

Ep #17: I Wish I Was Already There...



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With Your Host

Lindsey Mango

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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 all? I am so happy to be here talking to you guys, over your - maybe your car speakers, maybe your headphones while you're working out, whatever you're doing, keep going.

I'm just so pumped to bring you guys this episode and it's so fun to think about when it goes live, my boyfriend, Chris and I will actually be arriving in France. So I'm super excited. I cannot wait to be there. I have never been to Europe so I have obviously never been to France. We are starting at the south of France and then heading to Paris for like, nine days. So I cannot freaking wait.

But just because I'm traveling doesn't mean that the show can't go on, so I am making sure that I record all of my episodes before we head out so you guys can keep getting the truth bombs and the info that you need to keep fueling your mind and growing the way that you guys want to grow. And I've got so many awesome topics that I've been just chomping at the bit to share with you.

So I'm so excited to be here and I cannot wait to jump into today's topic because it is something that so many just human beings in general and entrepreneurs struggle with and deal with. And what it is is wanting things to go faster than they actually are, right?

So everybody listening, can you nod your head when I say do you think, "Ugh, if I could just get to that business goal like, faster, I wish it was already here," or, "I wish I just could quit my job already," or, "I wish that my kids were a little bit older, things would be so much easier," or whatever it

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is. Like, in some area of your life, are you wishing things would go faster than they are?

If you're nodding your head yes, this episode is for you and if you're not doing that, then good for you, that's amazing, I still think that this episode will be super impactful for you as well. So I want to talk about why this is so important to work on because really what it is is resisting our current life and our current reality, whatever it is, wherever you are, right?

And I thought this was the perfect time to put this episode out because while I'm traveling to France, this is the time of my life that I always envisioned being in. And I'm super grateful, but what I recognize is that if I don't actively practice the work that I'm going to teach you guys today, I will always be wanting to be fast forwarding to the next thing, right?

I just think like, "Oh, when this next business launches over, then I'm going to be able to feel joy and relax and not be so stressed or overwhelmed." Or, "Once this thing happens, then things will be easier or better," whatever it is. And here's the reality is that there might always be things that are a little bit out of whack in our life, but we have to choose to find gratitude through the process, and we have to choose to enjoy the moment. Because otherwise, what happens is we wish our life away and we wish our entire journey of building our business away, and that is actually going to be some of the most fond memories that you have throughout your entire process.

So I want to paint you guys a picture. I want you to think about when you were like, in junior high, right? Do you remember how badly you wanted to get to high school? How excited you were? How you thought, "When I get a little bit older and I have some more freedom and I don't have so many rules," I don't know about you guys, but I had a lot of rules. My parents were a little bit strict, but I'm grateful for that now.

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But yeah, I can't wait to get to high school, and then I get my license, and life's going to be just so much better, right? And then you get to high school and you've got all this homework and all this stuff - at least I had a lot of homework, and then you're thinking, "Ugh, when I get to college it's going to be so much better," right? "I'm going to have more free time, I don't have to live at home with my parents watching my every move, I will have so many fun things to do," et cetera, et cetera, et cetera, right?

Then you get to college and you can't wait to graduate. You're thinking, "Oh my gosh, I will never have to study again, I will never have to take another test. Like, I just cannot wait to get out into the real world and get my career started and start making money," and all the things, right? Then you get out and you get your job, then you can't wait to get married and then you rush that process and then you have kids, then you can't wait until they grow up, and they, you know, are a little bit older and can take care of themselves, and then you can't wait until you have a little bit more free time. Maybe they go to college.

But here is what I'm getting at. Look what happens. You wish your life away, right? And then what happens is when you look back at it, you actually romanticize it, right? You think, "Ugh, high school," at least for me. High school was really enjoyable for me. So, "Ugh, high school, those were the days. What I would give to go back and just experience that." Or, you look through rose-colored glasses for the most part. You're like, "Ugh, that was pretty amazing. What a fun time in my life. That would be fun to go back to that."

Or, like for me now, I remember specifically a call with my coach where she was like, you are going to look back on this building phase of your business so fondly, with so much gratitude, so much pride, and just like, remember those days when I was grinding it out and building my business? Like, those were the days. And yet, in the moment, I was wishing them away.

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So here is the magic in all of this. If you always want things to go faster, you will always want them to go faster. I know some of you guys think, "Yeah, but if this could just go a little faster than I could get there, then I really would be grateful and I'd really appreciate it." But here's the thing is if you take the same brain and you put it in a new situation without growing the mindset and changing the mindset, your brain will recreate the same problems.

I can tell you guys from experience. I always thought, "When I leave my job, I'm going to have all this time, I'm going to do all these things, it's going to be amazing," and unless I worked on creating them as habits and making decisions to do these things when I was even working at my job, I still have trouble doing it now because my time is filled with amazing business stuff and doing podcast episodes like this, and all of the things.

But here is the reality is if you cannot find gratitude for your process right now wherever you are, it does not matter where you end up. You will always continue to do that. So how do you shift this perspective? There's two main things. Gratitude and romanticizing the process while you're in it. And I'll dig into both of these things.

So I always talk about gratitude, I talk about the importance of it, but gratitude is literally the remedy for so many things because think about it: if you could find gratitude for every single moment that you're in, for every single piece and part of your path, how would you feel?

It would change your state completely. I'll give you guys an example of this. If I told you, you were going to get a massage at this beautiful spa every week for the rest of your life, at first, you'd be so grateful. You'd be like, "Oh my gosh, this is the most amazing thing ever, I feel so grateful, it's so awesome." You would soak up every single moment, right?

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But guess what would happen after six months if you don't practice gratitude? It would become the new norm. You'd be like, "Oh yeah, I'm going to my massage this week." How I know that is do you experience gratitude when you have food to eat for dinner? Do you experience gratitude when you walk into your home, apartment, place that you got and you love when you first got it? It's because you have to actively work on your gratitude.

And that is what will allow you to stop trying to hit the fast-forward button in your business or in your life because if you can find gratitude for every single moment, you're pulling yourself back to the present moment and enjoying it for what it is no matter where you are. Think about it.

So I want you guys to take a second. Wherever you are in your life, in your business, what is the thing that you're trying to hit the fast-forward button on? And how can you find gratitude for that thing in your life right now? Even if it's challenging, right? Like, let's take for example, you are trying to build your business, you're working a corporate job and you're just running around like a crazy woman, right? And you're like, how can I find gratitude for this moment?

Can you find gratitude in the fact that you have a job? That you're choosing to show up at it so that you could fund and invest in building your business and put food on the table for yourself? Couldn't you find gratitude for the fact that you've found a business that you really feel passionate about that you want to build into something more?

Think about how being in that state of mind will change the way you feel and show up in your life and business. And that is what is so, so powerful and so important. So number one. If you're trying to hit the fast-forward button, find gratitude for where you are. Look for it everywhere.

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I used to. I don't do this anymore but I still actively work on finding gratitude in everything. I used to write down 10 things I was grateful for every day because I knew that if I didn't actively work to do that, my brain would constantly be paying attention to what's next and how fast can I get there. And again, eventually you wish your entire life away and then you look back and you wish you had it back. So experience it now. Find gratitude for it now.

Now, here's the second piece is have you ever been on a family vacation that while you were on it it was like, kind of stressful, like the cab took forever - I don't even know if people use cabs anymore. Like, the taxi took forever, getting your rental car took forever, and everybody was sitting outside and they were sweating and they were hot and they were hungry, and all the things, right? Then there were things that popped up throughout the vacation that were - caused challenge and frustrations and all that, but a year later - have you ever looked back on your vacation and you're like, "Oh my god, that was the most amazing vacation ever. It was so great. Like, ugh, I wish we were back there, it was so fun."

Here's what's happening: you're looking through rose-colored glasses, which is really great. Like, you're kind of romanticizing the trip. But here's the thing: you have access to that right now, wherever you are. So number two, the second piece of this work is to ask yourself, how can I romanticize this process now? How will I look back on this moment in my life and think fondly of it? Like, what thoughts will I actually have about it? And how can I choose to access those thoughts now?

So I'll give you guys an example of this. When I was building my business and I was running around like a crazy woman, I remember when I was doing this exact work because I was trying to hit the fast-forward button, I'm like, "I already want to be there, I already want to quit my corporate job, I want all the clients, all the things," right? And I remember thinking, how can I romanticize this process right now? And I remember thinking, in the future

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when I have all the things that I really, really want, what I'm trying to fast forward to, I will look back and I will think, "Oh my gosh, that was such a fun phase of my business."

It was hard, it was challenging, but it makes me appreciate the life that I have so much and the freedom that I have. It makes me feel so proud of the work that I put in. And it was fun to think like, I kind of created this little story in my head. I'm like, I'm part of the girl boss club. Like, I'm a part of the club where you work hard and you build your business, and you're kind of grinding it out, which you really don't have to grind it out all the time, but that's what I was doing. But I'm like, that's so cool, I'm part of the club, I'm going to look back and be like, remember those days when I was building my business and going to be corporate job and getting up early, like, fondly.

I would think about that fondly. So I chose in the moment to feel that way about my life at that time. That is something that you can do for yourself and your current life, no matter where you are. So, so powerful. So I want you guys to know. If you're hitting the fast-forward button on your life, if you're so excited and just impatient to reach your goals, you're effecting the vibe that you could show up in, right?

Like, think about what that attracts. We attract what we are. If you're showing up as impatient, can't wait for the next thing, can't wait for the next goal, why would you be delivered with the opportunity to get there if you know you're just going to be ungrateful for it then and be hoping for something else?

It's about practicing it now. So hit pause. While you're so busy wishing things were like, moving forward faster, you're missing your life. You're missing all the pieces that you could be enjoying about the process. So find gratitude and look at your life through rose-colored glasses and experience it that way.

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So powerful. So I love you guys, I hope you have a beautiful day. Make sure to follow me. We are going to France, or we're going to be in France when you guys are hearing this, so reach out to me, tell me what we should do, and make sure that if you want to join my secret France list to get some secret videos and some behind the scenes stuff, go to click the link in the show notes or on my website.

So I'm so excited you are here, I would love to hear your feedback, and I hope you have a beautiful day. Thanks!

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/high-vibe-formula to get your free training of my High-Vibe Formula.