

Show Notes- Life Like Jake - Jake Thomas

We welcome to class as our teacher, Jake Thomas, founder of Life Like Jake

Guest introduction:

- Jake is originally from New Orleans, and has a passion for personal service that stems from being a United States Marine.
- He is the founder and CEO of Life Like Jake where he derives the ultimate satisfaction of serving others and helping them achieve the goals of health, happiness and wealth.
- We follow one another on social media which is where we met over a particular post of Jake's that was incredibly raw and transparent. It created a connection and that is what lead to my desire to have him as a guest to share his journey.

Welcome Jake

- I believe our paths crossed from each of us acknowledging some transparency on social media. Because I too have walked quite a journey that involved breaking down and building up in every area of my life, I was drawn to your story. Soo, I would like to start there.
- As I was in similar circumstances, I would imagine that many people around you and you yourself thought how you were living was kind of a status of success and an acceptable way to "enjoy" life. You served your country, you had financial and professional success, you

deserve to live as you choose. You don't have to share anything you don't wish to, but can you tell the part of your story that lead up to you choosing to remove and replace that lifestyle?

- What was your rock bottom moment and what made you see the light?
- What were your first steps like?
- When did the recovery and thriving begin?

Jakes Nugget

- “Shut the f*ck up and listen more”

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

#itsthejourney

#oldschoolwithmichelevrabel

#lifelikejake

#physical

#mental

#emotional

#spiritual

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