

Ep #29: I Am Not {Blank} Enough



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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.

Hey guys, how are you? I am recording this episode on the same day I'm sick so I sound a little crazy, I apologize. I promise next episode I will sound back to normal. I hope you guys are having a beautiful week. I'm so excited to be here recording, and I actually did a Facebook live on the topic I'm going to talk about today and it was super powerful and valuable for my audience, for my clients, and something that I feel like had to be shared here.

So basically, what I'm going to talk about today is an inherent fear that so many human beings have and really, it's what all of our fears come down to for the most part, and it's really powerful to see how this fear will actually create results that solidify the fear. So I'll explain what I mean, I promise.

But the crazy thing about this work is that ultimately, our thinking creates the results we get. Now yes, a lot happens between the thoughts we have and the mindset we have and the results, which is feelings, then actions or inactions, and then that creates the results. So yes, your actions and inactions do create your results but actions are always driven from your thinking, and that is why I teach this work the way I do.

So something that I find that most of my clients fear at the foundation and most human beings fear is not being enough. They fear that they're not blank enough - fill in the blank in your mind right now. I'm not smart enough, I'm not pretty enough, I'm not athletic enough, I don't know enough, I'm not confident enough, I'm not good enough, blah, blah, blah, blah, blah, right? All the things our mind tells us. So what is your fear? Like, what are you afraid that you're not enough of in order to get the result that you really, really want?

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Now, this is what is so crazy and amazing about our minds. When we fear something, when we think something, like I said earlier, it drives everything thereafter. So we don't realize it but our fears, our biggest fears, if that's what's driving everything, then we end up creating results that solidify the fear. We end up creating things that are evidence that the fear is true. And then it becomes this vicious cycle because the fear grows and gets more and more and more and more and then we really believe it to be truth.

And that's part of my job as a coach is to help my clients like, wither away at these fears and start to create a new belief and start to make decisions from a different place. So here's the thing: your fear of not being enough in some way shape or form is creating not enough results. It's creating results that solidify that you're not enough. So let me show you how this actually works.

If your fear - let's say you're a business owner. If your fear is that you don't know enough and that's the line of thinking that's happening in your mind, let's just say that makes you feel like, lack of confidence or feel not confident. It makes you feel worried, it makes you feel fearful, right? So these are the things you feel. But then you're like, I still am trying to grow my business, I need to put myself out there.

So as a result of these feelings, you create a post or you market to your people and you - who knows what you talk about, but it comes from this place of like, I got to prove myself, right? I got to show people that I do know what I'm talking about. And if you think about it, when you post or when you market or whatever you take action on from this place, maybe you have a call with a potential client, your fear is like, I might not know enough, so then you're trying to prove that you know enough the whole time, right?

So this is what drives your action, and that energy might create clients - who knows - but it will create your results that you currently get. So maybe you don't get as many people as you like, thought you would have. Maybe

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when you start posting about this thing in your business you're in this very needy energy or when you have conversations about your business you're in this like, I have to prove myself energy and people can feel that, and you can feel that. Even if you ignore it, it's still there, it's driving your action, which ultimately will create your lack of results.

And then what will happen is you'll believe you didn't get the result because you didn't know enough. Like, your fear came true. But the thing is it's not that it's actually the truth, it's just that you believe it and you took action from it. And that's what created your lack of results. So like I said earlier, then it creates this vicious cycle of more evidence to prove this thing right and then you have this point where you have this rock solid belief that you're not enough and in order to create a different result you have to chip away at that.

So this is what's so powerful about the work I do in mindset and personal development and growth is to start to change these things. So if this is something that you fear, if you have any fear, I'm going to show you how to walk yourself out of that process.

So whatever you're worried about, let's just say like I said earlier, you don't think you know enough to have clients in your business, I want you to work on building the opposite belief. So let's just say if you did not know enough, or if you did blank enough, what would you think about yourself? Then I want you to ask yourself, what would you feel? What would you take action on as a result of those feelings? What would you say? How would you say it? What would you do? What would you offer? What result would you ultimately get from doing that?

That is your work is to bridge the gap to get to that point. That's how you become that woman. You start to create new thinking and new believing. Now the thing is sometimes that leap is really far. Sometimes going from like, I don't know enough to I know plenty, I know more than enough is

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really far. You have to actually access thoughts and beliefs that your mind can believe. Like, you have to believe it. You can't just pretend.

So then your work is to find what I call a bridge thought in the middle of these two thoughts. So let's just say I don't know enough and the other thought would be I know plenty. You're like, I can't get on board with that. So let's just say the new thought is I know what I need to know. Let's just use that for an example and you do that same process with that thinking. I know what I need to know, so if I believed I know what I need to know, what would I feel? What actions would I take? What results would that create?

And your work is to take that action from that line of thinking, and your work is to pay attention to the thinking that you have every time. Is the action you're taking driven from a line of thinking that comes from someone who has a result they want or does it not? And that's why this work is so important.

So the thing is if you feel like your results are like, mirroring back to you that you're not enough, it's not actually that you're not enough. It's that your mind is believing you're not enough. It's that you're thinking you're not enough. That's what's creating the results of not being enough. So your work is to start to believe and create new thinking that you are enough. That's how you will create an abundance of results, amazing results, and that's how you will create the life and business of your dreams.

So I wanted to share that little piece because I think that so many people struggle with this. I think everybody has some sort of fear around it and that it's something that you can actively work on changing and that's what's so cool about this work and our minds and being able to grow. You have to start thinking differently to create different results. So this is kind of how I do this in coaching, how I work with my clients, how I work in my own mind - I'm sorry, I'm getting out of breath because I have a sinus infection.

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But so I'm super excited, I'd love to hear your feedback. I am loving when you guys share that you're listening to an episode on your Instagram story and I've been really actively trying to make sure that I share your story on my story when you shout me out or when you tag me in it. So keep doing that. I'm loving the love. I love to hear your feedback and I can't wait to talk to you guys next week. I hope you have a beautiful day. I will talk to you soon. 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/high-vibe-formula to get your free training of my High-Vibe Formula.