

Lindsay Myers Interview

Michelle Hancock 0:22

Welcome Lindsay to the show. How are you doing today?

Lindsay Myers 0:25

I am so good. Thank you so much for having me. I'm really excited about that.

Michelle Hancock 0:28

I am too. I'm excited to pick your brain and you blog over GetLostwithLindsay.com. And we were just talking before we got on the show. I went to an Ireland tourism event last night and I was thinking of you because you've actually been to Ireland several times. It seems like and you've also been to other places that's get lost, right? T

Michelle Hancock 0:58

How fun would that be to travel like you are and you say that people can travel and realistically and save money in the same process? We're going to talk about that. But before we get to that, can you just tell us a little bit about yourself and what you're doing with your days and your business and everything like that?

Lindsay Myers 1:18

Absolutely, of course. Yeah. I like I started GetLostwithLindsay.com several years back. And now it's really taking off which is super exciting, because my whole mission is just to kind of motivate, inspire, educate people, that that the world out there is amazing and beautiful and you don't have to be a millionaire to be able to explore it. It's everything from road trips to, you know, a town next door to yours, or, of course, exploring, you know, international if you can, but it doesn't always have to be about the grand big trip. It's about finding the experience and everyday life, pretty much and so I started it. I used to work for Brad Graf who celebrity stylist is amazing and unbelievable. And we traveled the world. And it was so great. But it was literally this like extravagant travel that like every person really can't do and I could never do on my own. And then I had backpacked when I was younger. And that's another type of travel. So I really want to find a middle ground that spoke to majority of people. And that was affordable and achievable for people. So that's kind of how it all started. I wanted to find something that could speak to majority of everyone.

Michelle Hancock 2:29

No, I think that's great. I think a lot of people think you have to be loaded rich wise to go travel and you're making it work. Part of your blog is about budgeting, which I think I can improve on as well. And many people I've talked to you it's like, it's like people don't want to talk about it sometimes. And you say you're on a mission to make the word budget sexy.

Michelle Hancock 2:55

Tell me about that. And how, why are we so scared to even talk about budgeting or even think about it?

Lindsay Myers 3:00

I don't know why it's like a taboo. Like, I know a lot of people get really weird about talking about money. And it's like, either it's uncomfortable or embarrassed, I guess. I like scream from the rooftops when I get a good deal. Like I get so excited. And I would tell like my wedding dress, for instance was \$25. And I was literally walking down the street like telling every single person to go to this like bridal sample sale and buy it because, I mean, I got the still got the dress of my dreams. I loved it so much. It was Nicole Miller, still a designer had the tag on it was brand new. But I just got it in a way that was not the typical bridal store, right? So I still had it. That's my whole thing is I still had my dress and I still had what I wanted. But it just happened to be a different way than the typical, like route that most people take. So I was like, I'm trying to break that down and be like, let's talk about the money. Let's talk about how we can improve little things every single day. Let's, let's make it exciting when you find the deal, let's make it like interesting and more of about the story of how you achieve that. Then just about like the dollar signs of what you spent, because it's not about trying to copy everyone else online. I think what a lot of times it happens is I think people are inspired by social media, which is fine and great. And I but I think at the same time people try to replicate I think people try to either copy the trends, or they're spending too much or they're trying to copy the vacations, and no one can afford this vacation. You know, half the time these people aren't paying for this vacation. That is true.

Michelle Hancock 4:38

Yeah. I think there's a misconception to some people influencer wise they are paying for those but a lot of times they're getting special perks and they are supposed to disclose that but that's a whole other podcast. So I think that brings a good point to not compare yourself to these influencers that are literally traveling all over the world. Which is great, but their story may be a little bit different than yours. So

Michelle Hancock 5:06

When you say, you know, we got a budget a little bit. For example, say I get a Starbucks coffee every day, but you know, some days more than others, but that that little amount of money can really add up over time. Would that be something that maybe we should just reevaluate and say, hey, maybe our priority is to not spend that on that? Oh, for sure.

Lindsay Myers 5:26

Oh, for sure. I was just laughing because I literally would just talk to you about the difference of having coffee at home versus out. Because it's, you don't realize, I mean, I my like, number one tip is like apps are our best friend, like apps or there's an app for everything. And they can really help you just manage your everyday expenses. A lot of them can round up now and put it into a separate little account where it kind of can be like your automatic little vacation fund or just fun fund, but they also just like, sit down You stare at your like, what wasn't necessary for me to spend, you know, like, all of these little tiny expenses all day long when I had them at home,

you know, and it's like, they definitely add up. I mean, the Starbucks is such a fun treat for a lot of times, but I think we should treat it as a treat instead of like an everyday thing. And I think that is when you could definitely save the three to \$4 every day definitely adds up. And that's a tiny thing. But if you did those tiny things with a lot of things, it becomes a big thing.

Michelle Hancock 6:32

That is so true. It adds up and you don't even think about it until you look back at your budget, which that was the thing when my husband and I first got married we tried to follow a budget but then I think we were in such denial like we didn't want to look at them. Once you see the numbers on paper, your mind is blown. And you're like, Whoa, I spent that much money on a drive thru or just food in general. Do you have any tips on saving money on food, other I mean, I know cooking at home is good buddy. You use any apps for that? Or do you have any? Do you meal plan a lot? Or how do you save money on food?

Lindsay Myers 7:09

Because we travel so much to like, I always booked something with the kitchen. Even a kitchenette, even as a small one, anything because, I mean I have we have broken down the math. They say you spend like 300 times the amount of money 300 times the amount of money on food when you're traveling.

Michelle Hancock 7:27

Oh, wow, that is a big difference.

Lindsay Myers 7:30

Like we don't realize, we need a lot of food throughout the day. And you especially when you have children, and you don't realize that it's three meals, snacks, everything in between. So like, if you don't have the ability to cook if you're in a hotel or you're running around or whatever, you're just spending money like crazy, like one after the other. We always cook but I always go back to your priorities like always write down your priorities in life, whether is about just your everyday life or your travel, because it's like what is it important to you, I don't want to, I always say I'm not ever going to try to take away your experiences. So like, if something is important to you, and that is a big deal, and that is your favorite thing to go to Starbucks every day, then do that still, you know, work on another area, but like still do that, because you know, that is your thing. Just keep that for yourself. But like, it's the it's the, it's the things that just add up. It's so my power our priorities.

I love eating local, but I'll go to a local market. And then and I like to cook I'll cook it and so like I can save so much money because it's breakfast, lunch and dinner. I'm not eating out at all, you know, and we might do I always everywhere I go. I write about them a lot too.

I always try to find the local deals, whether it's daily deals or happy hours, and it's not just drinks or food face deals everyday everywhere you are, and you can definitely find them online and that's what we do. So it's like, we treat ourselves to the dollar wasters on Wednesday

nights or you know, stuff like that you're getting out with a local You're still doing that kind of social aspect of it, but you're spending like \$12 versus \$15 you know?

Michelle Hancock 9:08

Yeah. And I'd imagine you were probably getting healthier food that way as well and fresh food. And you know you were on vacation so I'm sure you could splurge a little bit go out to eat here and there but I do like the idea of having a kitchen in your hotel or wherever you're staying because that does save you a lot of money. I know when my girlfriends and I with our families. When we traveled to the beach, we all pick like different meals or different ingredients to bring on the trip. And each one of us plans out a meal and we do go out, at night dinner but sometimes we have like taco night or whatever. And that really saved some money that way and you're not spending all that money on tips and all the food and desserts and everything. It's just it's more affordable. Also, another area of my life and I'm sure maybe some other women that listen is what wardrobe and spending money on that. And like you said, it can add up, especially if you're trying to keep up with some of the Joneses around here. And if you don't wear the same outfit over and over, you don't know how to mix and match. Do you? You mentioned that you don't have to be rich to feel and look good. Can you share any tips on that on how we can do that?

Lindsay Myers 10:21

I mean, this one is so big. I do a lot of them on Access Hollywood, I'm doing another one next week, because it's about, you know, I think again, going to, like you said, whether it's like getting inspired by the runway fashion, all this stuff, but that is not real life, you know, and it's like, it is beautiful, but use it as an inspiration for you to then create your own. You know, and I'm so much more impressed when someone can create something that they didn't spend a ton of money on. But that like is so cool and on trend or whatever their trend, whatever that is, versus like walking to a store and spending \$500 on one item that's so easy. You know, it's like it takes a creative person kind of think outside the box. But it's, I mean, I, I again, it's like the taboo thing I think that people get embarrassed. Like when I find it an amazing dress at Target, like people like are like, where'd you get the dress, I'm like it is from Target, go get it now. You know, it's like, I am proud to tell you that it is from Target. And that's the thing is to I think we should break down. It doesn't matter where it's from, it doesn't matter if it's a design or not. It's how you put it together. It's also the attitude that you put behind it. It's all about you know, your confidence and how you wear it. You look and feel like a million dollars that shows. I mean, I and I and I also tell people like if you love fashion and in the wardrobe is your thing and designer stuff is just like everything to you. There's so many sites now. I mean, Rent the Runway is amazing, new lease, great. I mean, there's so many sites that you now can rent on a monthly basis or you can actually purchase them in the end if you're obsessed with the item, but it's great. Because you still for like 70 \$80 a month, you can wear fashion stuff, you get like six to seven items a month. And you wear them until you're ready for the next and you just put them back in the mail and you get fresh new items every month and they're designer, and they're, you know, they're ever changing and, and really great. If that's your thing, that's totally fine. But that's like the cheaper way to do it for sure that I'm purchasing it.

Michelle Hancock 12:24

No, I love that I've used Rent the Runway for a few red carpet events. Yeah, that's great, smart. It was amazing. The customer service was great too, because one of them didn't work out. But I love that they send you two sizes so you can go up or down. But I definitely think that's a great we have so many resources that are tips in this day and age, especially with the apps and everything like that. And I am not one to shy away from telling people I got this at Target or only do this I have no problems with that. However, there are some people out there that may have problems with that.

Lindsay Myers 13:01

I mean, Victoria Beckham, this is launching a new target line. That's what I mean. It's like, there. There's no reason to like to be embarrassed. I think it's so great. And I am like, kudos to you. You look awesome. You spent \$12 on it. Like, every time I do a cyber practice Hollywood, I'm wearing a budget friendly thing because I want to, like, be part of my brand. And it's like, I it's usually like a 12.99 thing from Zara. And they're like how I'm like, because I tried a little bit you don't mean it's like I either online or went into the store. There's always sales, especially on the end of the season. Every single thing in the whole store was 12.99. And racked up and everyone was like You look like you're wearing designer. I'm like, it's all again about how you can put it together and how you're confident with when you wear it too. You're owning your look.

Michelle Hancock 13:55

Yeah, I definitely think it'll take a little bit more prep work and that's just like the vacation. Saving money on that it just takes more work on the front end. But the payoff is you're saving money, you're finding good deals. Do you have any items of clothing? Or even maybe I know you travel a lot, so maybe not home decor, but are there certain items that you might budget a little bit more and spend a little bit extra because you can get more bang for your buck on it long term? Or are you always thinking like, the best deals for everything?

Lindsay Myers 14:24

I have to almost train myself at this point in my life to not conquer look for the best deal. I like almost can't help it. I mean, I laugh so hard. My sister has two children, and she is the polar opposite of me. Like she doesn't look at a price tag ever. And she's not like doesn't have a ton of money. She's like, I don't even think about it. And then you know, he's like, my mind is constantly thinking about it, but not in a crazy way but I'm just like, Oh, I feel like we could get it better to know but I really think the things that matter when it comes to especially like maybe wardrobe or something like Like, think about the things that we want to take care of like, like sunglasses, for instance, I'm going to spend a little more in sunglasses, but I'd rather protect my eyeballs, you know, with like a point UV protection, I'd rather have that. Shoes as well like, my everyday shoes, I'm going to spend a little bit more. I don't want to, you know, ruin my feet in five years because I've used worn cheap shoes forever. Because it's like the cushions not there. Stuff like that quality wise stuff, like your everyday thing.

Michelle Hancock 15:30

Yeah, I would say bras to

Lindsay Myers 15:32

I know. And people are like, no one sees them. I'm like, I know. But think about yourself. Like, you know, this is for you, too. It's not about everyone else. That's the whole thing of all this. It's not about everyone else. It's about you. It's about how you feel. And you know, are you comfortable? Are you confident and that's what it's all about? It's not about everyone else,

Michelle Hancock 15:53

which people get perfect. I do believe that sometimes what you wear it'll it definitely affects your mood. I work from home and I'm not going to lie, one of the beauties of podcasts is that I don't have to get dressed up like I did a Facebook Live. So I can get really stuck in a rut with like what I'm wearing and I can feel like a difference in my attitude sometimes if I'm, if I feel good and what I'm wearing and granted if I have comfortable shoes that I've spent a little bit extra on then I can feel that so definitely. Well, okay, so we've talked about wardrobe, we've talked about food, I want to come back to travel because you do a lot of it. And you always hear people that say Oh, should you get travel insurance? Yes or no? are you what are your thoughts on spending money on travel insurance?

Lindsay Myers 16:38

Well, I think there's two different types of people I'm going to be honest I don't get travel insurance. But that doesn't mean you shouldn't. And I mean I always suggest if you really want to get it to go through your credit card company. It is a third party, but you can get with your credit card company and it's an extra coverage through them. When I when I also rent cars Which we constantly do again, I go through my my credit card company because they're going to cover me no matter what as well. I always say you know, pick a card that is social with your credit card that is attached obviously points and everything like that, you know, I have a travel one. And so everything especially travel basis on it, you can always go back and reference, you know, reference everything you've done, but also they'll cover you because if you're using the car for your part, those purchases and everything like that, they'll cover anything you do. Which is what I do, but like a lot of people feel a lot better, which is totally fine. I've just had experiences which they they're just very picky of what they'll cover the third party travel insurance. So if it's not exactly to exactly what they want, they won't cover it. I haven't had personal experiences with them. They just haven't covered changes or things that have come up. So I kind of just don't do that expense anymore, but it's totally up to each person. I'm not telling anyone what they should or should not do.

Michelle Hancock 18:03

Yeah, so basically, we just need to read the fine print exactly works for us. So what are sorry, your favorite travel destinations you've done so far? I'm curious.

Lindsay Myers 18:14

I mean, Ireland obviously is up there. Like we were talking before Ireland, I think it's like, I think a lot of people when they go to Europe for the first time, they kind of do like, you know, a little European tour, whether it's obviously Italy and France and maybe Spain and stuff in England,

but they kind of forget about Ireland, the cute little island on the side. And because you have to take an additional plane, but it's like a 30-minute plane ride. And so it's, it feels so it's just very authentic. It's like, everyone's so lovely. The food is great. The scenery is amazing. There's a rainbow every day. Like it's just a happy place and you can just drive the whole island in whole country in three hours, coast to coast. And it's just like we just stayed for like a month and fell in love with it. Obviously, we got married there eventually. But it it's one of my favorites. southern Spain is just heavenly. And so affordable. Again, Ireland very affordable to, if you get out of any major city in Europe, like Paris, London, Rome, all these cities are still going to be equivalent to us prices. But if you get outside the cities, we're talking about accommodations for 50 \$60 a night. It's very, very affordable. And that's also where you're going to get the true cultural experience, which I'm all about, I want to meet the locals I want to eat with the locals, you know, all of that. So, I'm always about the small, tiny little cities, kind of getting out of the tourist zones. And but it all for me goes back to my like, first trip abroad when I backpacked, and I think Thailand just kind of shook my world at 22 years old. It was just like a culture, like overdrive in a good way. And that kind of just changed my whole tractor like What I wanted to do with my life was show this somehow to the world taken me a long time to get there, but eventually I did.

Michelle Hancock 20:09

Wow, I was going to ask how you kind of answered this already but travel how's it impacted your life? Did you feel like when you went backpacking you just changed as a person open your eyes?

Lindsay Myers 20:20

Oh, absolutely. And it's like, obviously there's a time and place for backpacking, you know, it was it was great for me at 22 but it's it. I mean, I'm from a small I'm from Hilton Head Island, South Carolina. And I just, you know, my world didn't really travel when I was growing up really. We did like couple road trips and stuff like that, but like I never gone abroad, and I just kind of exploded It was like my life had started at that point. Because it was just like I was experiencing just these cultures that had knew nothing about languages and I knew nothing about food I never tried. And that's the thing for me it was just like a light bulb. Went out inside of me because it was like, I want to know everything about all of that. And it definitely just changed me. And I truly think traveling, whether it's close to home or abroad makes us happier people overall anyways. We get outside of our comfort zones. It challenges us, it grounds us. We appreciate things more. I could not recommend it more. I'm doing a lot of these road trips series right now, because I want to show people again, it's not about going far, but we're doing to our trips here and our trip here. It's a whole different experience, but it's close to home and just start doing the little stuff first and then you can kind of build on that.

Michelle Hancock 21:41

I love that. I think that we get so busy in our everyday lives that sometimes it's hard for us to pause. To plan the trips and we think we have to do these extravagant trips, which you totally can. But like you said a road trip is a little bit more doable, especially for some of these moms that have small children or not a whole lot of time, I think it's still a great way to get out of your

everyday life and bond with your kids or your girlfriends. I just went on a girl's trip to Austin, which is only three hours from here, but it felt like a lifetime because I got to go away for a little bit and

Lindsay Myers 22:20

or, you know, just really hard. Yeah, we need to reconnect, we need to recharge, you have to step outside of your everyday grind every now and then because otherwise, we just get mixed up. And then you kind of lose yourself in this in a way to lose kind of what is bringing you back to being grounded and finding joy and all of that. that's great, though. I love that.

Michelle Hancock 22:41

Yeah, that's so true. And I feel like life just passes us by so quickly that if we don't if we don't do it now, I don't know. I mean, I always think oh, well, when I retire. I'm going to travel a lot. I maybe I will who knows where I'm going to be the I mean, hopefully I'm blessed to live that long. But you just don't know It's not guaranteed. I love your mission. And I love that you're giving resources and actual tips on how people can save money so they can make that possible. So where can we follow you to find out where you're going to next and all your other I want to learn more about this road trip series too?

Lindsay Myers 23:15

Yeah, we're about to unveil it. We've done like five or six now. We're heading to Ohio actually today. So obviously, all California, every state's amazing, like you just happen to your state. I mean, we were like by the beach in the morning, and the next day, no, we were surrounded by snow. And it was two hours, you know, Venice Beach do big bear. And that's like, the greatest thing ever. Like you literally can be in a different world and an hour a couple hour time period. But yeah, so I, my websites GetLostWithLindsay.com and also on all social media. We write about tips and tricks and I'm starting like a weekly thing with access Hollywood to like, everything from we're doing trends next week, but like actually how you can actually TVs, and even with your stuff in your own closet or purchasing a couple of things and everything like that. So we're kind of unrolling that soon. But I'm excited to share everything. Well, kudos

Michelle Hancock 24:11

to you for getting that coverage and that partnership with Access Hollywood. That is Huge.

Lindsay Myers 24:17

Yeah, it's exciting. And you know, I love your whole platform. It is all about trying to find our joy and living our best life. And that's what life is about, though.

Michelle Hancock 24:25

I agree. And I think modern-day women right now they want to do it all. But it's very challenging. There are so many distractions, and I love talking to women like yourself, who you've made a business out of your passion, and you're giving back to people and now look at you, you. You're on access Hollywood, and I'm sure that's just the first step for what's to come for you because you can tell with your passion in the way you talk. You know what you're

talking about. And I think people want this information. They want to learn more about how they can do what you're doing. So thank you for spending 20 minutes with us.

Lindsay Myers 24:57

Thank you so much for having me. I'm excited. Thank you.

Michelle Hancock 25:01

Well, you're welcome. if you want to learn more about Lindsey and her travels or her budgeting tips, you can go to her website GetLostWithLindsay.com. You can also head over to our Facebook page and our private community where I will share more of her tips and resources. And hopefully you'll join us over there so you can answer any questions that our listeners have. Because occasionally, somebody will be like, "Oh, I want to learn more about this, which as we grow, I hope that also grows". But thank you again and have a great rest of your week and I can't wait to see what you're going to be

Lindsay Myers 25:34

Thank you for having me.

Unknown Speaker 25:37

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