

Ep #50: Why You Need to Work on Your Mind Drama Right Now



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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.

Hi guys. Oh my gosh, I am so freaking excited to be here. Before we jump in to today's episode, so many of you guys have been showing up insane ways and doing this work. I've gotten to meet a lot of you guys in some of my free trainings and I've just gotten to interact with you on social media. It's been so fun to watch you take the information that I'm giving you and apply it and get insane results.

So I had to make sure that you knew my signature program, Mango Magic Business Academy is available for you to enroll right now. I want you guys to imagine if you had access to this type of coaching on a daily basis. I want you to imagine if you had access to everything that you needed to bring your dream business to a reality.

We are talking everything from the mindset to the tangible pieces, to clarity and niches and ideal clients to offerings to branding, marketing, all the things in one program. This program is meant for you to take the idea that you've had, the vision that you've had for your dream business and really bring it to life.

It's six months. You get six months access to a community where I am available to coach you and respond to you whenever you have questions or need coaching through the content you're working through or just in general as you go out and take massive action. I also do two Facebook Lives a month where you can get on and ask me anything and I'm going to coach you on the Facebook Live.

You get access to all the content and material with your very own login in my Mango Magic portal. It's going to walk you through every step of

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bringing the business that you've had in your mind to life. If you want more information or if you are ready to take this work deeper, go to lindseymangocoaching.com/mangomagic.

I am telling you guys, if you have gotten insane results just from listening to my podcast every week or going through the free training, this program is going to blow your mind. And I want you to know that it's time for you to blow your own mind in your life, in your business, and do it surrounded by amazing women who are also going after what they really want in their lives and businesses.

I'm just so freaking excited for the ladies who have already enrolled, and don't forget, it closes tomorrow at midnight. Now we can get started on today's episode.

Hi guys, I am so freaking pumped to be here. If you can't tell, I have a little bit of a cold, but it's for the most amazing reason. I just got back from California. When this episode goes live, it will actually be a few weeks since I've been back, but I got a little run down with the time change, but I am so glad I was there.

Being a part of this mastermind with Chris Harder has been so impactful so far and we still have like, 11 more months. And this in-person event that I went to was just unbelievable. I learned so much and I cannot wait to share it more in depth with my mastermind ladies and my Mango Magic ladies, and of course, share little tidbits with all of you guys.

So I want to share one of my biggest takeaways from being in that room and it's something that I talk about all the time and I harp on all the time and I teach, but it was really cool to see a room full of like, multi-millionaires. I got to hear from Steve Weatherford, a retired pro football player. I got to hear from all these different people and I really got to see what I teach you guys on a whole 'nother level.

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And what I mean by that is this; even though these people in the room have hit a certain level of success and I've hit a certain level of success, one of the most important things and the main things that we kept going back to was still mindset. I met multi-millionaires that still were afraid of things or worried about things or wanted to be liked.

Like I said, I heard from a retired pro football player that feared getting up in front of all of us and speaking to us. I heard from people who have been at the top of their game and still, their mind drama gets in the way. So I know I'm constantly teaching you guys about how to recognize your thoughts and how to shift them and all of these things, which we can dig into a little bit more today, but I had a really powerful comparison or analogy that I wanted to share with you guys that I thought may be helpful.

Because I think what happens is, we get busy, we get to growing our businesses and growing our lives and working to achieve things at a super high level, and we don't feel like we have time to work on the little things. We might not feel like we have time to sit down and brain dump all of the things on our mind onto a piece of paper.

But what I realized is this; if multi-millionaires and people at the peak of their game in business and in life are having mind drama and their fears and all of that is holding them back from their next level, it is one of the most important things. In fact, it is vital for your success and your life, business, relationship, in anything.

But what happens is we let it fall by the wayside because like I said, we feel like we don't have time to do it. And so I came up with this analogy because something that I do every day is I will literally write down all of the thoughts I have on my mind, whether they're anxious, worried, whether they're excited, anything, I'll get them all out on paper so that there aren't any sneaky feelings or thoughts that I don't realize are there that are really impacting the actions that I take in my day.

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Because the reality is - I truly believe this - I don't have time not to do that work. I don't have time to not pay attention to my thoughts because if that's what drives everything, it doesn't matter if I take a billion actions in the day. If my head isn't in the right place, then the impact of those actions is not happening. Period. Maybe it'll happen a little bit, maybe I'll get some results, but it isn't at the level that they could happen if I had my mindset on board.

Now, that doesn't mean like, of course, you're going to feel fear, you're going to feel worry and you still have to show up anyway. But your results are a byproduct of your mindset, of your thinking, and so what I want you guys to start to realize is that doing your mindset work, paying attention to the fears and the thoughts that you have and working on shifting them and changing them and growing them, that's why you guys are here, is like putting in your eyeballs.

Like, you don't have time not to put - if you could put in your eyeballs, this is a funny example, but you don't have time not to put your eyeballs in for the day. You could go and take all kinds of messy action without your eyeballs in but like, if you had the opportunity to put them in then you would, right? Because imagine how much more productive and impactful that would be.

I want you guys to start to think about your mindset work like your eyeballs. And it's the most important and vital part of your success and your growth. I'm sorry, I'm a little stuffy so if you guys hear that and I'm like, running out of air as I'm talking because I'm super passionate about this, but I really want you to start looking at it through that lens. That if you're not growing, if you're not really focused on getting your mindset to a whole new level, then it will hold you back, just like how difficult it would be if you tried to do all the things you do every day without your eyeballs, right?

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Silly example, but so, so powerful. And like I said, I sat in a room with people who were way more successful than me, who lacks belief in things, and by asking them one simple question, by me asking them one simple question, it uncovered something that they didn't realize was holding them back.

So, now that you're aware of this and aware of the impact of this, here's what I recommend doing. Wake up every day. Write down really quickly. This takes like, five minutes. What are the thoughts you have on your mind? What are the feelings you have? Write them all down.

Look at them and select the one that really serve you and kind of like, soak those up, and then identify the ones that really are holding you back. Which ones are making you feel anxious? Which ones are keeping you from showing up at the level you need to show up at today to create the results that you want to?

Then, I would rewrite those down on a different part of your paper and I would actively work to either prove them wrong or bridge them into a new thought that could be true. A new thought that you could believe. I'll give you guys an example of that.

Let's just say I launch a program and I'm like, worried that what if people don't sign up, and I wake up and I see that thought. The thought is, what if people don't sign up and it's causing fear and anxiety and all the things, right? So I might rewrite that thought and I might say okay, so how could I prove that wrong? Well, people always sign up. I have evidence of that and people have told me they wanted this, people have told me they're excited.

The other thing you could do - so that's proving that wrong. The other thing I can do is create a new thought that would make me feel differently. So I might say, I'm committed to finding people to sign up or people are going to sign up or there's an abundance of people out there in the world, my job is

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to just keep putting this in front of them. Someone, of course, is going to sign up, right?

So do you see how that shifts the way I feel? And then I can go into my day using those. Then if the anxious thoughts come up, I can work through them again. So that's what I want you guys to do is actively practice putting in your eyeballs every day by making sure you have the mindset you need to create the results that you want.

Because yes, to get to new levels you have to elevate your mindset. It doesn't mean at the next level there won't be fear, there won't be anxiousness that you have to work through, but your thinking creates your results. And so if you need to create a different result, if you want to create a different result, you have to change the way you're thinking. You have to change the way you're making decisions.

And so if you're ignoring it, if you're not doing that work, it's going to impact everything. So I just can't stress that enough, especially after being surrounded by such amazing humans and seeing like, how they still have mind drama and seeing how strong my mindset was in the room and still - but I have things to work on every single day.

And when I have let it go by the wayside, it has seeped into my world and made huge impacts on my life and on my business. So, you don't have time not to work on yourself. You don't have time not to practice your growth and invest in your personal development for your life, relationships, business, or anything because it's all your life will be a byproduct of the way that you grow.

So I'm excited to share that with you guys. I can't wait to hear your feedback. Share this on your Instagram story if you found it valuable. I am just so excited to be here and I can't wait to continue to share some amazing things that I learn as I scale my business to a million dollars, as I

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continue to grow and create the life of my dreams, as I learn from some of the most amazing people in this industry, and as I just learn by being a student of my life.

So, I'm excited you're here and I'll talk to you guys 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.