

Ep #63: The Difference Between Ease and Grind



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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? Oh my gosh, I'm so excited to be here. When this episode goes live, Chris, my fiancé, and I will be in transit, like literally in the middle of driving across the country to move to California. Oh my god, I'm so excited not only to live there but also for the trip across the country.

We are making fun, we are going to stop at the Grand Canyon, we are going to stop in a bunch of cool different places, spend some time in Denver. So we are so freaking excited and I hope you are following me on Instagram @lindseymango_ and following our journey because I am sure I am documenting the whole thing and sharing it all with you because you know, I have committed my life to being an example of what's possible for all of you guys.

And I will tell you that moving to California hasn't been one of those dreams that I have been chasing my whole life. Honestly, it was one of those things that kind of felt unrealistic or impossible, like one of those dreams that's like, yeah, that would be really cool but I don't know if that's actually going to happen.

So I will say that this is an example of completely expanding my mind of what's possible, growing, and just challenging my limiting beliefs over the past two and a half, three years, and I just am so excited that it's a reality.

So I am excited to be in your car, in your headphones, with you during your workout, whatever it is, I am so excited you're here and I just absolutely love when you guys tag me in your Instagram stories and share what you

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learned, what your biggest takeaway was, whatever it is. I really make it a point to connect with my audience.

In fact, I had a girl respond the other day and I replied back to her and she was like, "Oh my gosh, I love that you connect with people." And I will tell you guys, I try really, really hard. I'm not perfect at it by any means, but I love connecting with you guys, so please tag me and I am going to do my best to connect with you because that's why I do this. I do this for all of you guys, so I love to hear from you, I love to hear your feedback. I'm just super honored and grateful to be here.

So something that I wanted to talk to you guys about was this whole idea of like, ease and making the journey easy versus it being hard and it being a grind. And it's been a really interesting journey for me kind of figuring out what my truth is and what worked for me and what's aligned and what things are limiting me and holding me back and all of that.

Because I will tell you guys, my whole life has kind of been built and created on like, the grind of pushing and go harder, go faster. I was a college athlete, I played sports my whole life. That was kind of everything for me. So when I got into business, I of course took that same mentality and have pushed and grind and done all of these things.

And while it's served me in a lot of ways, I started to explore this idea of like, not grinding and it getting to be easy and fun and flowy and all of that. And it's been a really interesting ride to figure out what works and what doesn't work and what I ultimately want.

But one of the things that I always go back to is what I would be doing and how I would be doing it if I knew the results were already on their way to me. And I found myself really leaning towards having more fun and being in a state of flow and ease and knowing and trusting that what I'm putting out

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and all of that is more than enough and amazing and going to create the results that I want.

And I've realized it's kind of created this space where I don't want to be pushing the gas down all the time and that I don't want to constantly be running around thinking I need to do more, I need to do more and I've also wanted to build my life in a way that's free from that.

And so it's just been a really cool journey and I've had some realizations lately that I wanted to share with you guys that I think are really, really important. Because what I've also found is that sometimes if we paint the picture that it's super easy, that when people come into entrepreneurship or when they go out and do things and they want to grow and they want to create the relationship of their dreams and all of this, when they do have challenges, when it does get uncomfortable, they feel like something has gone wrong because people out there are saying it's supposed to be easy and all of that.

And so it's kind of a complicated thing because there's two sides, there's two perspectives. I always joke like you could Gary V your way to the top or you can Amanda Francis your way there, like flow and ease and fun and all of that, and there's so many different ways to get there.

But I have realized that something that really resonates with me is this idea of when it's in alignment, you can work hard, but the working hard doesn't feel the same way the grind or the working hard looks when you're forcing it. And to me, that's the difference between ease and the grind.

So here's the thing that I want to share with you guys; when you are stretching, when you are growing, when you are changing the way that you think and the way that you do things and taking different actions, I will tell you it's going to be uncomfortable. Now, that discomfort doesn't have to

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mean it's hard. It can just be the discomfort of growth, and sometimes it can be hard.

I want you to know that if that's happening, nothing has gone wrong, especially if you continue to make decisions from that aligned place and you know that this is what you're meant to lean into. And I think that that's part of the difference between the grind and ease is that ease comes from an aligned place and that the discomfort can still be aligned with ease because it's leaning into your growth and stretching yourself.

And it looks a lot different than forcing yourself to do stuff that you don't truly want to do, and that is what I would associate more with the grind. So I say all this to say what is the actual difference to me? Well, the difference is that I love to work hard. I don't love to work hard from a place of lack and fear. I like to work hard from a place of love and abundance, and to me, that is ease.

So you know, maybe you're on your own journey of figuring out what works for you, but I think it's really powerful to see that when you're aligned, when you work hard, you gain energy. When you're not aligned, when you're grinding and working hard, you lose energy. You feel exhausted, and to me, that's the difference.

That's the difference between ease and fun and flow versus grind. It's not necessarily a matter of not working hard. I know so many of you guys are high achievers, you love to work hard. But it's the difference of spinning your wheels for hours and hours and hours and feeling like I need to be doing something, I need to be doing something, and like, pushing yourself and doing all this crazy stuff versus being inspired and creative and like, being in alignment and feeling like, oh my gosh, I need to get this work out in the world to people, I'm going to work all day and have it pouring out of you, and that's really the difference.

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So I want to challenge you guys to look at the action you're taking and just look at where is it coming from. Is it coming from a place of alignment? Is it coming from a place of like, giving you energy, or is it draining you and taking it away and how can you shift your perspective to see it differently and what actions would you take that would be different if you knew the results were coming, if you were in alignment?

And I know that's kind of a crazy thing to think about, but when you do stuff that you love that's in alignment, you want to work at it, you want to do stuff. That's part of the point. It's fun to create in your business or create in your life if it's in alignment.

So again, if you feel yourself draining your energy as you're taking action, just take a step back and look at where it's coming from and work on getting to a place of what do I feel called to create, what do I want to do, what would give me energy and create amazing results, and that is the difference.

Anyway, I love you guys, I'm so excited you're here. Please tag me, interact with me on Instagram as I'm sitting in the car working and just hanging out with our long drive across the country and I will see you guys on the other side of the country. I'll talk to you guys soon. Love you, 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.