

Ep #19: What if You Had a Roadmap to Your Dream Life?



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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? It's another Wednesday, I am so excited to be here. We just got back from France a couple days ago. I recorded these episodes quite a while before we left because I want to make sure that I'm on it and I'm giving you guys the goods. So I'm excited to be here, I'm sure I am happy to be home and just had the most amazing trip to France, and I just cannot wait to get back to work, right?

Like, I hope you guys all do something that you love that much that even when you're on vacation, even when you really take time off and unplug just like I did when I was in France - maybe not unplug because I definitely kept you guys aware of what was going on and shared all of it, but I'm talking like business plugged in. I hope you guys all create things that you feel so passionately about that even when you're unplugged from it that you crave to get back to it and you're excited to get back to it because that's how I feel and that is something that I want all of my Soul CEOs to feel about their lives and about their businesses.

So I'm excited to be back and I, like always, am super pumped to talk about today's episode. And it's actually something that kind of came from last week's episode when I talked about the thought that is getting in the way of you getting what you want in your life and the realization that I had from that, and then that turned into another level of growth for me. And that's what we're going to talk about today.

So on last week's episode, I talked about how one of the thoughts I had that gets in the way of my next level is thinking that I know best, thinking that I need to focus on the business things in order to get to the next level, and realizing that sometimes I'm being called in a different direction like

[Soul CEO](#) with Lindsey Mango

Ep #19: What if You Had a Roadmap to Your Dream Life?

balancing out my self-care or working on my mindset in my friendships or relationships or whatever it is, working on my health, and my mind wants to tell me, no, you don't have time to focus on these things, you have to focus on your business if you want to get it to a million dollars. When in reality, if I trusted and knew that I was going to create the life and the business and the million-dollar goal that I desired, then I would focus on these things. I would funnel my attention to the places that I was being called to work on.

So here is what I realized from all of that. So often we wish that we had this perfect roadmap or this perfect plan to our dream life. Like, I think so many people would be so excited if I was like, I have the perfect map to the goal you're trying to get. Like, literally, step-by-step-by-step, you have to do this process and there you go, you'll get there if you just follow all these things.

But here's the reality is that it looks different for everybody and really at the foundation of it is our thoughts about it, right? Like, if you take uninspired action or even if you followed a perfect roadmap but you weren't in the right mindset or mind space or in the right vibe and energy to create the result, then the result still won't come.

And this is something that I teach over and over again. Our vibe attracts our tribe. How we show up attracts the things that we create and receive in our lives. And so here is the reality and this is why this podcast, yes, is focused on Soul CEOs and business and growing something that you're passionate about, but it's also focused on life and why I continue to be a life and business coach is because anything that's going wrong in our life or is out of balance is going to affect how we show up to our business.

Like, one of my favorite quotes is, "You don't have business problems. You have life problems that show up in your business," and that is the hardcore truth. And that is something that's super important about the clients that I work with that we see that this isn't just about business. This is about everything, and if your relationship, your health, your friendships, your free

Ep #19: What if You Had a Roadmap to Your Dream Life?

time, whatever it is is out of whack, you are not going to be able to show up in the energy and at the level you could in your business, and that is what is going to create exponential results.

So here is the thing is what I realized when I was going through that process that I shared with you guys last week was that I sometimes force myself to work on my business or believe that I have to work on my business in order to get to that end goal. The reality is that I am actually getting signs all day long, all week long from my perfect path to where I'm trying to go. And the work is in listening to them and deciding and receiving and surrendering to what's showing up for you to know that that is the path, right?

It feels very counterintuitive to say I have to work on my relationship in order to get my business or career success to move forward, but it really is the case because like I said, our vibe and our energy, how we show up is at a certain vibration out in the universe, and we attract like, vibration. So if you think about where you're ultimately wanting to go, you have to be at a certain level in order to attract the things that you want.

And if your relationship, if your health, if all of these things are out of whack, it's going to bring your vibe down. It doesn't matter how much you try to ignore it, it doesn't matter how much you try to sweep it under the rug, it is impacting how you're showing up.

So I say all this to say what if the universe is actually - or God, whatever you choose to believe, is actually giving us the perfect path to our dream life? And it's showing us that by giving us triggers, frustrations, places where we feel stressed or places where we feel like we're stretching ourselves all along the way, no matter where they are in our life and business to show us this is where we need to funnel our mindset work next in order to get to the next level.

Ep #19: What if You Had a Roadmap to Your Dream Life?

And we just have to listen, right? I'm sure I have some control freaks out there just like me. Sometimes I like to decide that I know best and I know what I need to do, right? But what if you just surrendered and decided that every single piece of your process and every single place that you feel pulled to work on in your life and in your business is the roadmap, is the perfect path to your dream life? Because think about it: if my relationship, which, it's amazing, but if my relationship is struggling and it's holding my vibration down even if I am trying to work towards a million dollars, if that is getting in the way, if that's weighing on my mind, it's impacting how I show up.

So the work is to do just as much work there as in my business, and just as much work on my mindset there as I do in my business. Not picking and choosing what I decide I need to focus on. Being open to where I am being pulled to work on, where I know I need to work on.

So where in your life do you feel pulled to work on something? Do you feel like you're being triggered or just feel negative about and you're not doing the work, you're ignoring it because you're just trying so hard to focus on this one goal, this one thing that you want that you're just putting it under the rug? What if I told you that your dream life, your dream desires, what you ultimately want is on the other side of doing the work there? Wouldn't you show up to do it? Well, of course.

And I have actual evidence of this. There was a time in my life where I was in a different relationship and I was growing in it and I was doing my own work on myself within the relationship, and all of a sudden, I realized that the relationship I was in just wasn't the dream relationship that I really wanted, and I ended it. And guess what happened? My business exploded.

And here's the thing: it wasn't something that I shared a ton about or that I was actively putting out there like in my business, it was just something that shifted in my energetic vibe because I was allowing something that was

Ep #19: What if You Had a Roadmap to Your Dream Life?

less than what I really wanted in my life. And when I made that decision, it propelled me forward in an insane way. Like, I had no idea I was even going to be close to leaving my job. From that point forward, my vibe shifted so drastically, I had decided I was worthy of something more that I attracted like, eight clients and I was able to leave my job like, a month and a half later.

I have also had clients who are stepping up, showing up big time in their businesses. I even had a client once who wanted to invest a huge sum of money to go to the next level but we had coached on and knew that she was allowing something less in her personal relationship than what she really truly deeply knew she deserved and wanted. And what I told her was this: it's amazing, I believe like, going all in and doing all these things is so important, but deciding where you're worthy in your business and you're not worthy in your life isn't going to matter.

Like, that investment, if you're allowing something and you know it deeply, less than what you know you're worthy of, this investment isn't going to pay off to the level that it could. You have to do your own work first. You have to clean up your own side of the street first.

So I think it's so important and can feel so relieving to just release the need to know and decide where you think you should go next and be open to the fact that you're getting signs throughout your entire life every day, every week, every month to the things that you need to work on in order to grow to the next level and do the work there.

This isn't about picking and choosing where you want to focus on working. It's about really being a student of your life's work and your life's work means everything in your life. And your business will be impacted by it and your relationship will be impacted by it, and every single area of your life will be impacted by the things that are out of whack. So do the work there.

Ep #19: What if You Had a Roadmap to Your Dream Life?

That doesn't mean stop what you're doing and go do the work there. It means simultaneously. When I was working on my past relationship, I wasn't not working on my business. I was working on that too but I was also working on myself in the process. I knew that that needed to be a priority because it was something within myself and my mindset that I needed to work on and that also impacts my business.

So one of my favorite quotes that my coach has always said and that I continue to say over and over and over again is who we are in life is who we are in business. So this isn't an either-or thing. This isn't about being in integrity in one space and not in the other. This is about showing up and doing the work at all levels in all areas. And that is your perfect path. That is your path to your dream life. You're being given the signs on a daily basis, you just have to surrender and listen to them.

So this was such a profound thing for me because it created a space where I had so much peace and openness to working on the things I realized I needed to work on, regardless of whether they were in business or not. And that is such a powerful thing.

So follow the path, listen to the signs, be open, do the work, all of it matters. All of it is going to propel you forward no matter what area it's in. I love you guys and I cannot wait to hear your feedback. Let me know what you think and I hope you have a beautiful day. I'll talk to you soon.

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.