

## Ep #41: How to Enjoy the Process



### Full Episode Transcript

With Your Host

**Lindsey Mango**

[Soul CEO](#) with Lindsey Mango

## Ep #41: How to Enjoy the Process

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 guys? I just have to say before we get started today, thank you so much for all of you guys. For all of you guys who listen, for all of you guys who tune in every week, I feel like recently I've had tons of you guys sharing the podcast on your Instagram story with your audience. I feel like I have a bunch of new listeners, so I just want to tell you guys how grateful I am for that and for each and every one of you.

We co-create. If you weren't listening, then there'd be no reason for me to create this, although I'd probably still create it and just wait for you guys to show up. But I am just eternally grateful. I love, love, love when I get a notification on my Instagram and you guys are sharing the latest episode, or even some of the early ones if you just started listening on your Instagram story and sharing it with your audience.

I try as best as I can to respond to each and every one of you and to say thank you and to share your share of my podcast episode on my story. So thank you guys so much. Please keep doing it. I appreciate it. I want to get this podcast in the hands of the people who need it, into the hearts of the people who want to keep growing and just know that they're meant for more and want to live a passionate life.

So thank you guys so much for that. I am eternally grateful. It's a little chilly here. I have a beanie on and we just got back from taking a quick little afternoon walk. Sometimes we do that. It's so, so nice and I just was thinking a lot about the journey. About the journey to creating the life, the business, the relationship, all of the things that you guys want.

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And I was thinking about how all of you guys listening are probably at some level, some sort of high achiever, right? Like, you guys are here to grow, you're here to learn, you're here to live your best life in some way, shape or form and that's why you are listening to this, which also means that you are constantly pushing the line. You are constantly pushing your goals and you're growing, which means that even when you do hit your goals, you probably raise the bar.

Hopefully you celebrate, hopefully I've taught you that. I'm big on that. And then you raise the bar and you have a new goal to hit, which is all so amazing and I think it's so, so important to talk about this before we jump into the new year and you guys start setting huge goals or hopefully you've already gotten into that, preparing for 2019.

And I just know you're the type of people who set goals and when you hit your goals and you accomplish them you set bigger goals, which is amazing. But what I want to show you guys is because of that, the reality is that you are always on a journey to getting to your next goal, meaning that you are walking down a path, you are growing, you are learning, you are failing, you are trying different things, and ultimately you are doing the work you need to do in order to reach your goals.

Which also means that for your entire life, you are on a journey to reaching your next goal. And while that's so amazing, what I see happen a lot, especially with high achievers, especially with people who constantly want to hit the next benchmark and hit their next goal is they sometimes get frustrated with not being where they want to be.

And I did a podcast about this earlier this year when you want to be there already. I forget the exact name, but basically the idea of wanting to be at your goal already. And this is similar but I'm going to talk about it in a different way because what I've realized is that your journey is your life. I'm

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going to say that again. While you're on the journey to getting to your goal, your life is happening, and the journey is the most fun and exciting part.

But what happens is when we get so caught up in trying to reach our next goal or trying to get where we're wanting to go, we miss that. And so while we're frustrated and while we're feeling like we need to be further along than we are and while we're just grinding and working, our life is happening. The life that we are working to create, the life that we are working to build and uplevel and enjoy.

And so what I think is so important about this is recognizing that the process and the journey to getting to your goals is just as important and exciting as getting to the actual goal, and is a part of creating pride in getting to your goal. And the sum of all of these journeys to your next goals is going to be your life, and I don't want you guys to miss out on your life while you're frustrated waiting for your next goal to happen.

Because if you're really committed to the goal, you're going to get there eventually, and you're going to be on a journey to get there no matter what, and you get the choice. Do you want to be miserable? Do you want to be stressed? Do you want to be overwhelmed? Do you want to be frustrated that you're not there yet and get to the goal eventually? If you get there, being in that type of energy.

Or do you want to enjoy the process? Do you want to have fun? Do you want to be willing to fail and learn from it and grow from it and enjoy your life along the way? Because that's what this is really about. And that is also what helps you accomplish your goals much faster. If you are in the energy of enjoying the process, of learning and growing, and seeing all the opportunities to fail and keep going from there while you're in between goals, then you're really experiencing your life.

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You are really experiencing the process. I want you guys to really think about a time in your life where you accomplished a goal or when you got somewhere, how when you're out of it you look back and you think like, those were the days. Or I think about when I was building my business like, it definitely was hard sometimes but I think back and I'm proud of it and I love it and I kind of just think about it like, fondly.

And I also talk about this in my other episode about hindsight ahead of time but you can feel that way during the journey now. So I'm going to give you guys some work to do on this if you're trying to get to a goal, if you're sprinting towards the end of the year and trying to hit a mile marker or as you set your goals for the next year, I want you to remember why you're setting the goal in the first place and then how can you enjoy the journey.

Because if you know you're going to get to the goal, I guarantee you're going to enjoy the journey a lot more. So I want you to ask yourself, when you're setting your goals, if you knew you were going to get to the goal, if you knew you'd get there eventually, if you knew you were going to accomplish it, how would you want to experience the journey to getting there? How would you want to experience the path?

Then what I would do is I would write down a few things that you know you want to experience. Do you want to feel excited? Do you want to feel proud? Do you want to feel full of hope and opportunity? Write down the things that are important for you to experience through your journey, then I want you to go on a mission to experience that through the entire journey.

When you fail, when you crash and burn, when it sucks, when it's exciting, when it's joyful. All of the things. Because while yes, my goal here is to help you guys get more, have more in your lives, more freedom, more time, more in your business, more in your life, it's ultimately so you can live your life to the fullest. And if you're too busy paying attention to where you're

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going and your goal and your frustration and the failures and why you're not there yet, then you're missing the entire point of all of it.

And I can say that I've totally gotten stuck there before. But I actively worked to bring myself back to this because I know I'm going to keep pushing the envelope up and up and up. I know I'm going to set bigger goals every single year. So I know I have a choice. The journey can be miserable and frustrating, or the journey can be enjoyable and the journey can be fun and the journey can be full of failures and frustrations and still be something that I appreciate while I'm in it.

So I want you guys to think about that as you set goals for the next year, as you prepare for the holidays. You have a choice. Enjoy the journey or make it miserable, and that is on you. So I love you guys, I hope you have a beautiful day, week, month, whenever you're listening to this and I will talk to you guys next week. I'll 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](https://lindseymangocoaching.com/high-vibe-formula) to get your free training of my High-Vibe Formula.