

**Unlock a Life of Freedom and Fulfillment with Alaska  
from The Tiny House Concierge**

**LESS  
HOUSE  
MORE  
MOOLA**

We help the tiny house community  
use their lower housing costs to  
build financial independence.

With Laura Lynch



Full Episode Transcript

With Your Host

Laura Lynch

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# Unlock a Life of Freedom and Fulfillment with Alaska from The Tiny House Concierge

Are you ready to break free from a conventional life and achieve financial independence through your version of tiny living, but you're feeling stuck trying to figure out the money part? Does the pressure to conform to societal norms make it even more difficult to embrace an unconventional lifestyle?

Well, you're in the right place.

I'm Laura Lynch, host of the Less House More Moola Podcast, where every Thursday, I'll bring you captivating interviews with individuals who have successfully made the transition to tiny living. They defied expectations and are thriving in their unique lives.

We'll also dive deep into industry resources to address common financial concerns on your tiny journey. Together, we'll explore the emotional and practical aspects of pursuing an alternative lifestyle. I'll describe a clear framework for project planning and cash flow management. Our goal is to intentionally build financial security and make a positive impact through our alternative American dream.

So, gear up for an exciting and empowering journey to create a life that truly resonates with you. Let's dive into today's episode and take the first steps towards financial independence and purpose through tiny living.

Laura Lynch: Alright, so with apologies for the torrential rain of my hurricane situation today. Welcome Alaska, the Tiny House Concierge, to *Less House More Moola*. I am super thrilled to talk to you today because you have such a great story that we are going to dig into. That gets to my heart of the money stuff. So, thanks for being here today.

Alaska: Yes, thank you so much for having me. I am unbelievably excited about not only your podcast, but your business and what you're doing, because the financial piece is such a pivotal piece of a tiny home journey. So, I'm so excited that you're out there and I am honored to be here.

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Laura Lynch: Well, thanks. I feel really excited about your story because you are doing some of the things that me and so many other people are aspiring to do, and that is building a life around what is most important to you.

And we're going to get to that in a second because I really honed in very quickly on your statement around your values, which is something I've talked about before. But please share with the listeners what was going on in your life at the time when you first got into a tiny house and how that became a thing for you.

Alaska: Sure. My journey to going tiny actually started about a year before I officially bought the house. And at that time, absolutely nothing in my life was working. Life was a mess. Life was a mess.

To paint you a picture, I had been in a relationship almost 10 years. I call it a marriage because I had a ring. We lived together. That was our understanding of each other. I was living in Orange County, California, where as you know, housing prices are very, very expensive.

I was living in an apartment with my then fiancé. My half of the rent took 56% of my take home pay. I was making about 15 bucks an hour working at a gym. And I wanted to be a writer. I wanted to live a beautiful life.

And in my mind, I had to write a New York Times bestseller, or I was going to be eternally paycheck to paycheck. And I was suffering in every direction from that stress, from that pressure.

My relationship was collapsing. I was unhappy at my job. I was going to work, coming home, crying, eating hot Cheetos and

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drinking. I mean, it was not cute. And it went on that way until it kind of exploded.

Laura Lynch: Yeah. So, on your website, you mentioned that you quit your life and you started over in your tiny house. Tell us what you mean by you quit your life.

Alaska: Yeah. So, I use that phrase because I think it's the fastest, most succinct way of explaining how decisively I acted and took it apart. We think our lives are so cemented. We think that they're permanent.

We go to work, we look at our house, our spouse, our job, and it feels, or at least it felt for me, I felt stuck. I wanted more. I wanted to keep growing and I couldn't figure out how.

And that pressure of repeating that same day over and over and over, and realizing it was a matter of time before I was in a lot of trouble. As soon as I needed a new car or broke a limb or needed a surgery or had a wedding or a good opportunity come my way that maybe cost money, I was done.

I was making it work, but just barely. And I was realizing that vulnerability and that in that process, I kind of snapped is the best way to put it. I knew I couldn't go on any longer. I knew something had to change.

And so, it was a matter of a few weeks, a month or two, somewhere in that range of time that I just quit everything. I quit my job. I ended my marriage. I walked away from my new real estate business. I put my stuff in storage. I moved to Alaska, back to Alaska and legal name also from there.

And I started over and completely from scratch. I needed a new everything. And there's more that happened after that that led

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me to a tiny house. But to answer your question, that's what I mean by quit my life, quit my job, my business, my marriage, my location, left my friends and started over with a clean slate.

Laura Lynch: Yeah, yeah. I did something similar, but it was different in that I was sort of hoisted out of my life at one point in my first marriage, when someone presents you with that paperwork, you get sort of hoisted out of all of your expectations and everything that you saw in your future.

And there's a difference there between someone making that decision for you and you making that decision. So, how did that feel for you to take that control and quit your life and each one of those parts of that, I'm sure that there was some grieving, but also some victory in that. So, share with us how that felt for you.

Alaska: Sure. It was both. It was both. Ending that relationship is absolutely the hardest thing I have ever done in my entire life. Taking the things off of the wall, packing them up is gut wrenching. I mean, I was not okay.

I'm still processing that. It's been three years. Yes, I was the one that made the decision, but I also didn't get there alone. And in a sense that person's life stayed the same in many ways, same apartment, same friends.

My life was completely upended and the chaos and the free fall that came after that has been scary, has been hard to navigate. I definitely don't recommend people go quitting their lives. The tiny house concierge did not say that, this is not advice. It's just what needed to happen in my specific situation. And I don't regret it. I absolutely don't regret it.

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I remember somebody telling me around that time, “Your new life is going to cost you your old one.” And that sentence has come back to me over and over and over again. Was it worth it? Absolutely. Was it painful? To the nth degree. I am still working through some of the trauma of a break that sudden and that extreme.

I think people, they see on Instagram, me in my tiny house, I'm happy. And that's true. It's also true that in the background, I have a personal life and that is a healing, that intensity of a shift is still happening.

I think it's starting to happen faster, and I can feel kind of my new life taking root on another level, which I'm really excited about. But yes, it was wonderful. It was painful. It was all the things.

Laura Lynch: Yeah, I appreciate that you bring that both/and together, because that's life. We can both feel completely destroyed and feel excited about the future, maybe a little bit of the same body. And that is just the craziest thing. And yet the beauty of the complexity of just being human.

So, you and I talked about before how that, when you were trying to figure out kind of financially wasn't working for you, and you referenced it earlier, you were just barely getting by. So, how did you go about sort of dissecting that and pulling that apart for yourself in order to figure out what was and what wasn't working for you from a financial perspective?

Alaska: It started one day because I was working in a gym and I was very, very good at selling product to people. I would remember everybody's name, I would remember what products they bought, and I could sell whey protein like nobody's business.

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And I sold this guy like three tubs of this giant whey protein. And he is stumbling out of the gym. And he comes back in, he manages to get his pinky and open the door and come back in to stick his head in and tell me, you ought to be selling real estate.

And I never thought about real estate until that moment. And I was like, you know what? He's right. And I thought about it a little bit more and I was like, well, that would be a higher price point thing I could sell, and it might provide a little more lifestyle flexibility and freedom and all those things that are deeply important to me and maybe kind of get me out of this, I have to write a New York Times bestseller or never retire pressure that I was feeling.

And I was like, alright, let's dive into real estate. So, I got a real estate license. I immediately start working in a multimillion dollar market. And I am realizing both the problem with the housing markets as I see it, and I'm bringing this up to my coworkers and to lenders and to anybody else in the industry. And they all kind of look at me like they don't know what I'm talking about.

And I'm starting to put together that as somebody who makes \$15 an hour, but has no debt, I'm actually more financially solvent than some of these people I'm selling multimillion dollar homes to.

And I am seeing the house as this central piece around which people are focusing their time, their money, their energy, and ultimately the direction of their lives.

I saw so many people who had a good chunk of change, one minute, go buy a house in southern California, furnish it on

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credit, buy a car on credit that looks nice in their new driveway, have a wedding, have a baby.

And I'm like, oh, the level of debt that people were taking on. I was starting to panic because I would be working with buyers and I'm not supposed to give financial advice, I'm a real estate agent, but I'm like, "Are you sure?" I would be asking buyers, "Are you sure you want to do this?"

And I'm supposed to be selling these homes. And I'm just like, "Oh, my God." But it challenged me to kind of turn the focus back on me. It wasn't my place necessarily to advise buyers in a financial capacity. But it gave me the information that I needed to take a really hard look at my own life.

And that sent me on a deep dive of examining my expenses and my housing and my life goals. And so, yeah, it was really real estate that brought housing life goals and expenses to my attention.

Laura Lynch: Yeah. And you mentioned to me the last time we spoke that you analyzed every little expense down to, I think you said, half a jar of mayonnaise to figure out kind of where you stood, which is a great sort of really in the weeds example of how people have to understand where they are today before kind of making a goal or a path forward. And all of us are money avoidant to some degree.

And so, actually looking at what we're spending our money on and really understanding kind of where that very important fuel is going is something that I feel like everyone would benefit so much from. And yet everybody sort of avoids it.

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We don't want to look at how we're spending our money, we're afraid of maybe the shame associated based on how we were brought up or what have you, but you just kind of really glared that in the face. And I think that's so brave.

Alaska: Brave. Well, thank you. That's really nice of you to say. And I also really love the term money avoidant. I'm going to have to remember that because you're right, you're right, we are.

And it was hard to see it, but I had gotten to the point where I was so desperate, I could not go on another day. And when you get to that level of I can't take it anymore, you're kind of willing to dive deeper and look yourself in the face in that way.

So, what that looked like for me, first thing I did is I got out a piece of paper and I wrote out a manifesto. I have never publicly shared that manifesto. Someday I will.

But to summarize it, for three minutes, I let go of all judgment about the things I wanted, and I just freeform wrote the absolute best, most beautiful life I could ever imagine if I didn't judge myself or feel guilty or whatever.

And I wrote down things like, I want to spend my day at home with my spouse on my own schedule. I want to ski in the middle of the work week. I want to have a beautiful house. I want to travel; I want to scuba dive.

And at the end, I'm sitting here and I'm looking at this piece of paper, and specifically I'm looking at scuba diving and this piece about moving to Bali. And the scuba diving, I'm like, I live in Southern California, I'm literally 10 minutes from the beach. I'm like, "What is stopping me from going out buying some used

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scuba gear on Craigslist or getting a job part-time teaching scuba or at a scuba facility and going scuba diving.”

There's nothing inherently stopping me from that. But as I look over the whole list as a whole, it keeps coming back to kind of time and money. I don't have time; I don't have money.

And I knew that in order to break myself into this new life, I was going to really have to get a handle on time and money. So, I wanted to see where my time and my money were going, which is what started this project.

So, the first thing I did is my partner at the time, he and I made a spreadsheet and for a year we tracked all of our expenses including cash down to the penny. We would meet every Friday. We would go through our Wells Fargo statements and assign every — it was like reverse budgeting.

We didn't have a budget and try to stick to it. We just spent, and then we applied it to a category to see where we were spending. And it was uncomfortable. It was awful to see how much money I was spending on alcohol or things that weren't fun, like parking or parking tickets.

Or it was also interesting to see how much was being spent on weird one-off situations like buying a pack of rubber bands because I needed one and I ended up with 500. Or Windex, and I'm like, won't vinegar work? Or the plumber I had to hire because I didn't know how to do this very simple thing that I realized in retrospect I could have YouTubed.

So, we looked at that, and from that piece, what I realized was that for all the other categories, housing was by far the biggest expense, that was over 50%. So, I realized if I could just wave a

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magic wand and make housing not an issue, then it would be the same as me getting a 56% raise at work, essentially. That was never going to happen.

So, what seemed more likely was to mitigate my housing in some way. So, I knew housing had to be a key piece, and then I tied the housing to the Bali trip because I was like, well, housing is cheaper in Bali if I live in Bali, but somehow have a remote job, could I make that work?

And there's more I could say on doing that ethically. But the purposes of this conversation, as I was doing the math, I realized that for the price to put our stuff in storage, get two round trip plane tickets to Bali, rent an apartment for three months and eat out every day, we were going to save \$3,000 by going to Bali than by us staying in California and me working.

It was cheaper for me to quit my job and go to Bali than it was for me to continue working and have our apartment. So, once I had those, I kind of worked that out. Then I moved over to stuff and time and the half jar of mayonnaise that just goes to show you like my sense of humor. I was mad, I wanted to know everything.

I knew that a half-eaten jar of mayonnaise probably wasn't going to amount to much, but I was pissed and I wanted to see it written down.

So, I started spreadsheet and I just put everything I possibly could into the category, and I did my best to remember how it came into my life, how much it cost to come into my life, and what the current resale value was. Because at that point I was just like, let's sell it all and move it all.

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And then with time I started just setting my timer on my phone in increments and writing down everything I did in that one hour or whatever, just to see how I was physically spending my time.

A lot of it was at work and a lot of it was recovering from work in ways that weren't productive. So, watching TV, again, hot Cheetos and drinking, doing mindless things because I didn't have the energy to do something more interesting.

Laura Lynch: Yeah, that's so interesting. I think that one of the key pieces of that is not necessarily the exact value that maybe you came to at the bottom of that spreadsheet of what your net worth of all of your stuff was. But the process of reframing, and I love that reframing around, if you could wave a wand on the housing thing, it would be like getting a 56% raise at work.

For most people, when you go through a mortgage application or whatever, they want to see you in the 30% range of your income spent on housing. And there are a lot of statistics out that now show that people are spending closer to 40. And I think that's even before taxes, insurance and maintenance are thrown into that equation, which really starts to push you up into 50.

For our listeners to imagine their life where they could get a 40% pay raise, that is a major reframing of the housing cost because it's just so habituated in our lives. Like we're so used to doing it, we don't even really think about it.

But that's huge. It does buy a lot of time and it does buy a lot more decision-making autonomy. Because when you don't have that pressure of that 50%, half of every workday, half of every work week, half of every work month is spent just on your roof.

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Then how can you retool your life to be in more alignment with what is most important to you and by the time you need in order to do things that are more meaningful than just getting your paycheck.

So, you mentioned to me earlier, and I keep referring our earlier conversation, which after we talked last time, I was like, we should have recorded that. But anyway, you mentioned to me that the two things that were really driving you forward were sort of leaning into simplicity and adventure.

And so, would you tell us kind of, when did you come to that realization that those things were important to you and how they informed your move into tiny living?

Alaska: Sure. Actually, I have to clarify something that happened. So, initially I would've said health, writing and adventure were kind of the three things that I was aiming to build around.

And when you and I were talking in that conversation, you said simplicity. And I opened my mouth to correct that, that simplicity was not an initial ... a goal of mine. But as soon as I did, I was like, I don't think that's true. I think she's right. Simplicity is one of my deep core values. I'm like, I value that so much.

Unstructured time and simplicity. I was like, I'm just not going to say anything. She's right.

So yes, simplicity is absolutely in there. So, you're asking how did I come to those core values?

Laura Lynch: Yes. Like when did you realize you had core values and how did you use them?

Alaska: Yeah. A large part of it was that manifesto. But I think looking back even further, I had moments where I was already starting

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to lean in that direction. I remember feeling very, very spiritually connected to summer vacation as a kid.

When that freedom, that feeling of limitlessness, that feeling of relief, of being able to follow your curiosity, of having time to sit, to enjoy. To me, I think there's a lot of people who look at that as shameful, for taking time off, not wanting to work, whatever.

To me that's the deepest possible gratitude. I think we are so lucky to get this opportunity to be here on this planet for this this event called life. And so, to work so hard, go so fast, have blinders on and go through it is to me devastating.

And I wanted, as a kid, and as a teenager, I wanted somehow to have that time and space in my adult life to feel that same feeling I got on summer vacation.

And I remember telling myself in middle school and in high school, I just have to get through school and then I will be free. Did I tell you the story about the career aptitude test?

Laura Lynch: No.

Alaska: Oh, okay. Can I add this here? Because I think this is relevant.

Laura Lynch: Yes.

Alaska: I'll make it a quick story. So, I was in high school, and they handed out in English class one period a career aptitude test. And remember I had been way in my mind as soon as school was over, that's when my free life could begin. That's when my time would belong to me.

And I'm looking at this career aptitude test and my soul absolutely goes through the floor because this is the moment

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that I realized ... and I don't know why it took me this long but that's the moment I realized that school is preparing me for a job.

And as soon as I get that job, forget free time, there's going to be no summer vacation at all. The work days are going to be longer than the school days. And I am going to spend most of my adult life indoors behind a desk working for someone else on their schedule in exchange for crappy health insurance, can we say that? Less than-

Laura Lynch: Yes, say whatever you want.

Alaska: Favorable health insurance and maybe not be able to retire anyway. And I was just devastated. And I had one thought that came to me, which was maybe I could live a really interesting life and tell people about it.

It was a single sentence came through my head. I didn't know what that meant. Anyway, I filled out the application. I was supposed to be a data systems analyst for an HR company, and I'm a tiny house company.

Laura Lynch: Yes. I love that. I too took one of those tests and I think we all have that revelation at some point in our life that, oh my gosh, this adulting thing that we were so excited about when we were in school is really not all that cool.

And so, then we start living for Fridays and then we get the sad Sundays or whatever the expression is now where everybody loses their entire Sunday to dreading Monday.

And basically, everybody is living a one day a week life. So, they're living — one seventh of their life is actually in some way tied to who they really are as people. And then Sunday they

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lose, because they're dreading Monday and then Monday through Friday they're just living for Friday night.

And it's astounding, because time just ticks on by, and life doesn't ever stop there and go, "Hey, you might want to be present and, in the moment, and figure out how to live a life that's true to you now.

Because by the time you retire, you have no guarantees about your health at that point anyway. And certainly, there is years and years between then and now where your mental health can be degraded through all of that time."

So, I just really appreciate the fact that you had that revelation so early and that you immediately had a vision of what you really wanted to live your life like. That one sentence, maybe I could live a life that was interesting, do you live that life now?

Alaska: I do. And I'm so excited about it. It's still evolving. I think I've started on this adventure. This very much feels like the beginning. I very much feel like my life started when I quit. The day that I quit, that's the day that I was born in many senses of the word.

And so, I still feel like a baby in this adventure. I'm like, oh my God, this is so much fun. I'm having the best time. I am grateful for it. But yeah, it's still shaping, it's still forming. I have to say ... I'm going to have to make myself a little cheat sheet of all these like little gems that you keep adding living one day a week gave me goosebumps.

Laura Lynch: So, you also proclaim on your website that you are a forever millennial and I am sitting on the other side in Gen X, but I definitely feel very close to millennial values and I wish

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that you would sort of talk about — you talk about the American dream on your website, talk about how you feel that the American dream does or doesn't align with your generation's values.

Alaska: Sure. I think the American dream largely was created and driven by companies, by production, by this idea that the graph each quarter after quarter, we should be trending, I don't know which direction looks upward for you, but upward.

And that's just impossible. You build anything too high; it starts to get unstable at the top. And I saw my mom who's a doctor, she was very successful, ran her own practice, just go, go, go. I mean, constant state of adrenaline, 30-year career and in this state of emergency at all times.

And did she do very well? Yes, she did. But when it came time for me to go, it was like she was coming in with this go energy. And I don't mean to suggest that she was a pushy parent. I think she absolutely did her best to not push us in the direction of medicine or something.

But she still had that frequency as a parent of like that, Bigger! Faster! Now! And I feel like my generation is like when an explosion happens, and you can't hear anything. I feel like that's how millennials arrived. It was like this bomb went off of production and technology and we're just sitting here and we're like, we can't hear anything.

Everybody ahead of us is motioning like this, like keep going. And we're just like — we're just like looking at these towers and we're like, nope, building that higher is not the answer. We need to start organizing on the ground. We need to start creating more stability at the base.

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And I think it's ironic, it's beautiful that the answer is do less. The answer is have more fun. The answer is go outside more. The answer is downshift and have more enjoyment, have more time together.

And those things take a certain amount of money. There's definitely financial considerations there, privileged considerations there. That's going to be easier for certain people than other people to make that transition. It's not always easy to just do less. Not everybody can do that or do that equally.

But it's also beautiful that the answer is quietness, is togetherness, is doing things for ourselves, is living a life that is more tangible and more saturated. And to go back to your question about values, that's one of the things that I really wanted in my tiny house lifestyle besides writing, health, and adventure, was that feeling of saturation. That feeling of a day well lived.

And all those things that I mentioned, well maybe specifically adventure and writing, I would say really give me that feeling of saturation. Like that day that lasts forever and makes me feel like my life was very long.

Instead of like, it's ... because you know how you have those days — some days feel really short, like they just blew by, and other days feel like they stretch on forever. Like you got like two years of life out of one day. And I like to help people figure out how to have that really, really, really long day.

Laura Lynch: That's beautiful. That gives me chills. Everybody is so focused on those experiences, and I've heard people talk about it as the perfect day. I've never heard it framed as a long day.

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And I do think that there are those days that just feel like I packed a few days into one day because maybe I got to move between different flow tasks that are really enjoyable to me. And when I got to move between those, I feel like I packed so much of myself, my passion, my flow into that one day. And so, it does seem to go on forever. That's a beautiful visual too.

So, when you think about kind of the American dream, which I've called things like two and a half kids, big house, big mortgage, corporate ladder, until you retire. How can we, within the tiny living community and those that are wanting to join this community, start to sort of change the expectation for people living today and for the next generations about what you're supposed to strive for?

Because I feel like that this is still so indoctrinated just in the air that we breathe, people just come out and they understand that they have to go to college, and they have to get a career and they have to buy a house and they have to get married and they have to have two and half kids.

So, how do we start to influence and say there are other ways to live, and you can pick your own priorities, and you can pick your own life. You don't have to follow this prescription because I do feel like it is still ingrained. Do you feel like it's not quite as ingrained in your generation? And what are your thoughts on that?

Alaska: I think people are starting to question it more. I think millennials seeing people in their mid-70s that cannot retire, not even close, still working. I think that's starting to wake us up and have us realize that, oh, this path that I've been promised, the end goal that I've been promised is not coming. I need to take

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things into my own hands. I think we're starting to wake up for sure.

I think when it comes to choosing values and goals and things that you want to build your life around, unfortunately, I think a lot of people are just moving so fast that they haven't gotten the opportunity to sit quietly and have a cup of coffee and think about it.

And for all the things that growing up a little more affluently has brought me, I would say, one of the most important things is that there were times in my life that I was an adult and did not have to immediately worry about my food, my shelter, my medical, I could sit for a period of time and just think about the world.

And I think a lot of people just don't get that opportunity. They got to go to work. Like you said, they're living one day a week, it's hurry up and relax. And so, they don't do that.

And so, I would say to the degree that you can, know that that's a thing, to the degree that you can please carve out some time, even if you have to set a timer on your phone and sit down for 30 minutes and look out the window, just do whatever you can to think what are the times in my life that I have felt the most alive? What are the times in my life where that day feels like the perfect day? What was happening, what was I doing? What did I have?

And I think what people are going to discover is actually wildly promising, which is that the things that gave them that sense of satisfaction were probably being together, great coffee, a book, going for a walk. Maybe it was hella skiing in Aspen with celebrities, but probably not in a lot of cases.

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It was probably being with family or kayaking or something, something so much more attainable. And once we realized that the things we want are not as crazy out of reach, we start to ask ourselves, okay, well what's standing in my way? And it's probably time and money.

And if it's time you're probably spending it at work. And if it's money, why don't you have money or enough money to do whatever you want? And it's probably because you are spending your money on housing and if you're at work for time, why are you going to work? To get money. Why do you need the money? To get housing.

It can be drawn back to housing; housing is the biggest power play you have in terms of changing direction. I like to tell people if housing is your biggest expense, that is your greatest opportunity to change your life.

Laura Lynch: Dang.

Alaska: Stop talking there for emphasis.

Laura Lynch: Yeah, that's it. And it's not just the expense too. It is the debt and the risk. So, when you were talking about those folks that you were helping when you are a realtor. When you leverage yourself that extensively, meaning that you're borrowing other people's money to create your lifestyle and that you owe those other people, the bank, the mortgage company, whomever.

Then you're at risk. You're how many paychecks away from being without a roof at all. And this is a real threat that I think that we forget about a little bit from the Great Recession

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because a lot of people lost their home during that time. And it's been a while.

And the reality is that's a huge risk to leverage yourself. And why do we get leveraged that way? Because it's so easy and the path to how to complete the paperwork and you get the lender, and all these people are supporting you on this journey to leveraging the heck out of yourself because they all get paid along the way.

And so, I think that the expense but also the risk. And so, having an opportunity to have your roof in a debt-free way, peels off that expense, but it also peels off that risk that can weigh so heavily on us and put us in a position where we could potentially be without a roof at all if something were to go bad in our lives. And I think that psychological weight is just really impactful, at least it has been to me.

So, you have been able to help people make this transition. You're the tiny house concierge, you help people make this transition, you put them in all the right directions, give them consulting to get on their way. What are some of the great, anonymous stories that you have of how people have changed their life financially and otherwise by making this change?

Alaska: Yes. Well, I think the biggest thing is very much in alignment with what you were just saying about debt and stress. The number one reason people come to me is because they want more affordable lives and in many cases debt-free lives.

Their number two reason is always simplicity. Financial freedom or freedom from the financial debt load and stress burden is a hundred percent reason number one across the board.

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I think people don't fully understand the level of stress and anxiety that being in debt causes them or not owning their roof causes them.

When you own a tiny home, that is a structure that you own and that gives, I think people a lot of peace of mind. And so, I see a lot of tiny homeowners and I think the data as far as tiny home statistics and data for anything in the tiny home industry at this stage, I think is wildly rough.

A lot of us are not reporting information because we've been living under the radar. So, I think it'll be a while longer before we can get any valuable stats. But I say very quickly I see people being struck by tiny house magic. I think that's the best way to say it.

I can see weight lifted; I can see their heart opening up. I can see their interests coming back. I can see their joy, the color coming back into their faces, their sense of pride, of ownership, of feeling safe, of feeling in control.

And that happens from many different aspects. It happens from owning the structure. It happens from not bleeding out in rent anymore. It happens because it's a level of debt that they feel like they could conceivably pay off in a reasonable amount of time.

It happens simply because of the size of the structure. It happens because the level of chaos and consumerism must stop, the house now puts boundaries where before there were not boundaries.

It happens because with the small space, I have a lot of people and myself included, it feels safe. We feel cozy and cared for.

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And I think a lot of people are like, don't you want a bigger house?

I'm like, no. Have you ever read a book and lit a candle in here? I'm never leaving. It's like a hermit crab shell. And so, yeah, I would say the stress level and the revival of joy are probably the biggest markers.

Laura Lynch: Amazing. I hope that folks out there listening to this episode will sort of aspire a little bit more and take a little step further down the journey because certainly all the things that we talked about, the reduced stress, coming back to joy, finding more time in your life, connecting with what's most important to you, your values, community which I've talked with a lot of guests about, all these things adding up to just wellness for yourself.

Alaska: Absolutely, yep. Wellness on a very holistic level.

Laura Lynch: So, before we wrap up Alaska, please share with the listeners where they can find you and what you're doing and all the things.

Alaska: Sure. Well, I can be found at [www.tinyhouseconcierge.com](http://www.tinyhouseconcierge.com). If you just google Alaska Tiny House Concierge, you'll probably find me.

I help people navigate the process of going tiny. So, if you're interested in tiny living and you're like, I don't know where to start, I'm overwhelmed. I don't want to get scammed, or what about insurance? Or where do I find financing?

You feel overwhelmed by the process of figuring it all out. I use my real estate background and my experience of having done

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this before myself to help you hear out your vision, and then point you in the right direction.

So, I do ... minute consultation to see if I'm actually going to be a good fit for your situation, and I offer an hour-long consultation, or if you just want to build a recommendation, I can just give you that and send you on your way.

So, my ultimate goal is for people to have that depth of life and that joy and that saturation. But I understand that people don't have the luxury of getting there until we handle the logistical details. So, I am a tiny house help desk help. I help people go tiny.

Laura Lynch:     Awesome. Well, I really appreciate you being here and sharing your story and your perspective and your motivation for others. So, Alaska, thank you for being here today. It was so great talking to you.

Alaska:     Laura, this was the best. Thank you so much for having me. This was great.

Well, that's it for today's episode of Less House More Moola. To access valuable financial tips and resources tailored to your tiny living journey, join our exclusive community at [thetinyhouseadviser.com](https://thetinyhouseadviser.com).

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So, don't miss out on the opportunity to be part of this empowering tribe. Be sure to tune in next Thursday for another insightful episode of Less House More Moola, where we'll continue to explore practical solutions and inspiring stories to help you create the life you've always dreamed of.

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