

Lindsay: (00:00)

Hello. My name is Lindsay Recknell and this is the [Hope Motivates Action](#) podcast. Super excited to bring you season two, conversations with inspiring people, reframing the way we've traditionally thought about hope and its connection to our lives. Today's guest is quickly becoming one of my favorite people on the planet. Deb Chromik feels like she's completely working on purpose when she's engaged with activities to the organization she co founded called the Matrix Guard. From their website, The Matrix Guard is an "epic fellowship of unstoppable heroes dedicated to triumph over the diseases of disconnection, suicide, bullying and hatred." Deb is all about using her powers for good, combining her professional experiences in community health promotion and prevention with her compassion and natural curiosity toward what drives our purpose as human beings. If you're interested in any of the books, resources, and tools I mentioned in this episode, all the links you'll need can be found in the show notes of your favorite podcast player or head to the blog and pod page of my website at expertinhope.com and you'll find them all there tot. My message and my work is all about using the science of hope to motivate action in your life, because without action, hope is just a wish.

Lindsay: (01:14)

Hello. Welcome back to the Hope Motivates Action podcast. My name is Lindsay Recknell and I am super thrilled to introduce you to our guest today, Deb Chromik. Deb is this incredible woman that I got to meet by happenstance. She was introduced to me by another Colorado entrepreneur and from the moment we met I feel like we were connected on some crazy, cool, deeper level. Deb, thank you so much for being here today.

Deb: (01:43)

Thank you so much for having me, Lindsay, it's a pleasure to be here.

Lindsay: (01:47)

I am very excited for people to hear what you're all about and how you have used hope to motivate action. Right. I like to tell our audience a little bit more about you. So Deb is an entrepreneur, a business solutions innovator, a human connection evangelist, fairy guard mother. Your story involves a series of people oriented passions tied together with her ability to connect with brilliant humans, facilitate their superpowers in service of worthy endeavors. You started her career intent on saving the world as a therapist, working with high risk youth and chronically mentally ill patients. In 2010 she founded E for Enterprise delivering a unique combination of consultant solutions to healthcare clients. In 2019 she co founded The Matrix Guard returning to her soul's mission to better the world by facilitating connections among and between humans. Whoa, that's incredible.

Deb: (02:48)

Thank you. I think probably the only entrepreneur that you're interviewing that has a title like fairy guard mother.

Lindsay: (02:54)

Absolutely. And I need to hear more about how a person comes up with a title like fairy guard mother.

Deb: (03:00)

So the fairy guard mother. So here I am, you know, a entrepreneur working in healthcare quality improvement and I get swept away by a vision in a very unexpected world for how to improve the world returning, not that health care quality improvement isn't really transformative because it is and there are many incredible people doing a lot of good work in that area. But this really returned to my passions, the root of my interests in making the world better in a pretty profound way. So I became a fairy guard mother when I started watching my son stream on Twitch, which was a sentence that when I started watching my son stream on Twitch, I didn't even understand what that sentence meant, but he patiently explained to me that it meant that he played video games in his case in full onesie pajamas on a platform where people watched him interact with him and some of them actually paid to support him in doing this.

Deb: (04:01)

Of course, as an interested parent, as any interested parent would be, I wanted to watch this, although not a huge fan of video games. I wanted to watch what he was doing and when I started watching him, I recognize that he was indeed in pajamas. He's 21 so, at the time he was 19, so in pajamas, full onsie pajamas with a hood, playing a video game and interacting with people from all over the world. They were queuing up music for him. They were talking with him, he was talking with them and I realized that what he was actually doing was creating a sense of belonging and community among people who had just gathered for that purpose and had come together. And it became in sort of an instant apparent to me that there are 15 million people a day on this particular platform. Forget all the other social media platforms, how much we have an opportunity to actually use that to connect with people and to be able to have conversations with people who are struggling or may be in trouble and be able to elevate and solve these problems of disassociation and a lot of loneliness that people have.

Deb: (05:09)

So that's how I became the fairy godmother, the platform Twitch, everybody uses a handle. So my son goes by PJJLilly, so I had to come up with some sort of a pronounceable, for me it was important that it'd be pronounceable, representation of myself, and the business that we're doing is called The Matrix Guard. So the idea that my role would be to really watch over this and protect it and make sure that it was all going well, seemed like a logical space to be in. So the fairy guard mother was born from that.

Lindsay: (05:40)

The part that I loved the most about your story, I mean there are so many parts about your story that I love, but the part that I love the most is that you as a parent could have easily said to your son, what the heck kid, go to school, get a job, whatever it is. But instead you were really it with curiosity and compassion and interest in what he was doing. And not only that, but was open-minded and intuitive enough to recognize what a cool opportunity he was creating for himself, let alone the Twitch community.

Deb: (05:59)

Well, thank you for acknowledging that. The reason that I think I could approach it with such curiosity was the transformative nature of his path. And he had gone down the conventional college path, was stressed and anxious and really struggling and had a lack of hope in many aspects of his life. And when he started streaming on Twitch, I saw such a huge transformation in him that any parent would have been, you know, magnetized by this. What are you doing? I want to know what you're doing. And when I repeatedly asked him and he told me three times I'm streaming on Twitch, it became really clear to me that his sense of optimism and wellbeing it just, he was his animated, authentic self it would be hard not to want to watch.

Lindsay: (07:00)

Oh I love that. The whole idea of community building online. I mean that's not new, but the unique approach I really think you're taking to it is community building, grass roots style. So you know, your son has obviously found his community and continuing to build it and the work that you're doing with The Matrix Guard. It's grass roots also, isn't it?

Deb: (07:53)

It truly is. And the difference, there are a lot of social media platforms and a lot of communities being built online. And a lot of different ways. This is distinguished by the fact that it's real time interaction, which is interesting because the conversations are actually happening in there, you know, they're interacting with each other and in a very organic way. And the communities are created by similar interests and they're guided by things by people choosing to be there. So this idea that we can meet people where they choose to be speaking the language that they choose to speak, leveraging relationships with people who they want to spend time with really enables us to think very differently about how we might connect with people. And in the case of Twitch, the average age on the platform is 18 to 34 which is also the same exact overlap with where the number one cause of preventable death is suicide. It's also high prevalence of bullying. There are a lot of entities that are recruiting off these platforms that are finding some of these vulnerable kids and pulling them off and recruiting them for various hate groups or other unfortunate activities. So it is very grassroots. They choose to be connected and it's a beautiful place to meet these people because they are in their element there.

Lindsay: (07:53)

Well, what do you think is unique about what Twitch or what the twitchers are doing on this community, on this platform versus, because I feel like a lot of the social media platforms initially wanted to start as a place to build community and haven't been successful at it, what's Twitch's secret sauce?

Deb: (09:04)

Well, that's an interesting question so I can give you my opinion on that. I don't know how they would answer that question. I personally think that, you know, the word you use grassroots is so representative of what's happened. I don't think Twitch knew that this was going to happen. I think part of their secret is that they

created a mechanism where people can come as they are, do what they want and where it's almost like millions of entrepreneurs on a platform, so they're building their own business and whatever way around whatever their interests are. It's now expanded way past gaming and people are teaching cooking in crafts. You can learn to do stained glass painting music. There's a lot of people they sing, they have a Twitch sing, so there's many different aspects of this, but I think they ended up providing enough guidance that people could be successful but with enough flexibility that people could really show up in the way that they wanted to and create a business and an identity that made sense to them.

Lindsay: (10:07)

It's so cool. Just seems to be happening, like you say, organically with a little bit of structure, a little bit of support, but letting people flourish within kind of those parameters or you know, as laying the foundation what those boundaries. I really, I really like that and it is, it's very helpful. Okay. You know, the definition for me of Opus expectation of a future positive results. And so these folks, these people that are on the platform and living there, authentic lives, I imagine, you know, there's a fair bit of authenticity when your Twitch streamer, you know, I feel like the expectation for them of what it could be and, and how they can continue to live their best life, it's very hopeful to me.

Deb: (10:51)

Absolutely. And how they evolve. Because as you know, as an entrepreneur, what we think we set out to do and what we're actually ended up doing and what we do along the way, it is a transformative journey and it is an environment where that is encouraged and allowed.

Deb: (11:06)

They can respond to their community is their community gets engaged in certain things that they're doing. They can test different things and they can in real time really decide how else they want to show up. And I interviewed many Twitch streamers since the beginning of all this in the most common thing that I've heard from them is that Twitch has helped them find their voice, that they figured out a way to be in front of a camera and figure out what they had to say that intrigued other people and that what they had to say was valuable. That other people wanted to hear what they had to say and interact with what they had to say. And I think that's, you know, if you can think about a gift you would give another person helping them find their voice would be among the highest greatest gifts you could provide.

Lindsay: (11:51)

Well, this gives me a cherish to hear you say those kinds of things because, well, I mean the whole purpose of my doing this podcast and meeting all these inspirational people is to allow people to share their story and influence other people in a positive way through those stories, and I'd be like, what you're doing with The Matrix Guard, what you know, the Twitch streamers have the opportunity to do with their platform. You're right. It's giving people the voice which increases competence, which just as a positive snowball effect.

Deb: (12:21)

Absolutely.

Lindsay: (12:22)

Well, I just think that's so cool. Yeah. Do you think that there's aspects or things that Twitch community does really well online that we could translate into building better communities offline?

Deb: (12:33)

That's a great question, Lindsay. I think what we could learn from Twitch is really how to start those sort of expandable boundaries where you give enough structure that people feel like they have something in common and a place to go and that they see each other in each other. The things that they share is common interest, but not restricting it so much that people can't grow and change with it. I think that one of the things about Twitch that I find just so interesting is the fact that it grows and changes the platform sort of molds and allows people to become more of what they want to be or something different than what they thought they wanted to be. And they're able to do that with their community involved. So that combination of structure and freedom I think is really informative.

Lindsay: (13:27)

That is applicable offline as well. Right? In school and parenting books, everybody talks about adding some structure, but then allowing innovation and people that thrive. It happens in organizations. Well, healthy, good organizations, I'd suggest. Yeah. I think when you look at the best communities are the most engaged organizations they do, they have that combination of boundary and lack of structure. You know, just the flexibility, I guess between the two, it would be really important.

Deb: (13:57)

So one of my descriptive words in describing myself as that human connection evangelist and really the foundation of that is my deep, deep belief that we are wired for connection. Human beings are, we are wired to be in conversations to be in community and our world has become less and less connected and more and more isolated in many ways. And the idea of social media I think was always that it would create new kinds of connections, but I think it's struggled to do that. So in places where it has done that and you can see people connecting in lighting up. This year I got to go to TwitchCon, which was in San Diego and it was like totally sold out. The whole city of San Diego was purple because that switches logo color. I mean it was amazing the number of people were there in one of the most inspiring parts of the whole thing was watching people who are now seeing each other in real life who've been online, have met each other online. I mean it was really more hugging and just joy and connecting and people like literally jumping up and down cause they were excited to see each other. It was just really profoundly inspiring to watch how, what translated from an online platform translated into real life connections as well.

Lindsay: (15:15)

I wish that people could see the video that you and I are recording because the like joy and energy and exuberance and like here. Yeah. Joy that you're exuding as you talk about this work and this community and I mean you are the epitome. Oh hope for me. Just your energy and joyfulness. I know I keep using that word, but I don't know another word to use. Yeah, I wish listeners that you could meet them in real life and you will someday you will get to meet Deb real life. Maybe it's at TwitchCon. Who knows?

Lindsay: (15:47)

Maybe there's, you got to get your ticket early though because it sells out so fast. It's hard to believe.

Lindsay: (15:53)

I just think that's so cool. So this work is a real combination of your career experience and then your, your foundational value of what it is to be you.

Deb: (16:07)

I uh, started out in community mental health a long time ago when I was, you know, in the beginning what do you want to be when you grow up? I always wanted to be a clinical psychologist. That was my, my goal and it was inspired in large part by my uncle who was pretty much my childhood hero. I just thought he was like the coolest person ever and he was a clinical psychologist still is a clinical psychologist and so I really wanted to go down that track. I started, I did a lot of volunteer work and worked in adolescent shelters with high risk youth. And then I started working for community mental health centers. And I realized in, this is part of what we want to do with the matrix guard to really put more, you know, hope and goodness out into the world, is to change the economics of how people are paid when they are coaching or providing services, therapy services or any type of interventions that it is one of the most poorly paid, highly stressful professions that you can get go into.

Deb: (17:06)

So I started working on a community mental health center and I did that for almost 20 years and the entire time I did that, um, I waited tables pretty much full time because I couldn't, even though I had a full time job and I was working on call at night, I made \$800 a year more than what you had to make to qualify for food stamps. And I really just got to the point where I thought, I can't keep doing this. This is like exhausting. And even if I went back and got my doctorate, which was the original plan, there's still not a lot of money in this career and it is such a noble and also, I mean you give of yourself all day long in ways that you can't even imagine. So I was very inspired by that but could not figure how to improve a lot of lives and have a really broad enough reach and in a way where I could maintain my own sense of self and my own sanity in a reasonable way.

Deb: (17:59)

So it does kind of wrap up all of the things that I've done in my life into an interesting package.

Lindsay: (18:05)

I like what you say about the economics of it all from a support worker point of view. And I can only imagine the

compassion fatigue and the rates of burnout and like the unconscious disconnection from a place of pure self care that would happen in and people in those professions with the absolute best of intentions going in. But just over time, yeah, I can't even fathom what that would look like. And then on the other side of it, access to mental health services and community programming is so hard, let alone the stigma of it, but it's expensive to access those services or you seem to be forever fighting the grants and the funding sources and things like that. Do you have ideas on how to make it more accessible?

Lindsay: (18:55)

I mean I feel like that's work you're doing with Matrix Guard makes it more accessible, makes the availability more accessible, but are there ways we can do a better job?

Deb: (19:06)

I think there are a lot of ways we can do a better job. We certainly can't do a worse job because there's a lot of challenges with access. One of the things that we're doing, our mental health system has been built so that you come to us. So we need you to know you need help, be willing to get help and then be willing to jump through whatever hoops you have to jump through, whether you have insurance or no insurance or whatever, and then hope that you get lucky to be connected with somebody who happens to be like your kind of person who gets you and you feel, cause there's a lot of chemistry and any type of helping relationship like this and it's important that people feel like they're in a relationship with somebody who understands them and sees them and gets them and that they matter. That's just foundational to being able to provide that kind of support.

Deb: (19:50)

So the idea that instead of waiting for people to figure all that out, we would go to them and be able to just say, Hey, here we are and how might we help you? And leverage these relationships with people that they trust really flips that whole model around and it, and it changes the fact that this, particularly in the age groups that we're talking about, that's super high risk for this, they often don't know that what they're experiencing is something that somebody could help them with or if they do know they, you know, you mentioned the stigma, they think, yeah, well people, you know like me, don't get that kind of help. And if you just come to them and make that conversation happen in the immediate moment, I think we can reach people at the points of pain that are way, way earlier on than waiting until they get where they're in such exquisite pain that they feel like harming themselves or harming somebody else feels like a viable option. That that feels like the only way that they're going to be able to be or heard or that they're going to feel anything or that they can navigate through what they're experiencing. So that early intervention is a big, big critical part of what we're looking at.

Deb: (20:56)

And then the economics, there's so much opportunity to do this better. And figuring out how we enable people to be paid for that work and how we enable them not to be so overwhelmed with case loads that are just unmanageable. So playing with some models to do this, this is part of our long term goal, really getting people who would be able to help us figure out how do we change that? How do we transform that? How do we figure

out how to help people who are helping other people be paid well and also be able to take care of themselves so they can continue to do that in a way that's really healthy. We don't have solutions yet. We have a lot of ideas and now need to be tested. So, and we welcome any other ideas that people might have.

Lindsay: (21:36)

But the fact that you're even having those conversations and that that is part of your long term strategy just again just speaks to your heart and your mission and the integrity of it all. It's something that you said really resonated with me. The relationship part of a helping service provider. I mean you get to a place where you recognize you need help, you get up the courage to make that call, to go to that doctor, whatever you need to do and then it's not a good connection. It's deflating and you go 'well see, you know, I told you it was going to be too hard and it wasn't going to work out' and then the next time you get up the courage to do it, it feels like you have to get up twice as much courage or 14 times as much courage to make that next call. The perseverance required to get this kind of help and to recognize that it's not maybe a match made in heaven the first time.

Deb: (22:26)

The way The Matrix Guard is connecting is on two different levels. So the first we do sort of mental health first day we just check in with them and say, 'Hey, you know what's going on, how can we help you?' Learn a little bit more about them. And then from there help figure out like what kind of person do we think would be helpful. So that there's like a matching protocol with service providers so that we can help connect them depending on what they're really looking for. There's some amazing providers and resources out there that people don't know about and just making intelligent connections with people and knowing enough about them that you can help guide them and find that I think will be a big part of how we can contribute to changing the trajectory of how this work is done.

Lindsay: (23:09)

I love that it's like a dating service for mental health providers because online dating websites have been around forever and they do a good job of, you know, prescreening the qualities that you're looking for. Why could that approach work? That's brilliant thinking

Deb: (23:25)

It is so important, especially when you're in that place of vulnerability and you're doubting whether somebody can help you at all and you're feeling like, 'Ugh, I don't know about this'. Having meaningful connections. And in this case, because we're starting really with a gaming platform, the first thing many gamers are told if they do end up going to a counselor, a therapist, or get involved in some sort of a treatment, is that the gaming is part of the problem. And last people are specializing in really working with gaming. There's this just broad idea that gaming is bad and it's bad for you. And the literature for the ways in which gaming actually supports and enables and helps people and works well with people's brain is an offset to a lot of the literature that says anything to an extreme is not good for us. And gaming is no different, but there's a lot more evidence that it

actually has a really profoundly positively impactful, um, effect on people than I would have ever known, certainly going into this. So having therapists or counselors or coaches who get that and don't start with the, well, number one, quick gaming, you know,

Lindsay: (24:30)

I mean, I think you nailed it, right? It's the people that get it, the people that understand that are curious enough to ask the questions, not just to accept the status quo that gaming is bad. I mean all of the research and all of the learning and all of the people that I've spoken to about alcoholism and addiction and all that kind of thing. There are different answers to these old questions and I love when I hear people who are looking at it in a different way because everybody's recipe is different. It's not a one and done for everyone to follow the same plan and why can't we help people in a different way by simply asking different questions.

Deb: (25:08)

A woman named Jane McGonigal does a Ted talk about how the way the gamers think is basically going to be the kind of thinking that we need to save the world. It's fascinating. It's a great Ted talk. I would highly recommend it, but it does require a curiosity. I mean I literally am the mother who was like put that thing down. Why are you playing that game boy? Like you need to look up, connect with humans. I did not understand. I've never been a gamer. I think I played asteroids once when I was 12 and my brother suggested that I was perhaps a waste of a quarter because that was not good at it. So that was the end of really my gaming career. So this is an area where I went in with a lot of those same preconceptions that I think other people have about gaming and what it was and in spite of my son trying to convince me that they were good things about it until I actually saw it myself, it was very difficult for me to believe that.

Lindsay: (26:02)

But again, it just speaks to your, yeah, your curiosity and your open-mindedness. I really think compassion has the power to change the world and I think the work that you're doing and the parents that you are is really, yeah, it's a tribute to that for sure. For sure. For sure.

Lindsay: (26:16)

What keeps you motivated to do this work? I mean, you jumped from one hot fire into the pan, I would suspect.

Deb: (26:25)

I think you've referenced before, Gay Hendricks work bout the Zone of Genius and the Zone of Excellent and Zone of Competence. And you know, he writes a book called the Big Leap where he talks about the difference between people being in these different zones and one of the zones he talks about is the Zone of Excellence where you're really good at what you're doing, you're successful at what doing, you're generally making money at what you're doing. Other people are very excited about you being good at what you're doing because it helps them in some way and you are good at doing it and you generally enjoy it. But that's contrasted with the Zone of Genius where you are in this space where like you feel like I was put here on this planet to do this. This is

something that I am here to do and about, I don't know, maybe five years ago I read the book and I knew immediately that I was in my Zone of Excellence and not my Zone of Genius.

Deb: (27:10)

I had a successful healthcare consulting practice, loved the people I work with, love our clients, love the way our tagline is, facilitate brilliance. And it was really truly about bringing super smart people together and weaving them together. And all these different intricate ways and it was fun. I mean, I really loved the work, but I knew that I wasn't in my Zone of Genius. So my openness to, well, what does that mean? My hopefulness about figuring out what is my Zone of Genius? You can't just say, well, I'm going to get in my Zone of Genius because it's very difficult to do that. And how I would explain this is really that I kept asking the question, what's my Zone of Genius? What am I really here to do? What am I uniquely capable and passionate about that I would do? Even if I never made any money doing it, I would do it no matter what. Like I would want to do it so badly. I would wake up and go to bed every night thinking about it and I just invited that. Put it out there, invited it. I had no idea what it was. And the moment that I was watching Bennett stream and I saw that this brought together my past mental health, my passion is a parent, all the things I'd been through it just like clicked in and I felt like I started on a magic carpet ride. And I've been on that carpet ride ever since.

Deb: (28:22)

So the things that inspire me along the way, these connections I meet with people like you who are helping us promote what we're doing and getting the word out there, the introductions that people have made on our behalf. The number of people who say, I want to help you. This is so important. What can I do? We have a list of volunteers who are so eager to help us. It's just incredible. Every single time I hear that reaction from people, it just, it deepens in my conviction that this is really needed. And then when you're talking to the people who are streaming on Twitch and the people who are in those communities and they say, yes, we need this. How can we help? It's just, it has a life of its own. I guess that's what keeps me going on this.

Lindsay: (29:02)

Well, yeah, your passion is palpable and I like, again, the open-mindedness, I feel like this is the theme of our conversation is the curiosity and open-mindedness to recognize opportunity to recognize moments and to act on them. Right? I mean hope requires action, otherwise it's just a wish and the fact that you not only recognized it but then decided, okay, cool, well what can I do with this? What do I need to do next? Who do I need to talk to? What do I need to learn? All of those things to now action, that hope to create what you're doing and, and continuing to action on the next thing.

Lindsay: (29:42)

I mean, you're making the zone of genius and to reality for yourself and for, you know, your co founders and the people that are volunteering with you and those of us that get to work with you. And yeah, I think that's where the real power is in recognizing your zone of genius and then actioning and acting on that.

Deb: (30:00)

And often I wake up and just think, what is the most important thing I can do today? What is the most important action I can take? Because what I thought it was going to be doing yesterday is often not at all what I need to be doing today in order to move it forward. In figuring out how to have the right, it's the exact same thing as the Twitch community, right? What is the right level of structure, but that doesn't inhibit what we're doing or get me so confined by this is the way it needs to be, that I can ask the right questions and show that curiosity and listen to people who have ideas and be willing to pivot and redirect and ride the magic carpet.

Deb: (30:35)

So the magic carpet has no steering wheel just in case you haven't seen one lately and no visible fuel source. So I find that we end up in places in conversations that I could not have imagined. I had no idea that the people, the person that I'm suddenly talking to or the offer that they're making to support us, it's better than I could have imagined. So finding that ability to just trust that.

Deb: (30:59)

I'm a big wheel grabber. I like that illusion of control like as if I'm actually driving, but this is something that's so much bigger and it really is fun. It's been a wild adventure.

Lindsay: (31:10)

Oh, I bet. I love that the magic carpet has no steering wheel. All I can see is Aladdin and Jasmine sitting on their magic carpet with the genie in the background cause he's driving. I feel like the genie is driving.

Speaker 4: (31:27)

Um, I know we've talked a lot about this, but I always ask my guests at the very end of the conversation to summarize up for me, Deb, what gives you hope?

Deb: (31:36)

I think the innate intractable goodness of human beings, at the end of the day, I think humankind is actually so important and so integrated into who each of us are. That moments where people sort of can't help themselves and they see other people in need, they're transformative. I had a, an experience, this was many, many years ago and I was driving on I25 I live in Denver, so I was driving and I25 which is you know, many, many, many lanes. And there was like nobody on the road. It was Sunday. And I get to a certain point and all of a sudden there's a line of cars and everybody is in a line and they're all driving together. There's no cars in front of them, there's no accidents, there's no nothing. I can't figure out what is happening. And I'm watching all these cars are coordinating in motion to sort of swing around and push something towards an exit and I can't figure out what's happening.

Deb: (32:35)

So anyway, there was a Greyhound on the highway and he was panicking trying to run, trying to run these cars.

These people don't know each other. They probably don't vote alike. They really, they've never, they've no way of communicating, but everybody can see that this dog is in trouble. And so they just lined up, figured out a way to work together to help this dog to get him safely off the highway so he wasn't running. And it was just so magnificent to watch. And it is so indicative, I think of our innate goodness, like we can't help ourselves and more opportunities that present themselves for us to be reminded of how good we are and how much we actually care about each other, I think makes the world better and definitely gives me hope.

Lindsay: (33:20)

The visual of that we find a way, we always find a way. And I think it's so key and so important to remember that there is a way to do these things regardless of all the excuses we have to not do them.

Lindsay: (33:34)

Deb, I just thank you so, so much for your beauty and your joy and your goodness in life and I'm so please to continue to get to know you and the work that you're doing. And I will absolutely continue to promote it in any way that I can because I just think you're doing incredible work. Thank you so, so much for your time. And I look forward to talking to you again soon.

Deb: (33:56)

All right. Thank you Lindsay.

Lindsay: (34:00)

Thanks so much for listening to another episode of the [Hope Motivates Action](#) podcast. These conversations have been so inspiring and motivating to so many people, and it's my absolute pleasure to produce them for you.

This show thrives on your feedback, so if you find value in this podcast, it goes a really long way. If you'll give me a [five star rating on Apple podcasts](#), the next step in your journey to action your hope is to check out my virtual mastermind program, the flagship series, which is called **Hope for Caregivers**. These are 12-week group accountability programs designed to support those of us who are caregiving for others, likely at the expense of ourselves and our own personal goals.

As with all the tools and resources we discussed on the show, you can find links to this program in the show notes on your favorite podcast player or on my [Expert in Hope](#). Also, when you're visiting the website, check out the [Shop page](#) where you can take Hope home. This show is all about making hope tangible and practical because without action, hope is just a wish.