

Ep #64: Are You Delaying Your Happiness?



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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, happy Wednesday if you are listening to this on the day it goes live. I'm actually curious. Who downloads this and listens to it every single Wednesday? If you do, tag me and say Wednesday warrior and tag me on Instagram. Just making this up as I go, I'm not even kidding you.

If you don't, no big deal. I just love to hear who is waiting on the next episode week after week. I love you guys all the same. I love you so much. I'm so grateful that you are here, that you are listening. I love doing this podcast. It's such a reflection of my heart and soul and just things that I want to get out into the world.

And so I wanted to share something. I was actually listening to a podcast by - I listen to podcasts too, of course, which is why I wanted to create my own. But I was listening to a podcast by Brooke Castillo and something she said really just smacked me in the face, and it's something that I think three years ago, I might have thought was a little bit of BS, I must be honest.

But today, it resonated with me so, so deeply. And that is the statement that you will never be happier than you are in this moment today. Now, some of you guys might hear that and you might be like, "I don't feel like that's true. When my kids are a little bit older, when I'm a little bit less busy, when life gets a little less crazy, when I hit bigger business goals, when I do all of these things, then I will definitely be happier."

Maybe you have something really crappy going on in your life, maybe you're thinking once this is over, then I will be happier. And here's the thing that I want you to know; what she's saying is not that you don't have the

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capability of creating more happiness in your life and more fulfillment and more like, all of these things.

I mean, for me at least, that's what I represent, that you have the ability to create the life of your dreams. But where this hit me really hard was this idea that if your circumstances - and when I say circumstances, I mean your relationship, your life, whatever is happening, your business goals or anything, if that is responsible for your happiness and how you feel, then it's always something outside of you that creates it.

Now, I will tell you guys, when you have the initial - when you hit the initial goal or when you get in the dream relationship or when you hit that mile marker and you get out of college and you're finally free or whatever it is, initially it does kind of have that first impact of feeling like, oh my gosh.

I think back to when I first quit my job and I was working for myself full time in my business where I was like, oh my gosh, like, this is amazing, and I was so excited about it every day. And over time, my brain readjusted, which is partially why I practice being conscious and really feeling grateful for the life that I've created, but also my mind just readjusted.

And then there's other things in my life that - my stress or upward pressure problems, which to me are like, bigger problems as you grow a business and have a bigger impact and all of the things that come along with growing. And so when I heard this statement, I realized that for a little while, and I go through - I like to think of it as a roller coaster.

It ebbs and flows. I've kind of gotten caught in this idea of like, once I hit my million-dollar goal, then I'm going to feel like oh my gosh, yes. What I realized is I've been putting my happiness outside of myself and what I realize is I've kind of started perpetuating the same cycle that I used to experience, which is that nothing was ever good enough.

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And I would have thought, if I were to go back and tell myself like, Lindsey, you will be crushing it in business, you'll be having this amazing impact, you'll have this podcast, you'll be getting married, you'll be moving to California, I would have totally thought like, oh my god, all my problems are solved, I'm never going to feel bad ever again and I'm never going to think that it's never enough.

But here I am, my brain is creating some of the same things that I had to work through before, and here I am, leaning into the discomfort and working to grow through it. But anyway, when I think back to that statement, I realize what it's really telling us is that we have power to create the life that we want and the way that we want to feel every single day, no matter what circumstances are occurring, and that when we can learn to do that, it doesn't matter where you go along the journey, it doesn't matter what shit hits the fan - pardon my language. It doesn't matter what amazingness happens.

Yes, you're going to experience ebbs and flows in life, but you will always be in charge of creating that. And if you are waiting for some sort of result to fulfill you, to make you happy, to finally feel enough or whatever it is, you will always be waiting. You might get that initial hit of like, oh my gosh, I'm here, and over time your brain will continue to recreate the same things.

So I want you guys to know, and I want to challenge you that wherever you are in your journey, whether you're halfway to your business goal or whether you just started a business, or whether you're so bogged down and you're a mom and all you can think about is your kids finally going to school and getting them out of your hair, or whether something tough and rough is going on, I want to give you the gift of knowing that you have the power to feel the way that you want, and it's also okay to feel negative sometimes, and that's a part of the human experience, and that every single day you're in charge of creating your happiness within you, from your mind, from your thinking, from the way that you show up.

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And that is going to be - the sum of your life is going to be the sum of your days. The sum of how you feel and your happiness is going to be the sum of what you choose to create with it every single day. And so I want to ask you guys something. If you were living your dream life, how would you be feeling every single day?

What would you be thinking that would create those feelings? And then what actions would you be taking to continue to create that as well? And without changing your circumstances, necessarily, I want you to go actively create that every single day. It will change your life.

Your happiness is not over there or over there, or over there. I'm looking all over my closet. Or way out there somewhere, once you hit some goal. It's created within you. Your confidence is not over there, once you get that client, once you do this thing, once you finally have the guy of your dreams. Your confidence is within you.

Your worthiness isn't once I'm over there, once I prove myself. Your worthiness is within you, and you have the power to create that every single day. So I want to give you the gift of knowing that what if you believed that your happiness would not be any different than where it is today and how would you choose to create that happiness if you took a hold of it and decided that this is how it's going to be and you get to create it every single day.

I love you guys. Thank you so much for being here. If this left an impact on your life, please share it with somebody you know needs to hear it. Please tag me on Instagram. I love you guys and I hope you have the most beautiful day and I will talk to you soon. 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

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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.