

Ep #23: How to Make Powerful, High-Vibe Decisions



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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? We are on episode number 23; our Jordan episode, Michael Jordan. I'm originally from Chicago. So Jordan used to be the bee's knees, but anyway, I'm being a total dork right now. But I cannot believe I am already on 23 episodes. It's so cool and it has been so fun to just, like, watch this grow and take on a life of its own and get all your feedback.

Like, sometimes I have this moment when you guys reach out to me when I have, like, never met you or talked to you or interacted with you and you're, like, listening to all my episodes and you're like, "Oh my gosh, your episodes have offered this transformation in my life." It feels like the coolest thing ever. I'm like, "Me? What? This is awesome." It makes me feel so good.

So I'm so excited you guys are here and I told you guys last week, we are talking about not should-ing on yourself and not just doing what you think you're supposed to do or should be doing and really choosing from that place of desire. And I said this week, we are going to talk about how to identify if it's coming from a real place of desire versus a place of just, like, comfort and self-sabotage or from a place of fear or lack, because they're totally different places.

So, because I want to be clear, I don't want to tell you guys to do stuff that you desire and for you to sabotage the crap out of your life and your business or to sit on the couch and do nothing and not really create the life that you want. So what this comes down to is whether it comes from a really abundant place, from that high vibe place I talked about last week, or from a low vibe place; from that place of fear or lack or whatever it is.

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So here's how you can identify it. When you think about doing something from desire, your work is to ask yourself, if I was in the highest vibe right now, like if I felt free, amazing, happy, joyful, excited, like all the good feelings, whatever your feelings are when you think about being in a high vibe, would I desire this? Would I desire to take this action? Would I desire to do this or would I not?

This is a powerful question to ask yourself, right, because there are some days where if I'm in that high vibe, I might, if I'm thinking from that high vibe place, I would say, like, yeah I would totally take off from the gym. And then there's other days where I'm like, if I'm being kind of lazy or tired or don't feel like doing it and I ask myself that question, I'm going to be, like, "Yeah she would want to go to the gym. I'm just not going to the gym because I don't feel like it."

So that's a really, really powerful question to ask yourself. The other thing to look at is, is this coming from some sort of fear or lack or comfort? So what I mean by that is stepping up big and doing something you desire sometimes looks like getting really uncomfortable, right. Like, when I was super-afraid of Facebook Lives – which is so funny to talk about now, but I used to be deathly afraid of them – I might have said, "I desire not doing it." But it wasn't from that place of I like doing it, I'm just choosing not to from that place of desire. It was like, I'm scared and I'm afraid and it makes me super-uncomfortable so I don't want to do that.

That's from a totally different place and from a different energy. So here's another powerful question when you are kind of analyzing and walking through this process of whether you're doing it from a place of desire or not, and the question is this; does this feel comfortable to me? Would I do this if I loved it?

What I mean by that is, like, if I loved exercising, if I loved Facebook Lives, would I want to do it right now? If the answer is yes, then you're making this

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decision out of a place of comfort, fear, or lack. If the answer is no, then you're making it from a place of desire; like, not doing it. You're deciding not to do it from a place of desire. So it's a really great question to ask yourself.

You can apply it to anything, right. So think about, like, exercise, for example. So if I asked myself – and I'm not going to the gym – and I was like – and I actually do love exercising, but if I'm in a low vibe mood and I don't feel like going or whatever. Wherever I am in that process, if I were to ask myself, okay, if I, like, love doing this today, if I felt like I was in love with doing this, would I want to go? Would I want to do it?

If the answer is, like, "Oh yeah, well I would," then that, not going, would be coming from that place of fear or comfort or lack. So it's really important to identify where you're at in the process. And you're not going to be perfect at identifying this. You might take inaction and go, "I really did that from a place of comfort. I really did that from a place of fear or lack..." or whatever it is.

This is why whenever I coach anyone and they want to leave something or they hate their job or they're frustrated in their relationship and thinking about leaving or whatever it is, I always work with them on getting to a place of gratitude and feeling good about whatever it is and making a decision from that place. Because when you can make a decision from that place, regret doesn't happen because you felt good about it. You did the work on it.

You did the mindset work to feel good or great or okay with it and then you made a decision from there, versus a lot of times, people want to make these decisions from that low vibe place; from that, "Oh my god, I hate my job. I can't stand it. I just want to run away and leave." Or, "Oh my gosh, I'm so frustrated in my relationship, I just want to leave and get out of it now."

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That's a totally different energy in place. So this can also be a very powerful guidance system. If there's something that you're feeling really frustrated with in your life, I have to ask you, have you done the work to show up in that high vibe, to show up from a place of love and abundance to get yourself into a state of gratitude from that high vibe place and make a decision from there? Not from that low vibe energy – and that can be really tough sometimes, right, especially if you're really frustrated with your job or you're really at that place.

But here's what I will tell you; that problem will show up again if you don't do the work, if you don't make decisions from that high vibe place, from that real place of desire then you will recreate that problem somewhere else because if you don't change – if you take the same brain and put it in a new situation, that brain will somehow create the same problem.

So, if you're having trouble getting to that high vibe place, if you're having trouble, like you're just so beat down in your job or whatever that thing is that you're frustrated with and you're like, I don't even know how to make decisions from a place of desire because I feel so bad and I just want to get the hell out of this. Now, I just want to say, if you're in, like, a situation that's going to harm you, please leave. That's not what I'm talking about. And please seek help.

But I'm talking about if you're just like really beat down, your work is to see if you can find a place of gratitude. Like, what would I have to think about this thing to feel grateful for it? What would I have to think to feel good about it or okay about it? And your work is to create that and then make your decision from a place of desire from there.

That's actually what I did when I left a previous relationship. Like, I didn't know I was going to leave it; I have to say that. Like, I had no idea, but what I realized was I was creating the same feeling of, like, this, I don't feel like I'm getting what I need and feeling frustrated and all of that. And I

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realized that I had done that before, so that's when I started really working on myself and saying, like, what am I doing to contribute to this?

I worked on myself for a long time. I worked on myself for almost a year, I would say, getting myself to a place of gratitude; creating my own joy and happiness and not relying on someone else and getting to that place where I felt really good. And then, that's when I realized, when I was in that high vibe place, that that was no longer the relationship for me. And I left it, right, like honoring that person and myself because that doesn't work for someone else either if you're not feeling in that space with them.

So that is what is so important about making any decisions from that place of desire is getting yourself to that space because if I hadn't, if I'd run away early on before doing that work, I probably would have recreated that same problem again. So I've covered a lot here, but again, the work is in identifying, am I making this decision from a place of desire or am I making it from fear, lack, and comfort and working on getting yourself to a place of high vibe and feeling good and making the decision from that place.

Now, if you have trouble getting to that place, what I want you to ask yourself is, what would I feel if I was in this high vibe place with my job and my relationship, whatever it is, with my fitness journey, whatever it is, what would I be feeling? What would I think that would create those feelings? And then your work is to bridge that gap and to figure out, how can I think these things or how can I find a thought or an affirmation that my mind can grasp onto and really believe to get myself into that energy; make your decision from there.

So, this is so powerful. I talk to so many of you guys who have trouble making decisions and this is such a powerful guidance system and tool to help you make powerful high vibe decisions for yourself, for your best life, for your highest self, for everything that you want and not from what's comfortable and not from what's easy and not what is from fear.

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So I love you guys. Share this episode on your Instagram story. Tag me. I am so excited you guys are here and let me know if you have any questions or feedback or whatever it is. I'm so excited for our Jordan episode, number 23. Let me know if you guys need anything and I will talk to you again next week.

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. Like, 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,

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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. I'll talk to you guys 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 to get your free training of my High-Vibe Formula.