

## Ep #61: When You're In IT



### Full Episode Transcript

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? I hope you are having an amazing week. I cannot wait to jump into today's topic for a couple of reasons. So, I typically tend to be in really amazing energy and feeling really great and of course I share all of that on social media. And something that I've recently been doing is working on being really vulnerable and really real, and experiencing both the highs and the lows of growth and pursuing your best life.

And so today's topic is going to be a little bit different than normal because I'm going to dig into the kind of downside or when you are - I call it being in it. When you are in it, like, in the trenches, in the negative emotion, in all the things that don't feel good necessarily.

And think it's so important for you guys to hear this part of the journey from my perspective so that when you have stuff like this happen, when you are stuck in it, you know that it isn't the end, it isn't over, that you can get out of it and that me, just like you, experience that as well.

So let me give you guys a quick little breakdown of what has been going on. So Chris and I, we are about to move to California. We are so excited. We decided on Manhattan Beach, so if you are a listener in Manhattan Beach, hopefully we get to run into each other.

But when we were looking at homes, we were in California for a whole week looking at beautiful homes and just like, living the dream, and I was looking around and I remember thinking, we were sitting in the hotel room and I felt in a funk. And I just - something felt off. Not because of the move, that's totally in alignment, I'm so excited.

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But I just didn't feel like full and happy and on top of that, I was experiencing guilt because I was looking around at my life and I was like, how can I not be feeling like totally blown away and happy right now? I have everything I could ever want. I have the fiancé and the relationship I've always dreamed of; I have this amazing business that continues to grow and that I don't have to work in.

I think that's the thing is I have more time and space than I've ever had and my business is in a really amazing place. I'm moving to California; I'm picking out a place that is looking at the ocean. I have it all. And I was feeling like just something was off and what I realized was that I had fallen back into a perpetual cycle that has always been a part of my work.

And that is this idea that it's never enough. And it's something that I've continuously had to come back to over and over and over again and what I realized was this mentality that I've had probably since I was a little girl that I need to keep pushing and I need to keep growing and that it's never enough and I need to accomplish in order to be enough was kind of showing up again.

And I've done a lot of deep work on it and I've had a lot of transformation in it, but what I realized is I wasn't keeping my finger on the pulse of it and I started to fall back into this cycle and as I'm saying this, I'm still in it. I still have so much opportunity to grow in this. I realized that I wasn't experiencing happiness and connection and the true emotions that I wanted to experience in that moment and in the moments that I've created in my life because I was ignoring some of the things that were happening below the surface.

And I was and am - it's a work in progress - continuing to try to prove my enoughness by doing more and going bigger and all of these things. And so I'm still kind of in it so there's going to be so much goodness in all of this and I'm continuing to grow and I'm just so genuinely - even though it doesn't feel the best - I'm excited about being here because I know, I truly

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know that it's happening for me and I know that so many of you guys deal with this, especially being like, super high achievers.

And I know it's the lesson that I need to learn to get to the next level and to impact even more people. I can feel the breakthrough bubbling to the surface. And so I share all this to say that when you can start to see these uncomfortable moments, this discomfort, when you're in it as like, a part of your journey, as part of the human experience, as part of living a full life, then you appreciate them in a different way.

It doesn't necessarily mean like you need to snap yourself out of it. It's a part of the human experience so working on accepting is that negative emotion is just as a part of the human experience as positive emotion and a lot of times I just kind of swiftly move past it.

So it's so funny, I'm recording this and I'm like, what's the point of this episode really? And I think ultimately at the end of the day, the point of this episode is to share with you guys, and I see this too at people at the next level, that we get in funks, we have challenges that if you are on a continuous journey and path to creating your best life, there are going to be things that bubble to the surface.

And you can choose to ignore them, you can choose to cower down away from them, you can choose to lean away, but by doing that, you're leaning away from the opportunity to live a fuller life and to grow, and to work through things that may be holding you back and that it's all a part of this journey.

And so I know there's going to be so much gold as I continue to grow and learn and work through this, but I really want to share with you guys that your happiness is your responsibility, that experiencing your life is about fully experiencing every single piece of your life and that there wouldn't be like, love wouldn't exist without the potential of loss of love.

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Like, love - I don't have kids, but I envision this is what it feels like. Loving your kids so much is like literally ripping your heart out of your chest and letting it run around in the world with the potential for so much bad things to happen. And yet we choose to do it. And so I think it's just so important to see that choosing to grow and choosing to fully live the human experience is to fully lean into both sides of the coin.

And that when you fall off track, there's always a lesson to be learned, and that your enoughness and what you believe needs to happen in order for you to be enough is often driving the show. So again, this didn't have a super powerful teaching thing that you need to go out and take and apply to your life but I think the biggest thing I want you to take from this is to know that your growth is your growth. Your low moments are a part of your growth and that your work is to lean into them instead of leaning away from them.

And it's also such an exciting thing to say like, how can I grow this to a new level because I know a new level of this understanding, of this mindset, of all of this work is going to be what allows me to experience life in a whole new way. So I just want you guys to know that I have my moments, I have my days. It may not seem like it and honestly, I haven't kind of fallen back in it for a while but I know that it's here for a purpose.

And so just know that everything on your path, everything on your journey is there for a purpose. I'm sure we'll dig into enoughness even more on some future episodes, but I just wanted to share that with you guys. I love you. Thank you so much and know you are not alone on this journey and everything is guiding you and leading you. I love you guys. I hope you have the most beautiful day and I will talk to you soon.

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

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