

Ep #38: Fear of Success



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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 excited to be here. I am recording this way ahead of time. I think this episode goes out mid to late November but I have a few retreats and trips planned, actually both of them are for my personal growth. So I'm super excited. I'm about to leave for Cabo tomorrow and I am going to be in Austin, Texas next week.

So lots of stuff going on, I want to make sure that you guys get your weekly dose of Soul CEO in your world to keep growing and keep next leveling your life. So I'm pumped to be here. So, something that I've realized that I talk a lot about is like, failure and overcoming failure and a lot of times, the reason why we aren't taking action is because we're afraid of what will happen if we fail or if we do something wrong or if we just fall flat on our face, right?

That can be a really scary thing. But there's also another fear that is at play here with a lot of my clients. In my Mango Magic program, we've talked about this, in my Soul CEO mastermind we've talked about this, with my clients, and even in my own world. And it's kind of funny because I didn't realize it was something that was at play for me, really, until I like, prepared to do this podcast episode.

And I guess whatever you want to call prepared, what's really funny is I actually don't use any notes for these podcast episodes. I know that I do best when I take a topic and just run with it and speak from an inspired place, and it's really funny because I used to be one of those people that like, needed to have - if I was giving a speech, I needed to have the entire speech memorized.

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So the idea that I just wing it for these and just like, give you guys all the goods and all the value is just so funny and a transformation in itself for me. But anyway, let me get back to what I'm talking about. So I didn't realize when I was preparing for this, meaning just thinking about this, that this was also something at play for me.

And this is the fear of not failure, but success. The fear of success. And it's such a funny thing because all of you guys are here to live to your fullest potential, to grow, to have more in your life, business, relationships, love. All of the things, right? And so you really want this success, you really want these results but what I've realized is that a lot of us have fear about what will happen once those results come or once we reach that success.

And that in itself will keep you from getting that result, from reaching that success. Or, if you do get it, you will somehow sabotage it because you will be fearful about what's going to happen at that level. So I wanted to give you guys the opportunity to kind of work through the fear of success and how to work through it if you have it and what it actually looks like. Because I never really thought that was a thing for me.

For me, I've been an athlete my whole life and so like, working and trying to be the best has just always been something that I've tried to do and now I've been obviously implementing it in my life and business for the past, I would say like, three or four years. But it is at play.

So what does the fear of success actually look like? What it looks like is having fears or worries about what will happen when you do reach success. So whatever result you guys are working towards in your life and in your business and in your career and in your relationship, whatever fears pop up when you think about having that result or whatever worries that pop up are guiding you and are showing you what is keeping you from fully embodying and embracing and receiving that success.

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So just to give you guys some examples of what that might look like is maybe you're worried that you'll be so busy. Like, that if you reach success, you're going to be running around like a chicken with your head cut off and just constantly working, and maybe you're afraid that that will sabotage or that will cause you to sacrifice other things that you enjoy in your life.

Or maybe when you reach success, you have a fear that there will be haters and that people will have something to say about it. Or maybe when you reach success and you are financially abundant, you have a fear that your family will judge you or that people will think bad things about you because you have lots of money. Or maybe when you reach success, you have a fear that you'll be in the spotlight and that people will notice you and that you'll be seen and that like, bad things will happen.

Or maybe - and I'm trying to hit all the ones that come to mind - you have a fear that once you get there, something bad will happen and you'll lose it all, right? That you'll get there and you'll lose it all and then you'd rather not even get there because it would feel really crappy to lose the success than to have it in the first place and then lose it.

So these are some of the things that like, what fear of success looks like. So maybe you're like, listening and you're like, ooh, I feel that. Maybe you don't connect with any of those. So something that I would have you work through or ask yourself or journal on is this result that I want more than anything, what am I worried or fearful of happening once I have it? And just see if anything bubbles or comes to the surface, and that will tell you and identify what things might be holding you back from actually creating that success.

So that's what it looks like. Now, how do you actually work through this? How do you actually shift this and change this so you're no longer afraid of what's going to happen when you get that result so you can actually manifest the result that you want and the success that you want?

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Well, something that I do with my clients and that I want to do with you guys is to actually look at like, the real fears that come up, look them in the face and say, okay, so how would I handle this, or how is this not true? So if you guys are listening to this and maybe you're journaling on it or maybe you're in the car, whatever it is, I really want you to think about that.

Like, first question is how is this not true? How could something else be possible if and when I reach success? If I'm afraid I'm going to be busy, which is something that I used to fear, because I was running around like a chicken with my head cut off in my business, like, I would say six months ago I made a huge shift in this, I was worried that creating more money meant I would have to be working more, which I had to change what I believed to be true, which is that like, the bigger I grow, the less I have to work, the more I can hire people to do the things that I don't enjoy in my business, and the more that I can leverage my time and energy all in one space.

So now that I have that, I'm no longer worried about that, right? But you have to prove it wrong. You have to see that it's not true. And that is going to give you the opportunity to disprove this thought that your mind is believing that's keeping you from reaching that success. So that's the first part of it.

The next part of it is how are you judging or thinking about someone at that level of success? Like, what judgments do you have about the person who's making tons of money or what judgments do you have about someone else who's at a level of success that you desire?

You will not get there, you will not manifest it or maintain it if you have like, some judgment about what people with money - what that looks like. Or if you have a judgment against what - them speaking their truth and you know that if you have more followers, you're going to have more people like, talking about what you're saying. All of these things.

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So the next level of this is figuring out what judgments you have or would have about yourself or about other people and what you would have to believe for those judgments to no longer be true.

The last piece is who do you have to become for these things to not be an issue? The thing that I think we forget is our resourcefulness, your ability to figure it out. When maybe you had a kid, you had no idea what you were doing, but you trusted that you would figure it out, right? And the same thing is true that if you grow and you have like, a bigger "problem," then you can trust that you'll figure it out. You figured it out now, you can figure it out then. And knowing that like, the quality of problem you have is really, really powerful.

So what would you have to believe about your resourcefulness and how you would find a way to handle it when things pop up at that next level? So the fear of success is a real thing and will keep you from getting to the next level. So I really want you guys to work through and identify, is this something that's popping up for you?

And if it is, how can you prove it all wrong? How can you see that it's not true? How can you see that you're resourceful and you'll figure out a way to deal with it? And how can you see that whatever judgments you have about that person at the next level of success, with money, clients, resources, whatever it is, is just a reflection of how you're holding yourself back to get to that next level. And what would you have to believe for that no longer to be an issue?

I would love to see if you guys take notes on this or if you are jotting down some things and doing this work actively, I would love for you to take a picture and tag me on your Instagram story. It's such a powerful thing to do and work to do and I just want to honor and I try to share and respond to as many of you as possible when you do this.

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So I love seeing that, let me know if you guys have any questions. I'm so excited to hear how your week goes and I will talk to you next week. 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.