even like we're best friends now, she literally lives around like how she lives doors away from me.

4:14: but she still supports everything that I do and that's, it is really important in life to have that person too.

4:19: You know, to, to push you.

4:21: And that's really good.

4:23: So, so then I'm really curious to know Lyndsay, when did you first realize that your family's journey might look different from what one would expect?

4:35: So with Harrison we did get it.

4:38: I feel like when he was about when he was born, I just knew there was, I just had a feeling I like, so I love manifesting and you know, I just manifested this little blue eyed blonde haired little boy.

4:48: I visualize him on my shoulder, but I visual but I knew he was gonna be special.

4:54: Did you I knew, yeah, I knew it was something, so when he was born.

4:57: when I looked at him because obviously he was breach and he had to have a section.

5:00: OK, it was, I looked and he looked quite puffy and swollen, so I spoke to the doctor.

5:05: Obviously they checked him over things.

5:06: I was like, no, no, nothing's wrong with him, but I knew from that day he was quieter, it was different.

5:12: And there were some milestones that he didn't tick, but it wasn't something to be too alarmed.

5:17: I had nothing to compare to.

5:19: And then as he got a bit older, childminder picked up a few things and then it kind of progressed, for years and we did genetic tests years ago but there was nothing to find so me and my husband did it, and we all did it, and then it was hard to trying to get education, healthcare plans, you're trying to fight for the schools, so he went to mainstream primary

and then he went to, Now he's at a specialist high school but it was only like a year ago is when we got called in for a routine genetic appointment which I just thought they were signing us off, completely threw me which still shocks me to this day that they never prepared me.

5:54: And I said, pull up your chair, we found something.

5:57: I said oh my gosh, my heart sunk.

5:59: My husband smiled because he thought we've like literally got something, whatever it is they're gonna, but I thought, what if it's something bad?

6:05: What if you know like tell you something about life expectancy first thing something gonna happen.

6:12: so it, yeah, and then it, they just said he's, he's the only one in the UK.

6:15: He's got MSL2, it's genetic.

6:18: He's got markers of his genetic marker, which always have been sequenced with him.

6:22: Ours are there, he's on, he's got missing children.

6:25: And that's so his brain's trying to direct him into learning like different ways.

6:29: It's like a protein I think's blocking it.

6:32: So he is learning and doing things, but he's nearly 16 and he's not where he should be.

6:37: But it made sense because luckily I got the healthcare plan.

6:40: Yeah, I got him into specialty skills for fighting, so I'm one of these.

6:43: I'll not, not fight for my child.

6:46: But now I feel like I wasn't making it up.

6:48: There's, there's, he's got something and with it being genetic.

6:53: It's it's there it's in your genes and so but yeah life's just crazy and different but then it's also I feel guilty that we don't have it, and I feel like oh that's not fair and that's all, you know, but they said it's just created in the womb, something's happened, it's not your fault, you could not have done anything about it.

7:10: It's not genetic from any other family member, so like, nobody else has got it, so it's just something we're still learning every day and.

7:21: and, and obviously parents have started connecting now cos I did some press work.

7:25: Did, Tegan, a lovely journalist, did, her dissertation on him, and she did a, a write up and was on TV.

7:34: That's Lancashire.

7:35: And a few people have seen me and contacted me saying they've just found out new, new baby, a lady in Scotland.

7:40: The baby had, the same thing.

7:43: So that must feel, that must feel like really not rewarding isn't the right word Lyndsay, but almost like you said it's that recognition that he is different, he is special, but you know, finally somebody's found what it is, and you know I don't agree with labels necessarily because you know, but cos yeah cos they say is he autistic is he that, but then there's these days he doesn't display autism and he's because it's they say global delay because.

8:12: You look at autistic children, they've got a really good high IQ.

8:15: He's not like that, so that he's, he's very, his communication and he's very like me chatty and so there's, there's different things you could think, well, has he got this, and I'm trying to label him myself and it was confusing me.

8:25: I'm like, has he got ADHD, has he got this, and he has got characteristics of them all, but that he's under the umbrella of that.

8:31: So that just like you say, gives you that proof, and it helps him to access things.

8:37: And if you ever could have a partner in the future, that is something we have to look at because it will be passed down.

8:43: So they said just we'll just cross that bridge when it comes to it and he might be able to be offered things in the future, but he's still young yet, he's not into things like that yet cos he's still mentally quite young.

8:55: That way still still developing, isn't it?

8:57: Yeah you said that it was, he was one, he was the first one in the country or he is.

9:02: Only the only one in the UK she said that we have nothing to compare it to, so we literally have nothing for you.

9:07: A lot of them we've connected with the Facebook group.

9:09: The first thing I did I got in the car, went on Facebook, found a group, but they all seem to be like America, and then I did a TikTok about it and a lovely girl called Lauren had just found out, she was nearly 25 weeks pregnant.

9:21: They, they said there was some fluid on the brain, so they'd like.

9:26: Gone and checked all that and they just said we found this new thing and they literally offered him a termination at nearly 25 weeks.

9:32: She was absolutely distraught and they finding me was the best thing ever because she said we continued the pregnancy because they said, well we don't know, he could be severely handicapped, he could be this, he might not last, but I, I just feel it's really irresponsible that they didn't look that, how can you not say Scotland and where I am is not that far away, how are they not connecting.

9:51: They could have spoke to, but she said we found you, a really tall boy, he looks completely normal and it made me feel good that he's living a life, and you look like you live a normalish life, and I went, well what's normal, but it's great because now she says, but I'm there to help her now, she's going through things now, you know, like delays and stuff, but I'm there to help her.

10:09: I'm like well don't worry, yeah I, you know, Harrison did this and we did that, there's gonna be delays with the feeding and sitting up, that's what he had, but I didn't know that because I just thought.

10:19: You were just muddling, you were just muddling through on your own and you'd no benchmark to compare it to it like you're saying.

10:25: So, yeah, so like there's been a few other people, but they're mainly in, yeah, it's only, there's only 25, but there's probably 27 cases in the whole world now.

10:34: So but I just feel like there's gonna be a lot of children that are Harrison's age that have probably got the same thing, but it's just been discovered in 2024, so they're still researching it quite a lot.

10:46: So he really is special.

10:48: Yeah, a little unique one, like a miracle, a little miracle, absolutely.

10:53: And I'm what I'm super curious about Lyndsayis how has, how has that affected you and changed you as a person?

11:01: Oh yeah, it's just completely changed everything because how I see the world, it does like humble you, makes you emotional, doesn't it, because you think, well I've got this big responsibility and I do say to my husband sometimes, you know, the thought that we've been chosen to be special ed parents and like I always.

11:17: They're like, can you believe that we had a baby and we're living a special needs life.

11:21: Like you don't imagine that, you just imagine a life where he's like, my husband loves football, he's not really bothered about football.

11:27: You, you, you kind of follow that thing.

11:30: Well, he should go into football with his dad, he should be doing that, but he's such a mummy's boy and he likes doing.

11:34: But things with both of us, but we lead, we lead with him rather than we try and make him do things and it's changed my husband, we've got like closer.

11:44: Yeah, and I always say this to parents like you've got to work together when you've got children with special needs, you must work together.

11:49: You mustn't be like if we ever try and get at loggerheads or any, we don't argue but if we ever try and have, he's like we need to work together because we are both new, he hasn't got any other children.

11:59: We're both learning.

12:02: him, but as he's older now, nearly 16, we, we've got him down, to a T.

12:06: So it just humbles you both, I think.

12:08: I think it just makes you realize you do worry.

12:11: I'm not gonna lie, I worry to death about him.

12:13: But I think all parents worry about children.

12:15: My mum worries about me and I'm 44, so.

12:18: Exactly what, what's the difference there?

12:20: I think the day, the day you don't worry is the day there's something wrong, isn't it?

12:27: Yeah, I think it just worry about the, I think mine's for the future now is like what's next?

12:30: Is he gonna be able to be independent?

12:32: Is he gonna be able to drive?

12:33: He's not gonna be doing his GCSEs so he's clearly not going to be doing the things that I was doing.

12:39: I had a job at 13.

12:40: I, I just worked all over the market.

12:43: I loved it.

12:44: I was so independent and.

12:46: Last week his national insurance come through in a bit of a wobble, so I was like and then there were college, brochures come through that hit me in the gut.

12:53: So I was like he can't do any of these courses, clearly not.

12:56: but it's just one of those things the college don't know, do they?

12:59: It's just a bit we just felt a bit insensitive last week that I was getting these invites to come to college and I was like, Oh, never mind, so he doesn't know.

13:06: It's just he doesn't, and it's more, it's how it's affected you because, you know, let's face it, you're in this equation as well, which was why I, I was curious how, how it's changed you and your husband as a person because, you know, there are things like that that are gonna come up and they'll continue to come up, won't they?

13:25: And it's, you know, it, it's, I guess, I guess it's how do you protect your energy when these things come up, because, you know, is, is it a case of you put yourself in an invisibility cloak and it just has to bounce off you?

13:37: I, I don't know.

13:39: As you know, I like to do a lot of self-care.

13:41: I like to networking with you guys.

13:43: I, we've all got lots of things in common and, and, and it just, I've just created a lovely community, and like a lovely little network as well.

13:53: And I could do that around my son and obviously I've got my business at home and my husband's great and my family are good.

13:59: So I've got lots of, Support network and I am really lucky and he needs that, he needs his village, his school is so amazing, I've got amazing mum friends, and we all do things together, that's the thing when you leave school, you do, when you go to mainstream, you don't really have anything to do with the parents, do you?

14:13: Because I, yeah, but we, we do a lot, we still have kids' parties and we still do the whole like, Things and, but I love it, I'm so like I'm, I go to school coffee mornings, I'm, I'm, I'm like I'm coming, so yeah, and that's important for you because, you know, you've got to do things for you as well because I'm sure that, you know, having a child anyway is all consuming, but having a, a child where, There are all of these other factors in the equation, you know, they say on an airplane, you know, if, if, put your own gas mask on first, because you can't help anybody.

14:54: I like to say you can't fill from an empty cup.

14:57: You can't be who other people need you to be, you can't be who your son needs you to be, can you, if you're drained, low energy, running on empty, so you have to take care of you.

15:09: That's why I never feel guilty.

15:10: I was at a retreat on Saturday with my mum.

15:12: I don't feel guilty.

15:13: My husband never ever once, like in the week he'll say, what have you been doing?

15:16: or I'm like, oh, I've been for a full body massage today.

15:19: Don't bat an eyelid.

15:20: I bring the money in, we work together.

15:23: He knows that I need to think it and he knows that I do a lot and our brains are like whizzing around so much.

15:31: Like we don't get a break at night, he's like constantly up and down, up and down, asking questions and he's he loves to play with toys a lot, so we're up and down, up and down and constantly in that play state even though he's he's at that age, but.

15:45: Every day's different with him, but it's fun, but I kind of feel selfishly.

15:49: I'm, I'm kind of glad the way he is because at 1516, I was ready to go nightclubbing at 16 when I left school with my friends.

15:55: I, I went out with my mum's, but I did.

15:58: I got in.

15:59: I got in a nightclub and my mum was going round.

16:01: She's like, I didn't think you'd get in.

16:02: I thought you'd come home.

16:04: So I would, you know, imagine children now it's scary in the world like what, and, and you've got all your, we had no social media.

16:11: So you're trying to protect them as much as you can, it's so hard.

16:15: So I do try and let him see the real world a bit.

16:18: But I do keep him wrapped up quite a lot in calm I'm not gonna lie.

16:22: But I'll hold my hands up to it.

16:25: You've got to protect vulnerable children, haven't you?

16:28: Exactly, of course you do.

16:29: Would you say, Lyndsay, that your experience of being a mum has influenced the work that you do, you know, we talked about *Manifesting Through Motherhood*, so, you know, was that what inspired you to, to, to start *Manifesting Through Motherhood*, or was that something else?

16:45: Yeah, probably, you've just made me like think of like, you know, some of the social posts.

16:50: I'm gonna be putting out I've just had a beautiful photoshoot done with Kimmy and I'm like to create these lovely like posts and you've just given me like so many I like these light bulbs now thinking about, I don't talk about enough why I wrote my book and I did, but I've kind of like swayed off because I am constantly manifesting I manifested him and I manifested the life that I live in and you can, you don't have to manifest millions.

17:12: And going on jets and doing this like that wouldn't fit my lifestyle because I, I'm a bit of a home bird.

17:18: I like to have nice things and go away, but I'm also quite realistic and I like to have other bums that are like me and my that are my vibration that you can write a book, you can do a podcast, you can have a salad at home, you can do it all, you can.

17:35: If your brain works like mine, you you will know that you will do lots and lots of things.

17:40: I need to do different things.

17:41: I would be so bored if I just did one thing.

17:43: One thing.

17:44: So yeah, it influences you, don't it, like, you know with everything your life experiences and everything going forward as as well.

17:52: Like motherhood's changing, it's not nappies and things like that anymore.

17:55: Bottle, it's, it's different things that we're talking different levels now but we're still helping and advocating for other mums as well.

18:04: Oh good for you.

18:05: So obviously you know you've built that platform, haven't you, around mindset and gratitude and personal growth, but what do, what do those things mean to you when life is genuinely hard?

18:18: Well I always say that manifesting has got me through losing my nan, grief.

18:23: It's been a massive grief tool that's helped me.

18:27: and my even with my goal setting, I always say just read my book, just there's little snippets of things that'll just get your brain, doesn't have to be overpowering.

18:35: It's just about doing the gratitude, the goal setting.

18:39: When you're purring, you haven't got a lot of time to do lots of goals, but I've done lots of goals because I'll get up a bit earlier, I'll do my exercise, I'll do this, do that, I'll wear my crystals down my bra, I'll do all these things and, hang on, hang on, hang on, you what you wear your crystals down your bra?

18:53: Yeah, my crystals, I've always got like a little like crystal down my bra, give me that power, it's that, The placebo, isn't it, like I've got this, I'm gonna choose a crystal today.

19:03: I always put it, pop it down my bra, and that's the crystal for the day.

19:07: Might be the same one all week, but we can choose our energy, and we can choose each day how we're gonna get through the week because it's keeping your vibrational energy high, and I say with manifesting, we can't, I can't work at a low energy, it would cripple me, it would make me physically ill, it would make my fibromyalgia really bad.

19:23: I couldn't, I have to stay quite high in my frequency.

19:26: And I need people around me to be like, and luckily I've got women that are looking at growing the business into manifesting.

19:33: So I make sure I'm circling my network, my little pod with with women like that.

19:38: Not negative Nellies or energy vampires, I'm not for that.

19:42: Mine's all happy.

19:43: I agree with that 100%.

19:46: a mentor of ours, Jack Canfield, the author of Chicken Soup for the Soul series, once I heard him say once at an audience I was at, you are the five people you surround yourself with, the 5, the, you know, those 5 people, and if all your 5 people around you are energy vampires, they're sucking the lifeblood out of you.

20:06: You know, you want people who are gonna boost you and bolster you and lift you up, don't you?

20:11: You're never gonna achieve a goal if you're if you're a different ener like energy.

20:15: And you always see the same people who got the same energy that post the same on Facebook and you're like, I just wanna help them, but it's not for me to help everybody.

20:22: you just wanna support people and just introduce them to manifesting to say it doesn't have to be woo woo, it's, you can do it in your own time.

20:29: Just adopt a better like mindset of how you want your life to go, but you can, you can do a goal anytime, you know a goal in a week.

20:37: It could just be getting up a bit earlier, it could just be washing your hair more, we might be so stuck in a rut that we feel like we've just lost control of everything and I think manifesting can actually, cos I'm a life coach as well, so I bring it all together.

20:50: The health, the fitness, the coaching.

20:53: it all encompasses one, so we do, I do cover quite a lot with, with women.

20:58: Like fitness one week.

21:01: Like I said, you wear many, many hats.

21:03: Too many, I'm like I've got too much going on, I'm like, what can I do next?

21:07: Was it, was it, was it a person or an event that first introduced you to the concept of manifesting Lyndsay?

21:15: When I realized I've I've always been doing it before the word manifesting because I feel like I've always been like an overachiever, so I did my hair and beauty, and I've always been quite good at getting jobs and doing things and I've always had, I always used to journal and write things down and do mini like vision boards but I didn't know what I was doing and why I was doing it.

21:32: But I always, I always feel like I did a goal and I wanted.

21:35: So like say if I wanted this new hairdressing job, I'd visualize going in, walking in, what I'd be wearing, and the manager would come up to me and I'm like asking for a job, because back then it was so easy, go in and ask for a job.

21:46: Right.

21:47: And I got the job like that and I did.

21:49: I always got jobs, I always went in cos I was always bubbling and they always say the reason why is because you're smiling.

21:55: You come in, you do a trade test, you passed it, you was great with customers, and so I, that is how I, I've just carried on with, with the way I approach people and my body language and, How I treat people, like I want to be treated the same as people, and I pick up on that with people, it's a bit thingy, with me, you sense that straight away don't you?

22:17: Of course you do, you it's almost like when you go into any environment, you sort of, you sort of either attract your tribe or you sort of manifest towards the bar of the people that are like you.

22:28: Whether it's, you know, you go into a place and it's everybody that looks like they've been golfing or everybody that's looked sporty and like, oh, I'll just, I'll just gravitate over there, which is quite funny.

22:41: What would you say, Lyndsay, to another parent who perhaps is feeling overwhelmed or isolated or you know they're they're unsure about how to navigate their own challenges.

22:53: Well firstly I would listen to the fog my podcast, so start there and just start, go back to the beginning.

22:59: I always say to women, we do a client avatar, it could just be a stick man, person, whatever you call it.

23:05: And let's talk about you and who you are as a person, what do you really want that you're just being a mum all the time and, and just talk about what you want, do you want more sleep, do you want more?

23:15: You want more loving you.

23:16: I always talk about relationships as well.

23:18: We, we should all have more love.

23:19: We want more love in our relationship, we deserve love, we deserve things.

23:23: And if we have to cut things out of our life, we have to, we get to an age, I say in our 20s we are a little bit more like that with relationships, aren't we?

23:30: But then when I get, you get into your 40s, we, we kind of have a lot of experience, and we kind of had a little, we have a little bit more note like, say for ourselves, don't we?

23:39: And we should be able to, Say what we want and stand up for for what we want.

23:43: So I always say strip it back to basics.

23:45: What do you, what I always say is when I first do my coaching session with somebody, what do you want?

23:50: What are your goals?

23:51: What do you want to do?

23:52: And they're like, well, these goals don't sound stupid, but I want this and I want that, and I'm like, we'll go and move that forward.

23:59: And that would be like the homework for the week.

24:01: And then the week after we do different things and and it's just giving you, you can do, you can self-coach yourself, find the tools.

24:08: Yeah, to do it, you don't have to pay for a life coach.

24:10: I just did it myself.

24:11: I just thought, right, well what can I do?

24:13: Started with books, self-development books, started with other podcasts like mine, and, and you can kind of like secretly follow people like you say you, you've got people that you admire, and you take snippets that you don't forget and you take them with you, they're your golden nuggets that'll take you through to the next stage.

24:29: And then you start building your confidence and when your confidence grows, you're in such a good place.

24:34: You start then helping others like I do then.

24:36: And now people come to me for help and I'm like what's going on, like why are people asking me, and then it's just evolved crazily over the last few years, but in in a good way.

24:45: I mean you sit there, why, why do they come to you, because you're good at what you do, that's why.

24:49: Because you are effervescent and you're bubbly and you sort of put, put it out there.

24:56: so obviously you know we've we've talked about some of the challenges that you've faced and we've learned about how you've used your experiences to support other people.

25:05: But if you, Lyndsay, could take all of that away, mum, author, businesswoman, and just think about you, what's something that you've learned about yourself that you're most proud of?

25:20: probably just to probably stand up to myself, for myself and what I want.

25:24: Even if I didn't have a family or children, I'd still be probably doing hair and beauty.

25:29: I'd still be doing probably not much would be different because I, I started early on from my, my, you know, leaving school.

25:37: And I did what I wanted to do.

25:39: So we can always revisit.

25:40: You can always revisit that.

25:41: I always say to people, you're never too old, you're never too late.

25:44: To, I'd retrained as a personal trainer when my son was 5 when he went to school.

25:49: I always loved health and fitness, so I just went and did that as well, so I was doing PT in gyms and then I was doing mobile hairdressing.

25:55: But then after lockdown things changed.

25:57: I wrote my book, launched my podcast.

25:58: I decided to set my salon up at home.

26:01: I don't PT online.

26:02: I can coach it online.

26:04: I can talk to people, embed it in my life coaching, but, I haven't got time to be, to be doing all the physical stuff because they're very tired when you get to 44, you're like, you get your aches and pains.

26:14: I'm like I'm too old for this now, so I'm done with that.

26:18: That.

26:20: I've got the experience.

26:21: I've just got the, the experience is probably what I needed.

26:24: Think, think to bring to my coaching world.

26:26: So I've done it and I've brought it in, so I've got the qualifications.

26:29: I'm not wasting it.

26:30: I'm still bringing it in and you blend it into everything else like you said, and I think that is the beauty of being a multi-hyphenate a person with all of those hats.

26:39: It's not that you're this or that you're that or that you're the other.

26:43: It's, it's a way for one to bring all of those things to together and to connect them together and connect all the dots and I think that probably, You know, has made you into the more, the well rounded entrepreneur that we see today.

26:59: So yeah, it's been a crazy so now it's just like looking after me.

27:03: I just want to just enjoy everything that I've got now, trying to keep setting huge goals.

27:06: I think I just wanna, yeah, if I don't hit a goal, I'm I'm at that point where, you know I want to write another book and I want to do that but I'm busy, I'm a busy period now getting in the salon.

27:15: I'm so busy with my clients and I've got networking, I've got this going on, that going on, but I'm like if I do it, if I do it, if I don't, well what does it matter because I've got everything I need at home.

27:24: and I'll just continue helping people and supporting people and.

27:28: And just restart next year.

27:29: Anything I need to do.

27:30: Because you forget that we do a goal, we do achieve something, but go on, we're on to the next thing straight away.

27:35: We don't, we don't give our time to breathe and just pat ourselves on the back and say, oh yeah, so I think that's, that's what I'm, I'm just in a good content place at the minute.

27:44: I feel like I spoke about my son and he's, you know, and.

27:49: And focus on family and I'm investing in more massages, so I'm enjoying, I've been enjoying.

27:54: I'm not, and I won't feel guilty for it either, so no, you do not.

27:58: I know the answer, I know what the answer to one of your quickfire 5 is, and, and so if you're ready, I'm gonna start at the top with quick fire 5.

28:07: Your best comfort food or drink?

28:11: oh, I don't know actually.

28:12: My drink would probably be like a hot chocolate and probably food would probably be.

28:19: Well, actually me and my husband like to go out for a carvery.

28:21: We'll have a date day, so maybe like nice carvery.

28:23: So we like to do that on you, good on you.

28:25: Nice Sunday dinner.

28:26: And what about a book or an audio that you're currently enjoying, do you have a go to?

28:32: no, I just like to listen to general different podcasts.

28:35: Yeah.

28:36: Don't always have to be the ones that I'm listening to.

28:38: I listen, I'm actually listening to a lot of, Stranger Dawn of Conception, podcasts, adoption, podcasts at the minute, so it's just completely.

28:49: Different.

28:49: I just want, sometimes you need escapism.

28:52: and then I've just been kind of following different things, just something to clear my mind of of what's going on.

28:58: So I need to just focus on, on different things that way.

29:00: Good for you.

29:01: And in this moment, Lyndsay, what's the one thing you're most grateful for?

29:07: just everything that I've got.

29:08: Everything that's going on, where I am.

29:11: did my gratitude last night, and it's the same, I write the same thing every night.

29:14: What I'm grateful for, family, husband, and my home, my health, everything, yeah.

29:21: Go to self-care practice, I think I know the answer to this.

29:24: Yeah, massage, hot stone massage, and then obviously I get my, my friends do my hair and nails, like that is every 2 weeks, my nails and lashes and then my hair every month or so, but yeah.

29:36: And if you could go back and talk to your 21 year old self, what would you tell her?

29:42: Just continue enjoying.

29:44: I've no regrets, just keep doing what you're doing.

29:46: And yeah, it'll be alright.

29:49: So not like it's the thing, I've no regrets.

29:51: I've done everything I can, done everything I can for my nan and granddad, so I've no regrets there, looking after my nan till the end and that's the thing that I'll never, regret is probably just say spend more time with, with family I would say, but we, we can never understand what's gonna happen with family, can we?

30:07: And you know, it's, it's anything can happen in it that you like.

30:12: At a flash can't it, so, but yeah, probably won't just keep doing everything you've done is just don't let the people get to you, probably.

30:19: Don't let the people get to you.

30:21: I think that's a good parting word, Linda.

30:23: Thank you so much for joining me today.

30:25: I've been excited to talk to you for a while, so I'm glad that I finally locked you down and, and I'll be locking you down soon, so don't worry, you don't be getting away, you'll be coming on my podcast as well.

30:35: So I will be, I'll have you some questions, so be ready.

30:40: Oh, thanks for chatting with us, Lyndsay.

30:43: Recording this conversation with Lyndsay reminded me how much of life can be spent striving for the next thing, the next goal, the next achievement, the next version of ourselves we think we need to become.

30:58: Lyndsay has worn many hats, overcome many obstacles, and channeled her experiences as a mum into supporting other women.

31:06: Her determination to advocate for Harrison, particularly when she knew something wasn't right, was a powerful reminder to me of what it means to trust your instincts and keep going even when you don't have all the answers.

31:22: And yet what stayed with me most was her realization that she doesn't always need another big goal.

31:29: Sometimes, well, sometimes it's enough to appreciate the life she's built.

31:34: Enjoy the people around her and give herself permission to simply be content with where she is.

31:42: As Lyndsay said during our conversation, you're never too old, and you're never too late.

31:48: And perhaps that works both ways, you know, it's never too late to start something new, it's also never too late to change direction.

31:56: Take a breath, or decide that what you have right now, that is enough.

32:01: So if you're listening today and feeling that perhaps you should be doing more, achieving more, or somehow keeping all the plates spinning, perhaps give yourself permission to pause.

32:14: You don't have to lose yourself in caring for others, and you don't have to keep proving what you're capable of.

32:21: You don't have to turn every experience into another achievement.

32:26: Sometimes the most important thing we can do is recognize how far we've come.

32:31: Appreciate what we have and remember that we're allowed to enjoy the life we're living.

32:38: A huge thank you to Lyndsay for sharing her story, her experiences, and her wisdom with us.

32:44: And thank you for trusting me, and thank you for sharing it with the people you care about.

32:50: And when you come back, I'll be here, ready to meet you where you are.

32:53: And so until next time, stay safe, be well, and of course, as always, be your own definition of amazing.

ENDS