

Ep #18: The One Thought Between You and Your Dream Result



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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? I think I just sang that. Hello. Okay, I'm done, but seriously, I told you guys sometimes it is so funny to build the energy as I stare at my clothes, but I just envision like, talking to you guys like I'm sitting in the passenger seat of your car or I'm on a call with you or we're having lunch. That's what brings me the energy to talk to you guys.

So I am really excited about today's topic. It is going to be something that can change your world if you let it. So stay open, be willing to actually walk through this work. It's going to be a little bit different because I'm going to walk you through a process that I taught my coach mentorship program that I've taught to a couple of people and they've been like, "Holy crap, this is mind-blowing," and I thought, what better way to add value to your all's lives than to give you this process, to help you kind of work through your own stuff.

So if you've been listening to me for a while, or you've been following me for a while, you know that I deeply believe that at the foundation of every single thing that we want to get in our life is our mindset. Like, our process of decision-making and how our mind works is what creates our current result. So in order to create different results, we have to change and grow that mindset. That's why this work is so important, and you guys probably believe that because you're listening to this and you're doing the work and you're tuning into these episodes.

And so that is such a powerful, powerful thing. Now, yes, the actions you take are super important, but the actions come from the thoughts that you're having. This is why I always start here. I want to work at the

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foundation of it. Let's change the heart of it, the cause of it so we can create different results and actions and all the pieces that come into play.

So what I realize is there is a process of figuring out the one thought that is getting in the way of you really going all in and showing up to get the result that you really, really want in your life. Now, imagine knowing the one thought. Like, imagine knowing the thought that when it shows up, you realize that this is the red flag thought, the thought that's holding you back and you notice it and you're able to recognize it and see it as just a thought and know, this is the thought that I actually have to change, that I actually have to work my mind around in order to create a different result.

That is so powerful, and that is what I'm going to help you identify today. So I'm going to walk you through a process, you might want to pause the podcast, if you're driving, I recommend taking a second and getting to your location and then actually listening to this episode because it is something that I think sitting down and actually doing is going to be super powerful.

And then I'll give you guys an example of why it was so, so powerful for me, and that's actually going to lead to my next episode and podcast. So what I want you to do is I want you to think about the result that you want in your life more than anything. Like, you're here, you're listening to this podcast, you are doing some sort of work on your mindset, you are trying to accomplish something. What is the result that you want more than anything?

Now what I want you to do is I want you to write out, what does it look like to show up and go all in for something? Or for this thing in particular. I want you to write down every single example that you come up with. So just to give you guys some examples, it might be like, if you have a business, posting daily on social media, reaching out to people, reading and doing my own work, showing up to my coaching calls at the highest level possible,

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applying everything that I learn, showing up to my relationship at the highest level. Like, giving from a place of abundance.

Like, what does it look like for whatever result that you really, really want? What does it look like for you to show up and go all in? All the way. No tiptoeing, no holding back, like, all the way freaking in. Write down everything that comes to mind.

Now, I want you guys to be very aware of your mind the next part of this process, the next part of this question that I'm going to ask you. So let me ask you this: if you believed showing up like that would absolutely 1000% give you the result that you wrote down for the first question, would you do it?

Now, you guys are probably thinking like, "Duh, well of course I would." But what I want you to pay attention to is the next thought that you had. What did your brain say? What did that inner mean girl or inner monologue say? Did she say, "But I don't know if you have time," or, "But is that really possible? Like, how do I know showing up and doing all of these things are going to be what give me that result?" Or is it, "Well, I get to decide what I need to focus on in order to get this result." Or is it, "How do I know that I'm going to get the result that I really want even by doing all of these things?"

I want you to write down that thought. Now, I want you guys to write down what are all the circumstances that get in your way of you actually getting this result? I want you guys to write down the actual things. Like, is it not enough time? Is it I'm too busy with my kids, is it my job, is it my crazy boss that gets in my way, is it my boyfriend, what are the actual things that get in your way? I want you to write all those things down.

Now, here is the magic of this equation or whatever you want to call it. The thought that you wrote down, the thought that came up when I said well, if you knew doing all of these things was going to give you that result would

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you do it, well duh, and then the thought after that, that is the thought that is going to keep you from getting what you want. That is the thought that is going to come up deeply subconsciously when these circumstances feel like they get in the way.

Because think about it. If you believed 1000% you could get the result that you wanted, you would absolutely do all the work. But part of you questions if it's possible or part of you wonders is this the right thing, and that is the thought loop. That is the thought that's going to keep you from going all in and getting what you ultimately want. Period.

Now, some of you guys are thinking, "Okay, this is great. Now I know what thought it is, but what do I do? What if I actually believe this to be true?" Here's your work is to create and build evidence that this thought isn't true, and to find an opposite thought that can prove it wrong, that says, if I did believe this was possible because I know that's the belief that creates the result that I want, then I would do all of these things. My work is to show up and do all of these things.

So let me give you guys an example of this. I actually walked myself through this process and it was so impactful and powerful because it brought to light the things that are getting in the way of me getting to my million-dollar goal and my million-dollar impact.

So I actually did this for a mastermind. I was like, asking myself like, what would it look like to show up and go all in for that. But then sometimes, you guys know, just like you, I'm a human being, sometimes I'm not totally present, sometimes I don't do all of my homework that I'm supposed to do, and so I wanted to get to the bottom of it. And my coach also assigned this as a part of our process for the group.

So when I walked myself through it, I actually realized something that was completely mind-blowing. So the thing that I want more than anything is to

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take my business to a million dollars and make a million-dollar impact in the world. And what showing up and going all in to me looks like is - for this specific mastermind is showing up at the highest level, being an amazing energy, nodding my head, be engaged the entire call, to do all of my homework, to listen and learn from all the other people on the call, and I know I had like, 20 more things, but these are the things that come to my mind right now.

So that's what it looks like for me to show up and go all in. Be on time, stay extra, like, post in the group, all the things. Now, the question was, if I knew showing up at that level would get me the million-dollar goal, the million-dollar impact, would I do it? And the answer is of course, duh. But the next thought was the thought that changed my perspective on everything and I realize is the thought - it's actually two thoughts that is getting in the way of my getting to that level.

The first thought I had was it's not that simple. Ah, what an interesting thought. My brain wants to overcomplicate it, it wants to say it can't be that simple to get to a million dollars to just show up and go all in this way. And what that does is it overcomplicates the process. It really could be that simple. And that's something that I tend to do is I make things harder than they have to be.

So the question is, what if it was that simple? How I worked my mind around it was what if it was that simple? How would I show up? What would I think about this process? Because the person who creates the million dollars believes it's possible, and definitely doesn't believe it's hard because she believes it's coming.

The next thought was even more telling. My thought was, well, I - this is a funny thought. I know best. Like, I know that I need to show up and go all in in these specific areas. Maybe not necessarily for this group, but I show up and go all in for my clients, and for marketing and all these other pieces.

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Not all the time in this group, like, I know better. And I realized in that moment that my brain was saying I know best instead of being let - instead of trusting that the process is already laid out and that I just have to follow where my growth is taking me, where my path is taking me to get to the next level.

And I realize - and I'm going to do another episode about this, but I realized that typically, we like to force and think we know the best path, that we know the right way, when in reality, we're getting signs all along of where to go next and how to grow even if it's not in our business. Let's just say your goal isn't your business. Maybe it's outside of your business. But knowing that your vibe, how you show up is impacted by every single thing in your life, so the work isn't just in your business. It isn't about getting the perfect marketing plan. It's about creating the vibe and energy of the woman who has the result that she wants.

And what that means is that you're being led to what the next part of your process is. What isn't aligning in your life? How can you work and grow on that and grow your mindset there? Not deciding what you think is best. So powerful.

So I hope you walked away from this episode understanding the thought that is keeping you from getting what you want in your life. Your work is to create an opposite thought and ask yourself, if I believed this opposite thought, what would I do? What would I take action on? And fuel that belief forward with thoughts that support it and evidence that support it.

It's like, you have to become an investigator to decide that I'm just looking for all the evidence that this is true for me. So now you know your work is to just keep looking for it, to work on it every time it shows up and to do those actions. Those circumstances getting in the way are just proving the fact that that thought is true, the thought that's getting in your way.

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And the only way to get the results that you guys want in life is to show up and go all in. So I love you guys, I cannot wait to hear your feedback on this one. It's kind of a different vibe, I gave you actual process of walking you through this, so hopefully you paused it and went through that so you could get the thought that's holding you back, and I hope you guys have a beautiful day. 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.