

Ep #70: Negative Emotions at the Next Level



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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? Welcome back to another week and another episode. I am so freaking pumped you are here and I just have to say before we jump into today's episode how tremendously grateful I am for every single one of you guys and how much I appreciate it when you share these episodes on your stories because one, I get to interact with you guys and sometimes I'm literally recording this in my closet, sometimes it's nice to know that you are reaching real live people.

But the other thing is when you share these episodes on your story, you also give someone in your audience the opportunity to find this work and potentially change their life, their business, or whatever it is. And for that, I am truly grateful because that's my mission. I want to help every single human I can create a life of limitless possibility and a life of more, and a business and life that they absolutely love.

And so I'm so grateful. I'm so honored, and I just really, really appreciate it. So if you guys could do that again for me today, my handle is @lindseymango_. I would be so grateful and I do my very best. Sometimes I even send voice messages to interact and engage with you guys and really show my appreciation for that.

And I love that. I love getting to interact and engage with you guys. So anyway, I am freaking excited as always to bring you this week's episode, and it's something that is kind of - I feel like if when I would have first heard this episode I might have called BS on it. I might have thought like, I don't know about that.

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So I just want to offer you this kind of my own permission that if you feel that way, at least just be open to it. And this whole concept, I literally just came up with it the other day and I'm kind of calling it negative emotion to the next level.

And it's this whole idea that we will have negative emotion at the next level in our life, in our business, and wherever we are going because you guys are all here committed to living an amazing life, to constantly be growing, to unlock your fullest potential, which means that you're always going to be growing, which means that with growth comes stretching and discomfort and negative emotions and fears and all of these things.

And with life, I think that comes with negative emotions and fears and discomfort and all of these things, and something that I'm realizing over time is that negative emotion is just going to exist. I think for a long time I thought and maybe you think this too, that when I get "there," whatever that means, that I'll never feel afraid or I'll never feel unhappy or frustrated or whatever it is.

And I'm here to tell you guys that two, three years ago, if you would have told me that this is my life today right now, I'm living in California, scaling my business to a million dollars, getting married this year, like have everything I could have ever dreamed of and there's still days that I wake up - many days with anxiety and that I worry and that I have fears and discomfort and negative emotion, I probably would have said it was bull, but I do.

And I'm totally grateful for the life I have, but I realized that if you are on a lifelong journey of growth and if you are just on a lifelong journey of being a human, negative emotion is a part of the journey. And what I've realized as I teach and I train and I coach and I do all these things to teach all of you guys how to step into the next level of your life and business and getting into the feeling of if you already have the result that you wanted, how would

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you feel, what would you be thinking, what actions would you be taking, and generally that's all centered around really positive emotions.

You guys all think when I hit six figures in my business or when I find the love of my life or when I hit a million dollars in business, then I'm going to feel like, all of these amazing feelings. And you will, but these feelings really come from your mind so you have access to feeling them now, which is kind of the point of bridging that gap, so you can really start to show up as that person and create those results.

But what I've realized is we're missing a huge part - there's like a huge gap in this work and that not a lot of people talk about, and that is involving negative emotions in this idea of like, highest self. And again, some of you guys might be hearing this and you might be like what? But here's what I've realized; if you don't think you're going to have negative emotions at the next level, and if you don't prepare yourself and your mindset for those, when they show up, you are going to think something has gone terribly wrong.

You are going to judge yourself. And the reason why I know this is because I've been through all of it. I have judged myself so hard and I am practicing more than ever to just let negative emotions be there. Let discomfort be there because I'm human and my mind wants to tell me like, you have it all, what do you mean, this is ridiculous and judge, judge, judge myself for feeling this way when I realize like, I'm a human and I will always be having a human experience and nothing has gone wrong.

And what I've realized is when we believe that at the next level we're not going to have fear, we're not going to have negative emotions, and when we don't prepare ourselves for it, we don't really prepare ourselves to fully step into that next level and that next place. And that's what I'm ultimately here to help you guys do. I'm here to help you have more, I'm here to help you create insane and amazing results.

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And what I've realized in order to do that, you also have to have new thinking for when you feel negative. You also have to learn how to think like a millionaire, six-figure business owner or the person in love when shit goes wrong because shit will go wrong and you will have negative emotion and you will have failures and you will have all these things and that's a part of the human experience but if we're not prepared for it, if we think that this has gone majorly wrong if they show up, then we're keeping ourselves from really stepping into that new level.

So here is what I'm going to offer you guys in terms of how to bridge that gap. So you guys know I'm all about creating the thoughts and the feelings that line up with the result that we have. So I want you guys to all think about what's a result that you really, really desire in your life and your business, whatever it is. Then I want you to identify what are the feelings you would have already having this result.

Then I want you to identify what thoughts are creating those feelings. Now right now, I'm kind of going down the positive, excited part, and that's going to fuel you forward for sure, and that's what I want you to take to fuel your action forward. But then what I also want to offer you is to really get in the place where this result is happening, and I want you to think about some of the negative emotions that that version of you will be experiencing.

Fear, discomfort, worry, what negative emotion will this next version of you experience? Discomfort if it's in a relationship with arguing or really trying to find a happy median and compromise. What are the negative things that could come up at this next level? You guys might be thinking like, Lindsey, I thought you're here to help me. This doesn't really help me. This makes me feel like I'm waiting for negative things.

But I promise, this is going to make a huge impact. So when you identify these feelings that might come up when you're at that next level and why, maybe you now have employees and you feel like this pressure of needing to support them and all of these things. Then I want you to identify what

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that version of you who already has the result that she wants, what thoughts she has about these negative emotions.

When fear shows up, what does she think? Does she think I must be up-leveling, or I must be growing because I'm about to do something that makes me a little bit uncomfortable, or oh my gosh, there's fear there, nothing has gone wrong. I have a human mind, this is normal. I can also create the feeling of bravery by doing the thing even when it scares me.

When the pressure shows up of having to support clients or having to support employees, or maybe you've elevated how much your household spends because of the results you've gotten in your business and you feel the pressure of that. When the pressure shows up, what does she think about it? Does she think that's so interesting; how can I be grateful for this pressure? How can I see this pressure from a place that will fuel me forward?

That and this I believe is a huge key that a lot of us are missing because we think we're just going to skip around and it's going to be amazing. You guys know I'm a very happy person. Things go amazing a lot and all the things, but what I've realized, if we don't prepare our mind to see when the negative feelings come up, that nothing has gone wrong and we can still - this is the important part - we can still hit our goals and be amazing and step into the next level of our life and still take action even when the negative feelings are there and see them as a sign of growth and see them as like, you being human, that's going to help you explode forward.

Because usually the negative feelings we get sucked into the vortex of thinking something has gone wrong and now we're not going to get there at all because I have doubt and I have all these things, when in reality at the next level, you will also have these negative feelings. And if you know how you'll respond then, you can also access how you would respond to it now. And respond differently because nothing has gone wrong.

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You guys are humans having a human experience. You are on the journey of living your best life ever and you have jumped on the rollercoaster ride of the most amazing life. And that comes with some negative emotions. That comes with fear, that comes with discomfort. That is a part of growth and nothing has gone wrong.

And if you can prepare your mind to see these negative feelings through a different lens, if you believe hey, I can still reach my goal even if I'm still afraid, even if I feel this discomfort, even if I don't believe all the time, that is going to fuel you forward in insane ways. So I cannot wait to hear how this goes. This has made such an impact for me because now I don't feel like something has gone wrong and I'm not going to hit my goal if I feel these negative things.

I just see it as like oh, this is my opportunity to choose to think differently about these feelings, and if you follow the model, that would be - your feeling would actually end up in the circumstance column or in the circumstance line and your thoughts about the feeling. I'm not going to get too far into that. But what it will do is it allow you to be fueled forward instead of held back when negative emotions show up because they're going to.

And that's something that I've really learned to make peace with. It doesn't have to be hard; it doesn't have to be negative. You don't have to have all these things all the time, but that's a part of being human and there's no need to judge it, there's no need to make it mean anything, and that will fuel you forward in so many powerful ways.

I love you guys. If you loved this episode, please let me know. I cannot wait to hear your feedback and talk to you guys next week. I love you guys. Bye.

Thank you for tuning into today's episode of *Soul CEO*. If you are ready to take this work deeper and you want to bring your dream business or a

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reality, I wanted to make sure that you knew that Mango Magic Business Academy was available to you. Head to lindseymangocoaching.com/mangomagic.

Or if you don't have a business and you are ready to bring your dream life to a reality and know you are meant for more, my Mango Magic Life School is also available. Go to lindseymangocoaching.com/mangomagiclifeschool for all the details. These programs are both life and business changing and you get access and coaching with me to walk through the modules and ask questions and get support to make your dream life or your dream business, or both a reality. I love you. I can't wait to see you in there.