

Ep #4: Committing, No Matter What



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With Your Host

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Ep #4: Committing, No Matter What

Hi girl, welcome to *Soul CEO*; a podcast for women who know they're destined for more. I'm Lindsey Mango and I'm going to show you that you can have it all and teach you how to get it by becoming the CEO of your soul, life, and business. Let's get started.

Hello, how are you guys? I hope you are having a wonderful week and I hope your day has been as good as mine. It's a Friday when I'm recording this. I know this will come out on a Wednesday, but I typically try not to work on Fridays. Or if I do, it's all by choice – I mean, in reality, it's all by choice. I love what I do, but I really just try to create and enjoy my time and space. And today has definitely been that.

It started with breakfast with my best friend to celebrate her birthday and then we went on to go to the new Omni Hotel in Louisville, which is absolutely stunning, and the spa that just opened last Wednesday. So we had a spa day and it was un-freaking-believable, I must say. So I am all zenned out and I am pumped about recording this today.

So I'm just going to jump right in. I want to talk about commitment. And I'm not just talking about how we usually throw around the word commitment; I'm talking about the highest level of commitment. And I've realized this is what separates the people who create and get what they want in life and the people that don't.

And there's no judgment about commitment and where your commitment is, but just like anything else, our awareness and our ability to see our level of commitment gives us an opportunity to make a change. So there's no judgment – pure love. This is coming from the most loving place, but I want to talk about committing, no matter what because I believe that the reason why I have been so successful so quickly and why I get what I really, really

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want in life and attract it and create it is because I'm committed, no matter what.

So I want to talk about what that looks like and give you guys an opportunity and kind of a funny example of how you could potentially apply it to your life or look at it from a different perspective to see what it would be like to commit to something, no matter what. Because I will tell you, what happens with most people is we commit to something if it feels good or if it works out or makes sense financially, time-wise, whatever it is.

And while that is totally normal, that is not going to get you the results that you want in your life or business or relationship or whatever it is. So when we commit, no matter what, we ultimately commit and then handle the obstacles that show up along the way. So here is the example that's going to be kind of funny because I will tell you guys, I am not a mom. But I have talked to some of my clients and I can only imagine what it will be like to be a mom and I have this basic understanding, I guess you could say, from people that I know that have had babies and just from what I envision it is like when you become a first-time mom.

So I was thinking about this concept of committing, no matter what, and then I was thinking about moms. I was thinking about what it was like when anyone had their first kid and what it will be like when I have my first kid. Hopefully I don't freak my boyfriend out. Don't worry, guys. I don't want to have kids for like another ten years. No I'm just kidding, but seriously.

But I was thinking about how when someone is bringing their first kid into the world, how everyone always talks about how they obviously have never been a mom and they don't know what it's like to be a mom, other than their own experience of maybe their own mom or their own parent. And I was thinking about how they all say, even though I maybe got tips from my mom or maybe I didn't, I had no idea how to be a mom, right, because they'd never been a mom.

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And I think about what it will be like for me, like, I've never been a mom. I can only imagine how many questions are going to pop up when I do have kids of my own. But what I realized was, once you're pregnant, right, and you are going to have a baby, there's so much uncertainty. There's so many things that you've never dealt with.

Their entire lives are basically going to be, like I would guess, an experiment of trying to figure out the best way to raise them. I think it's such an interesting perspective to look at our parents. And this is something that I've gotten to realize the older I've gotten is that parents just do the best that they can, right. Like, my parents were amazing,

They taught me so much and so many of the foundational things that got me to this level, but I realize that parents are human beings. I think when we're young, we think our parents are like superheroes and somehow, they have a manual of how to be a parent and they know exactly what to do or they don't struggle with things of their own. But then you grow up and you realize, like, wow, my mom probably had kids by the time she was my age, or close to it. And a lot of people have kids – I'm 29, so a lot of people have had kids by the time they were my age.

And so I think about how they are just human beings literally doing the best that they can and navigating and trying to figure it out and trial and error, figuring out how it works and how they want to raise their kids. And what I realized is that when somebody goes to have a baby – when a woman goes to have a baby – again, for the first time – maybe it's a little bit different on the second time – they have so much uncertainty. There's so many unknowns.

Every single thing that's going to happen in that first child's life is going to be the first time they have ever experienced it, right. So there is a bazillion things that are going to happen that they don't know what to do; that they have to figure out. But here's where I will connect the dots for you guys.

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When someone has a baby – when they have a baby in their stomach – and they know that after nine months this baby is coming out – like I’m going to have to have the baby – I’ve realized that every mom who takes ownership and who is going to have this baby figures it out.

Maybe they weren’t perfect. Some of you guys might be listening and be like, “Oh my mom’s not perfect.” My mom is amazing and I’m so grateful for her. And I think it’s really cool to think about that they really are doing the best they can with what they have. So whatever your circumstance or situation was, it can be such a cool place or compassionate place to be but think about it.

If you’re committed, no matter what, like if you have a kid, if you are committed to figuring it out, right, like you don’t really have another choice – the baby is coming, you’re going to have to figure out how to be a mom, you figure it out, right. You’re committed.

So every time a roadblock shows up, every time a speed-bump comes up, every time something happens for the first time when you’re a mom, we typically – I would guess, again this is not from experience but this is just my basic understanding – that most people just say, “Okay, so this is the first time this has happened. I have to research. I have to ask someone. I have to figure it out. I have to do work. I have to try something and see if it works and then learn from it and grow from it and try it again, right.” And say, “Oh that really didn’t work to take my kid’s binky away, so I’m going to try something different.” Or, “Oh my gosh, this way of filling up this bottle did not work so let me try something different or let me ask my mom or let me take some sort of action,” right.

So if you think about it, the mom – if you’re a mom, or anybody who can understand this concept – you are committed to figuring it out, right. You don’t just, all of a sudden, sit back on your couch and be like, “Well to hell with this. I don’t know what’s happening and I don’t know what I’m doing

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and so I guess I'll just hang back on the couch here and just say okay, whoops, this isn't working." We don't do that.

Moms turn into amazing moms by showing up every day, by doing the things that they think are best for their kids and trying over and over and over again and they're committed to figuring it out.

So I think what's so powerful about this is – think about it, right. Even though not every single mom is perfect or amazing, they're human beings, they figure it out. They do the best they can and we all ended up – we're all here, right, we're all alive and we all have our own responsibility to do our own work on our mindset, even if our moms weren't perfect or our parents weren't perfect. And they figured it out, right.

They figured out how to feed us. They figured out how to change our diapers. They figured out all the things, how to get us in school – all of it. So here is what I want to offer you. There is a difference between committing to something when it feels good or once you figure out what to do or how to do it, or there's committing, no matter what. And when you commit, no matter what, you find a way around the obstacles, no matter what.

And I was thinking, what if we could compare that to any business, any journey that we're on in our lives, whether that's committing to have a coach, whether that's committing to anything in your life, what if you committed no matter what? What if you decided, I'm going all in and I'm giving myself no option to fail?

And what I mean by fail is not try or totally just give up. Because failure's a part of that journey and I'm sure we'll get to that in another podcast. But what I mean is what if you just decided, you are going to be committed and you're going to figure it out throughout the entire process; for every speed-bump, for every time the universe hands you the opportunity to say, "I don't

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have the money, I don't have the time, I don't have the resources." Whatever it is, to say I have no option. I'm giving myself no option to back out of this commitment, and then figuring it out.

Most of us, what we want to do, especially when it comes to our dream life or our mindset shifts or our business or whatever it is, the things that are optional and the things that are going to add a lot of value to our life that really aren't created in a space where we don't have an option, right – it's optional to live your best life. I would beg to differ in that I hope you would make it not an option, but it's optional. So it makes it easy for us to back out when something goes wrong, when something happens when we say we don't know what to do next.

So I just wanted to offer you guys the opportunity to commit to whatever journey you're on, no matter what. Commit to it like it's a baby on the way. Commit to it like you have no other option because when you do that, you find a way. And if we commit only when it feels good – if we commit only when it makes sense, when we have the money, when we have the time, when we have the resources, we will never have the life that we want. We will never have the business, the growth, the things that we desire because – think about it.

I'm sure there's tons of moms out there. If I told you, you have to wait until you're prepped and ready to be a mom. Like you have to practice, you have to do all these things before you have a kid. You have to make sure you're 100% ready before you decide to have this baby, then you get to hit the go button. Nobody would have kids, I would guess because we're never really ready for that type of commitment.

I feel like in business and life and our transformation, we're never ready, quote en quote for that. We have to be committed, no matter what. And I believe this is the thing that has allowed me to create what I have because I just decided that I am going to have my dream life. So when I made giant

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investments in my business and things went wrong and people thought I was crazy, I decided to figure out a way to pay for it. I decided to stay committed and move past the triggers and grow through it instead of quitting.

So what in your life could you commit to, no matter what? What kind of relief or what kind of peace would it bring you to be committed to whatever journey you're on, no matter what?

Then, you just have to figure it out as you go. This is honestly one of the most powerful things about coaching, for me as a coach, in terms of having people commit and pay money and be enrolled in something for an extended period of time. Like a lot of my programs are long-term because it's easy to get excited about something and stay committed. The hard part is when things get tough or shit hits the fan, pardon my language, and then we have to figure it out. And then we have to move through it and grow through it.

So that's a part of the transformation and keeping people committed for a really long period of time. And I just want to ask you what your life would look like if you committed to that journey, no matter what; if you decided you're going all in and tied yourself to it and gave yourself no other option.

Like, you're a mom having a baby and you have no other option but to figure out how to be a mom because you're going to mess up, you're going to have roadblocks, you're going to have detours, you're going to go the wrong direction, but you're going to figure it out at some point. And that is the power of being committed, no matter what.

So, what could you commit to in your life, no matter what? And what things would you be forced to move through and grow through if you had that type of commitment? That is what I want you to do. That is what will change your life.

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I'm so excited you're here. Thank you for entertaining my guess at what it's like to be a mom. And I hope for those of you moms, you related to that. I would guess that you did. Don't forget, if you want a chance to be on my bonus episode and coached live, go to my website, lindseymangocoaching.com/itunes for instructions on how to enter and I cannot wait to talk to you guys next week.

Thank you so much for joining me for today's episode of *Soul CEO*. If you want to go even deeper into how to create a vision of the life you really want, how to become the woman in that vision and how to deal with the roadblocks we all face along the way, head over to lindseymangocoaching.com to get your free training of my High-Vibe Formula.