

Ep #45: How to Build Inner Trust



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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 guys? Another week, another podcast. I cannot believe – I think this is episode number 44, which means that I am, what, 10-12 weeks away from giving you guys a podcast every single week. I will tell you that doing this has been so cool for me and I've just loved it so, so much.

I can't wait to continue to bring you guys content and teach you guys and share with you guys the things that I learn as I grow and help my Mango Magic Business Academy ladies and help my clients and my mastermind ladies, like all of the things. I just love this so much.

So, thank you for being here. I'm so grateful for you. Please share this podcast with somebody that you know and love and needs to hear this message. And also, keep sharing them on your Instagram stories. I love getting to connect with you guys. I get to see who you are, who's listening, what your thoughts are, all of it. So I'm super grateful for that as well, keep doing that, it is amazing.

So, today, what we are going to talk about is how to build inner trust. And something that I've realized in just growing and taking leaps and doing big things in life and in business is that we have to have a super high level of inner trust. We have to trust ourselves through that entire process.

We have to trust that we're going to be okay. We have to trust that we're going to get it done. We have to trust that we're going to follow through. There's so many layers to inner trust. So I could go on and on about this. I'll probably do more podcast episodes about it because there's just so many pieces to building it.

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But something that I've realized that builds inner trust and is also a part of my coaching style is learning how to find answers within yourself. So something I see happen a lot is people looking for answers, solutions, for someone to tell them what to do.

And while that's amazing and I know that feels very gratifying and satisfying – and I have coaches, I learn, I grow, I read books, I do all the things. Something I have realized that has separated me is this deep level of inner trust that I have within me to be able to find answers, to be able to make decisions, to be able to find creative solutions for myself.

And so, what I find with my coaching style and how I coach other people and work on myself is I always ask a question first. When they bring me anything to coach them on, even in Mango Magic, the girls will tell you – they are probably laughing listening to this – they know I'm always going to ask a question first before I respond, even if they ask an opinionated question.

And I will give my opinion on certain things or my perspective, but I always want to know what is happening inside of them. I always want to know what they're thinking, where their mind is. Because the reality is that if I constantly just give answers, if I just tell you guys what to do, then you're just going to create something that's a manifestation of my thinking.

And so part of this work is to teach you guys how I think so you can live a next level life and create the life and business of your dreams, but also, the reality is that you have desires that are within you. You have specific things that are natural to you. You have creative solutions that are yours and the reason why I ask questions is so you can deep dive and ask what are you thinking, because the answer, most likely, is going to be based on that.

The right answer, the right path for you is going to be based on what's inside of you, not what's inside of me. And so, something that I want to

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challenge all of you guys here to do is when you're looking for an answer to something, when you're looking for clarity, when you're looking for, like, anything, I want you to practice asking yourself a question first; asking yourself what you need, what your thoughts are about it, how you feel about it, and how you could come up with your own creative solution to whatever thing is showing up in your life.

Now, again, I'm all for getting resources. I help my clients create and build businesses and create and build lives that they absolutely love, so it's a part of my job to bring into their awareness that there's different ways other than what you currently understand is possible. And that is totally a part of my job.

But I'm always going to ask you a question first and I want you guys to start practicing asking yourself questions first before you start to look for answers outside of you, because, in reality, if you think about it, true happiness comes from inside of you. You can change external circumstances, you can find, quote en quote, answers from other things, you can create more money, more time, more freedom, different relationships, all of those things. But at the end of the day, you're happiness is going to come from inside of you.

Your fulfillment is going to come from inside of you, and your natural gifts and talents and desires are going to come from you. Those answers are not anywhere else but inside of you.

Now, that's why I have a job, because I ask questions to draw it out of you. I ask questions to draw out why you would do something, why you wouldn't do something, so that you can get really clear on is it coming from fear, is it coming from love, is it coming from a line of decision-making that I don't like? Again, that's why I have a job.

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But I really want you guys to lean into trusting yourself because when you trust you have the answers, nothing can stop you. When you're confused or when you're stuck, if you trust that you're going to find a way out, there is nothing that can compare to that feeling.

Instead of thinking, "I need someone else to do it for me. I need an answer from someone else. I need my happiness come from outside of me. I need to have X, Y, Z in order to feel fulfilled."

Now, the decisions you make and the line of thinking you have when you apply this to what you take action on is going to manifest in your results. So I started making decisions from a place of wanting to feel fulfilled, which is why I built my business. So yes, my business makes me feel fulfilled.

But I know I created that. I know my thinking creates that, because if I don't actively create the thinking that I want, my business is normal to me now, right? So I can just feel, this is just a part of my life, unless I take an active role in being intentional and creating the feelings of fulfillment in it.

Granted, I love what I do so much, so I always feel fulfilled in it. But that's the thing, the reason why I ask questions when I coach, the reason, even on here I ask you guys to dive deep into questions for yourself, is because when you trust that you have the answer, when you trust that you can find a way, there's nothing that's going to stop you.

I want you guys to know that you have everything you need already inside of you, that you don't need anything else outside of you to create what you want, that you don't need someone to tell you what to do. And some of you guys, like, really look for everyone else's opinions.

Even if you have a coach, you might be looking for their opinion on things. Even if you're creating a post or content, some of you might want other

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people's opinions. I catch myself doing that too. But the reality is, then you're going to make the success or the results you get about that external thing instead of within you. And there's no better feeling at the end of the day than being able to look in the mirror and know that you've built what you have and that you're responsible for it and that it came from inside of you.

Because what that also means is that, let's just say everything in your life came burning to the ground, let's just say my business, all of a sudden, just crumbled, which would never happen, but let's just say it is – let's just say social media – I build a lot of my business on social media, let's just say it burned to the ground. I trust that I would find another way. I really do.

I know that I can do it no matter what is happening. I know that if I had to go out there and just meet people, I would. And that's because I trust myself. That's because I trust that my results came from within me and not came from answers outside of me.

So the next time you guys go looking for answers, the next time you're asking somebody to get their opinion or what they think you should do or look for an answer in a book, in a coach, in a thing, whatever it is, I want you to ask yourself, what are my thoughts about it? What do I think? And if I were to trust that I knew the answer, what would that answer be?

I want you to follow that because what I want to teach you guys in coaching, what I want to teach you with the work that I do is to rely on you, not to rely on me. I want you to come here to grow because you want to grow. I want you to work with me because you want to grow to the next level. You want to do it faster, you want to do it bigger, you want it, not because you think you need me, not because you think you need me to give you the answers.

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That is dependence. I want you to create independence. I want you to know and trust that you can do it on your own, because you can, and I can help you get there, but not because you don't have the answers. And that is the power of inner trust.

That is the power of asking yourself questions and digging deep within you, and that is what I want to teach you guys here on this podcast today. So ask yourself questions when you're looking for answers. When you're looking for things, really turn inward instead of turning outward.

I'm getting hot again. Apparently, I need to turn the heat down in this closet. I love you guys. I hope you have the most amazing day. I cannot wait to hear what you guys do in the world this week, 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.