

Ep #66: Why You Keep Giving Up



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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.

Hey guys. Oh my gosh, I am so excited. You are here for another week of my podcast. I will have you guys know I am also excited because we are not living out of boxes anymore. Our house is officially unpacked. Things are coming together. It's finally looking like an actual home, and for those of you who have moved before, you know how good it feels to finally settle in and have your house start to feel like a home.

And it's been so fun, you guys, you know I love Instagram story. My handle is @lindseymango_ but it's been so fun to kind of show you guys and reveal our rooms getting done. You guys have been loving my office, which isn't done yet, but I will have you know I am going to do a tour of our house once we actually have furniture.

A lot of you guys have been asking me, you want to see it. I promise I will do one but I thought what's the point of showing you a big empty house instead of one that has been decorated and feels like a home. So, if you care about that, if you like that kind of stuff, make sure to check it out. If not, just keep on moving.

Anyway, I am so pumped to talk about today's topic because it is one of the things that ultimately keeps people, women, anyone, ultimately from creating the amazing results that they want in their life, and it is the cycle of giving up or getting frustrated and then giving up.

And I've identified some really powerful ways to keep this from happening because what I find that is so interesting is that by getting frustrated, by feeling like results aren't happening fast enough, by not getting the result we ultimately want and then feeling frustrated, we ultimately typically as

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human beings and what I see from just audience and people that I watch and clients that I work with, we ultimately push ourselves to stop or quit or stop moving forward because we get so frustrated that we're not getting results that we decide we're just going to stop.

And if you think about it, that ultimately means we're not getting results anyway. So it's like we get frustrated that we're not getting the results we want and then we just stop and then we of course don't get the results that we want. But what happens is it tends to be this vicious cycle and so what I wanted to talk about today was why you keep giving up.

If you feel like that's a cycle that's kind of coming up for you, no matter what area of life you find yourself giving up in. So I really identified three powerful questions and three things to dig into if you have found yourself giving up. And when I say giving up, I don't mean necessarily just mean like, "quitting" something and being done.

I mean maybe energetically giving up. Like the difference between going all in and kind of giving up and floating around and not being all in to pursue and create the results that you guys want. So I asked my mastermind this really powerful question last week, and I wanted to share it with you guys because this is a huge part of why we ultimately give up.

And usually, we give up, like I said because we're not getting the result that we want. And so we make it all about the result. So if we keep and continue to not get it, then we eventually - I'm not going to lump all of you guys into this category - but eventually most people will just give up.

And so what I have realized, especially with all of my listeners, especially with myself and the clients that I work with is that you guys are working to pursue and create a life that you absolutely love. And from a total place of desire and from a total place of love and abundance, which means that

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there's some bigger, deeper attachment to why you're doing it, other than just getting a result.

Now, your job might not have come from that place, so that might be why you want to give up. I'll tell you guys a quick little story. I had like, six or seven, or maybe even eight corporate jobs and I have never been a person to give up or just quit stuff and I realized that was happening not because I wasn't committed, but just because the jobs weren't coming from that place of true pure desire.

So there was nothing really deeper to push me past the point of when I didn't like the job anymore, when I was frustrated, and that's kind of what I'm talking about here. So if you are creating this amazing life and you are working to have your business, your relationships, all of these things, your passions born out of a place of desire, then there's a lot more to it than just trying to get a result.

So I think the first thing before I get to the question, I promise I'll get there is to identify the things that you're pursuing, and that maybe you feel like quitting on, are they just only from a place of trying to get the result or is there something deeper there? Because if there's something deeper there, then this question is going to be really powerful.

But what I find is over time, we disconnect from that, we disconnect from that deeper purpose and then we just focus on the result, which is what creates this cycle of getting frustrated. So I'll finally get to the question. The first question that you can dig deeper into if you feel like giving up or if you're feeling frustrated and like you're not getting the results is this; why would you do this even if the result wasn't guaranteed?

Why you would pursue this amazing business even if the result wasn't guaranteed? Why would you pursue your dream partner in life if that result wasn't guaranteed? Why would you do anything if the result wasn't

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guaranteed? I really want you to sit with this because again, if the path you are walking down is coming from a place of desire, there's going to be more to this.

And here's what I want to offer you when you're thinking about this question is - this is going to be a really funny example but like, we are like a speck on the planet. Sometimes I like that feeling, sometimes I don't. But ultimately, at the end of the day, we are just a speck on the planet and yes, a lot of you guys are out there pursuing things to try to make the world a better place, and yes, that is happening.

That's what we're doing, which is so beautiful and amazing. But at the end of the day in like, thousands of years, maybe some of us will be remembered but some of us might not. And so the thing is that being this speck on the planet, you can either choose like, your time here could just be your time here and like, that's it.

Or for I know all of you guys, you're wanting to make your time here on this planet the most amazing time and experience of your life. And what I have found is that when you pursue something you desire, when you pursue something from this place of alignment, a huge part of why you're doing it, yes, to serve your greater purpose, but also yes because of the experience it gives you.

Like, I'll tell you guys I love changing people's lives because I love changing their lives and helping them change their lives and businesses, but I love it because of how it makes me feel. It makes me feel good. It makes my experience as a human being on this planet 1000 times better.

And so when I look at this question, why would you do this if the result wasn't guaranteed, if I wasn't guaranteed to continue to take my business to a million dollars and multi-million dollars and continue to grow my impact in a major way, I would do it every day because it's fun, because it's

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exciting, because I love sharing my gifts with the world, because it's a creative outlet, because I love helping and impacting even one person every day, and because it makes my experience on this planet better.

And so I would truly be willing to do this every day because I know my goals are going to keep growing, they're going to keep getting bigger. And so in reality, it's not really about the result. It's about the experience that I get to have by doing it. So why would you do the things you are doing in your life even if the result wasn't guaranteed?

This is going to powerfully connect you back to why you're doing this and why the process is so powerful and important, and honestly, the most amazing part of the journey. And that will fuel you forward and keep you from giving up.

Number two. I guess these aren't all questions but these are three main points. The first one is a question. The second one is you're giving up because you're making how you feel contingent about the result. You're giving all of your power away to what's happening outside of you to determine how you feel, which makes you frustrated and then ultimately you give up.

And I know some of your minds might be like, well, isn't that how it is? The reality is you have the power to create the way you want to feel every single day. And so what I want you to be aware of in this second point of why you keep giving up is that you're giving all of your power away, and if you're making your results and your circumstances the reason why you're happy or unhappy, then you don't have any power in creating the experience that you have.

And that doesn't have to be the case. You get to create the experience that you want to have in this moment. And so the thing I want you to identify is what you would be thinking if you had this result. What would you be

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thinking? What would you be feeling? And how can you work to actively generate that in your life right now today?

The result isn't what makes you feel a certain way. It's your thinking about the result, and you have access to see that you maybe are on your way to your dream life but you also are living aspects of your dream life right now. That there's amazing things happening in your life right now and you're missing them because you're so focused on getting this result and making your experience about something that is out of your control. It's in your control but it's something that's happening outside of you.

Number three. The reason why you keep giving up, also not a question. Not sure why I started with that but here we are. These are all - you can see how they're interconnected but number three on why you keep giving up is you aren't seeing that the process is the fun part. You're not seeing that the process is the fun part.

And trust me guys, I've been there when you get all sucked in and the process isn't fun and you're just grinding to get there. But here's the thing; when you are creating a life and results in your life from a place of desire, the process can be fun. Yes, there's going to be discomfort, yes, there's going to be fear, yes, there's going to be like, low moments. Like, I'm not going to say that that isn't going to happen.

But the process gets to be fun and can be enjoyable. You creating the result can be amazing and enjoyable but you're choosing not to allow it. You're choosing not to make it that way. And so the biggest thing with this one is figuring out how you want to enjoy the process.

How do you want to feel every day as you're building towards this goal or this end result? How can it be fun every single day? I want you to look back on something that you are super proud of in your lifetime and I want you to think about what you remember.

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Yeah, I'm sure you remember hitting the goal but what else do you remember? You remember the freaking process, right? You remember getting there. You remember the moments where you had to stay up until 2am to study for finals and you ended up passing or whatever it is, you remember the grind and the gym and working your butt off and sweating when no one else was there, and that being the thing that helped you get to your goal.

So like, if you are in the process now, which if you think about it, we're always going to be in a process because I know you guys and you're going to keep elevating your goals. You are in the part that you're going to look back on fondly. You are in the part that you are going to feel proud of. So how can you make the process fun? How can you enjoy it? How can you see that this is the part that makes life worth it, that makes the goal and the experience worth it?

So here's the thing; I was just thinking about this topic and I just can't stand the thought of people giving up on their dreams because giving up because you're frustrated and because you don't have the result yet and because you're not enjoying the process yet and because of all the things is so silly if you think about it because that means you're just not going to get there anyway.

So why don't you just choose to make the experience better and more exciting and more about the process to getting there so that you can enjoy it and still get there and not make your life a living hell to try to get there? I would love to hear y'all's feedback and what you discover as you deep dive into these questions and into these three points for yourself.

And like, let me know what you took away from it. Share with me on Instagram story. I love connecting with you guys and just know, it doesn't make any sense to give up on something that you love and connect back to that because the experience is really what it's all about. I love you guys. I'm so grateful you're here and I will talk to you soon. Have a great week. Bye.

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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.