

## Ep #22: Stop Should-ing On Yourself



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With Your Host

**Lindsey Mango**

[Soul CEO](#) with Lindsey Mango

## Ep #22: Stop Should-ing On Yourself

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 have loved getting to meet some of you podcast listeners in my free training. It was so amazing. You guys rock my world for real. Like, sometimes I'm just blown away by who you are, how you show up, like the stuff that you guys make happen. I am honored and grateful to even be a little part of your journey. So thank you guys so much.

I cannot wait to talk about today's topic, and I'm pretty sure that's a phrase I say every time, just like I say I'm so excited to be here. But I am. I talked last week about manifesting and being in that energy of showing up like the result's already coming and how I had this realization in my own life and business that things would be easy, fun, and just totally from a place of desire.

And that kind of piggybacked into a whole 'nother level of awareness and realization about my life and my business and my line of thinking. And so I wanted to share it with all of you guys because it's been so, so powerful for me.

So really quick, I wanted to make sure you knew about the next program that I'm offering right now. So many of you guys have been reaching out to me and my team and asking what is available to you, how can you grow more through working with me, and this is my next big thing.

I have poured my heart and soul into creating it and I'm so excited to share it with you guys. So one of the things that has made me so successful in business is the combination of mindset belief and action and pulling all three of those things together into one.

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I literally call it my magic – it's my gift and it's what I powerfully do for my clients in their businesses, because we can't just have mindset and not take the action or not have the belief. And we can't just have the belief but not take any action or not have our mindset in the right place. Or you really can't just take action and have your mindset out of whack or have your belief off. So it really takes all three things to grow your business to that level, to that vision that you know is possible for you.

So, so many of you guys listening, I know you have this vision in your heart and in your mind for the business that you want to create and you feel like you have the potential and you know that it's possible for you, you just need something to take it to that next level. That's what my Mango Magic Business Academy is all about.

There's a version of you who already has what you desire. The journey isn't about becoming her; it's about unbecoming everything that tells you, you are not her. And that's what this program is about; combining mindset, action, business strategy, with mastering the belief and being in the energy of the person who has the results that you want.

So if you're interested in that, make sure to click the link in the show notes and it will lead you to a page with all the in-depth information about what the program is, how long it is, how much the investment is and it breaks down what we will be teaching on and talking about. So I'm so excited and let's make some more magic happen in your life and business.

So I talked last week about the fact that I really would just do things from a place of desire and what feels good; not what I'm supposed to do, not what experts say are the right way to do things to grow a business, all of the things. I just said I literally would do what I desired if I already had the result. I would do what felt really, really good.

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So I really started looking at this in every aspect of my life, so this kind of piggybacks of last week's episode, but you'll get something from it regardless if you listen to it or not. So like I said, I really started paying attention to how much I was doing stuff I really wanted to, like you know that inner pull, that inner tug of, like, I really want to do that right now. And I started paying attention to how much I wasn't doing that; how much my brain was being like, oh you're supposed to do this right now or you should do this or they say that it's best to do it this way or you should post at this time. Like, oh, I love that bot.

You're supposed to post at this time. It's the best engagement time, right, like all of the things. And I started to really focus on that and it brought me back to something that one of my Soul CEO mastermind clients said. Her name is Meghan, she's amazing, so she's listening to this, hello, Meghan. Thank you for this quote. This is awesome.

She always says, "Stop should-ing all over yourself." And when she said it I was like, oh my god, that kicks ass. And this week and this transformation of mine and being aware of doing what I desire and not doing what I don't desire really brought this thing to a whole 'nother level because anytime we use the word should, supposed to, have to, whatever it is, we're not coming from that desire.

And some of you guys are going, wait a minute, does this mean we can just do whatever we want all the time? And I would venture to push you to ask yourself, like, is that possible? My brain even immediately is like, well no, you know, because as kids, our parents are always, like, you can't just do what you want all the time, right. We have responsibilities.

But what I mean by that is, like, I desire to go to the gym and I go when I want to. I go when it feels good to me. So it's really about getting connected to that inner feeling and getting in alignment because then you can really get connected to what you desire. So that's a whole process in

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itself and a lot of times, a lot of you guys might be listening and you might be doing stuff you're supposed to be doing or have to be doing like all day every day; like all the time.

So the idea of not doing that is probably so farfetched that you're like, what? I don't want to go to my job every day, but I have to. But I really want you to look at this, all of this, and ask yourself, like, what would I do if I desired? Because all of you guys are motivated, you're here, you're listening, you have some sort of vision, dream, whatever it is; what would you do if you desired?

I'd guess you probably wouldn't just sit on your butt and watch Netflix all day, right. You guys are motivated people. You're here, you're growing. So I really want you to just start questioning that because it is such a powerful thing. Anyway, she said stop should-ing all over yourself. And so through this transformation of realizing my future self would really do the things that she desired and if she is taking action on something, like making sure she's in that place of desiring it and feeling really good about it and feeling like it's fun and exciting, whatever it is.

Sometimes I desire to clean my house or clean the dishes or whatever – I don't really, I have an amazing cleaning girl. She cleans my house for the most part, but I organize stuff and I do all the things and I clean up dishes and all of that. I'm also a human being. I go grocery shopping and I do it when I desire to. I don't do it because I have to.

I've gotten to that place because I have stopped accepting the things that I don't love doing. Like, I've stopped doing a lot of that, right. Like I don't go to a job anymore that I don't like. I don't force myself to do things that I don't want to and because I feel like I'm doing a lot of the stuff that I desire, I'm much more connected to that and I'm very aware of the fact when I'm doing something I don't desire.

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So anyway, I kind of got off on a tangent there. But the thing is that if you think about the person that has the life that you want, wouldn't they do the things that they desire? Like if abundance really existed, if you won the lottery, what kinds of things would that person be doing? And how can you make decisions that way now?

Like, I understand that you didn't win the lottery yet, right, maybe. Maybe we have a lottery winner listening to us; that would be awesome. Us – I say us like there's someone else involved. I mean me, but I meant listening with all of you guys. But it's not about necessarily – I'm not saying go buy a jet and pretend that you have a million dollars, I'm saying take actions like that person would, right. And that person would do things they wanted to do.

They would really listen to that inner pull, that inner heart and what they really, really want. So for those of you guys who have businesses, I really challenge you to pay attention to how much you're doing stuff from this place of I'm supposed to do it this way, I should do it this way, my up-line – some of you guys are network marketers – my up-line says it's supposed to be done this way.

And I want to challenge you to ask yourself, how do I want to do this? Because here's the thing that I've realized is if there was a perfect path and one way and a right way to do things, right, wouldn't someone just sell the path to getting there and we'd just follow it and we would all get the results?

The people who create amazing stuff in this world is when they go against that status quo, right, when they go against the rules of how things are supposed to be done or should be done and do what feels in alignment and decide for themselves. So, even when you have a business, you can do whatever you want.

You don't have to follow the rules, you just have to be in alignment and decide from a place of power and take actions from that place, not from a

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place of comfort or fear or avoidance, I mean from a place of this is really want to do.

So for all of you guys, I want you to pay attention this week to how much you say I'm supposed to do this or I should do this, oh gosh, I need to do this. And really start to ask yourself, what would I do right now if I really desired? What would I do right now if I was in this high state, high vibe and wanted to come from a place of desire? And start to take action that way, start to think about it from that perspective.

And sometimes – if you're right at the beginning of this transformation – sometimes stop when you're saying you're supposed to do something, right. I've been doing that, like, when I'm downstairs working and I'm starting to get into that energy, I literally have just been setting everything down and I leave my office and I go to the gym or I go on a walk or I do something that I want to do in the moment.

So I want you guys to pay attention, how much are you saying I need to do this, I'm supposed to do this, I should do this? I want you to really look at it and question it and I want you to also start asking yourself, what do I really desire right now? Like, what do I really want in this moment?

Some of you guys might struggle with this because you haven't really done that in forever. Maybe you don't do it at all. So how are you going to be able to listen to that intuition, that inner voice, telling you, this is what I really want right now, because you've ignored it for so long?

You have to help it regain its voice by starting to listen to it again. So pay attention to how much you're saying should, supposed to and taking action on that stuff and start to ask yourself what do I really desire doing in this moment? And in the next episode, I'm actually going to talk about the difference between doing what you desire and doing what's comfortable and from a fearful place, because desire comes from a high vibe, showing



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up as your highest self, high energy place and comfort comes from a place of fear.

So some of you guys might be, like, but what if I desire to lay on my couch and watch Netflix all day? I am going to show you how to identify is this coming from that low vibe comfortable place or is it coming from that real place of desire. It's how I actually apply it to exercise too, right. There's some times where I really desire from that high vibe place to go to the gym and get a kick ass workout in, and there are some times where I really truly desire to go on a walk instead or now workout that day versus not working out just because I don't feel like it or coming from a lack or a fear or a comfort mindset. So we're going to talk about that in the next episode as well.

So I'm so excited to hear your feedback. Stop should-ing all over yourself, start doing what feels good, what you desire, what you want and I cannot wait to talk to you guys next week. So please let me know if you have questions, tag me in your Instagram stories if you're listening to this episode or any episode and make sure that you apply the work because the transformation comes through the action, not just the listening.

So thank you, guys, for tuning in and I cannot wait to talk to you next week. So see y'all later; bye.

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](http://lindseymangocoaching.com) to get your free training of my High-Vibe Formula.