

## Ep #77: My Daily Mindset Work



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With Your Host

**Lindsey Mango**

[Soul CEO](#) with 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 am so excited to be here. But I do have to say, I am also very excited because my bachelorette party is this weekend, and by the time you guys hear this, it will be last weekend. But the girls are literally on their way right now. They are flying across the country to come to California for my bachelorette party. I seriously feel so just honored and grateful and cannot wait for an amazing weekend.

But I had to make sure that I recorded this podcast before all of the shenanigans started and I would say, tune into my Instagram story to see all the fun shenanigans, but you guys won't be getting this until after so hopefully you already follow me.

If you don't, go to [@lindseymango\\_](#) and I just love Instagram story. I think it's so fun and I also love when you guys tag me. I am so grateful when you tag my episodes, post them in your stories, and I just love getting to interact with you guys because I have to say, this sounds kind of funny, but I have lots of followers and I have lots of people replying and doing all the things, and so when I feel like I see a podcast post, I'm like, those are my people. I get to connect with you and actually talk to you and all of the things.

So I really, really appreciate that. I love it so much. So let's jump in. I actually made a post earlier this week about how I have mind drama every day, and it made me think about how I work through this every day and how I could offer you guys some huge value here in sharing how I actually do that.

So I think the first and most important thing to understand is that again, I wake up to having drama many days. Most days. And it's an ebb and a flow

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and it depends on the day and it depends on ladies, the hormones, who knows how much I have but it is something that shows up pretty consistently.

I would say a lot of mornings, I open my eyes and my mind is kind of like, wandering and thinking, should I have done more yesterday or am I getting in front of the right people, am I getting in front of enough people, am I impacting the people I want to, is my business growing fast enough. It will go through that stream of consciousness.

And I think sometimes – the reason I want to share this first is because I think sometimes people see someone like me with this amazing life, living in an amazing home in California, doing all the things, living the dream, making lots of money, doing what they love, getting married, my life really does look pretty perfect.

Nobody's perfect, it's not perfect, but that's what I'm saying is from the outside, I feel like it would be so easy to be like, Lindsey never goes through this stuff, but I really do. And I think it's important for us to understand that this is just how the human mind works. It doesn't matter how perfect and cushy and amazing your life is.

Our mind's job is to protect us, our mind's job is to scan for potential problems and fears, and I'm actually reading a book called The Big Leap right now and he talks about how we are just now coming into the day and age where we don't have to worry about much at all, and we actually have to practice our ability to feel joy and happiness for extended periods of time.

We haven't been able to do that in history, and now is really that time and it's a practice. And I know that sounds crazy but it really is how our human mind is wired. So first and foremost, I just want to share with you guys that

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that's normal. Nothing's gone wrong. If your mind has all the drama, if it's coming up with all the things, again, nothing is bad, nothing's gone wrong.

In fact, I would say some of the most successful coaches and business owners I know actually have a lot of drama and they're aware of it, and I think that's the other piece. I think back two years ago, before I knew what this work was, I feel like I was just numb and totally unaware of it, and now I am, I'm hyper-aware of it because of what I do and kind of the just elevated mindset that I have now, and I just find that it happens to so many successful people.

So again, I think you can also throw yourself in the club and make it kind of a good thing like hey, I've got lots of mind drama and I'm really aware, just like really successful people. Then the other thing I wanted to share with you guys is how I actually work through this.

So here's my thought about mindset and working through this mind drama. I'm going to use a silly example. If you guys were going to run a marathon, and let's just say you didn't have legs – again, very silly example.

But you had, like, the ability to put your legs on and run the marathon, right? I want you to imagine that you're like, I don't have time to put my legs on, and then you went to try and run the marathon, like how far you would go, how fast you would go. Probably not too far and not too fast versus if you put your legs on and ran the marathon, how much easier it would be.

But you might have to take a couple of minutes or seconds or whatever, some time, to actually put them on. This is how I view mindset work. This is how I view working through this mind drama. A lot of times, people think, like, I don't have time for that, and they just rush into their day and I see it as, like, you're crippling yourself because you haven't actually uncovered what's going on while this is there, which means that all of your actions throughout the day aren't as effective as they could be if you did this work.

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Think about it, if you're anxious and worried and feeling all the fear and all the things and you don't uncover it and work through it, I imagine it's like a cloud that follows you around all day, all week, all month, right? Like, I like to think of being aware as taking our emotional temperature. Some of you maybe don't take it ever.

Are you asking yourself, what am I thinking, how am I feeling? But I truly believe that your life, your day, your actions, your effectiveness as a human being is going to be elevated when you do this work, when you take a second to stop and do the work that I'm about to share with you guys today.

So here's what I do. When I wake up, I have mind drama, I usually go meditate and then I go downstairs and I get my journal out and I literally brain-dump and write down every single thought on my mind. And I actually go into it with the intention of, like – I love this thought and I have this thought a lot – I'm going to be ruthlessly honest with myself. I'm not going to hide from any of these thoughts. I'm not going to hide from any of these emotions. I'm just going to get really real and just put it all on paper.

Then, once I put it on paper, a lot of times, half of it, I can see when I get it out of my brain onto paper, I'm like, it's just total BS. It's nothing. It doesn't even feel true. And then there might be some other things that I'm actually worried about that feel true. And that's typically what I'll do some more work on.

So I'll identify what those things are. If all of them you really experience and feel, then do this on all of them. I go through and I, like, prove them wrong. I ask myself, how is this untrue? And I challenge myself to come up with every way that these thoughts and these feelings aren't true.

And I don't mean invalidating them. Like, your feelings are your feelings. But I'm just saying, I look at the thoughts and I say, which one of these

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thoughts are untrue or how are they untrue, and I'll prove them wrong. And then I'll say, like, what else could I be thinking that would help fuel me forward, that would make me feel excited, that would kind of create the opposite emotion? And I'll go through and I'll write all those out.

And then that helps me change and shift my energy and kind of do the work. Now, there's so many other things that I journal on, but that is kind of the foundation. First, I just get it all out of my brain so I can see it. I identify what feels true to me and what doesn't and I'm like, oh that's crazy. And then again, I go through and I shift all of those to a new thought.

Now, here's the thing – I've shared this with you guys before, this is Brooke Castillo's model. Our thoughts create our feelings which create our actions which create our results.

So again, this is why I start at the thought level. And all of it is important to create results, but the thought is really at the heart of it. And so this is why I uncover these.

Now, you will know immediately if you find a thought that you actually believe when you feel something different in your body. So you should do this until you actually feel a shift in feeling. Now, that doesn't mean that you just skip away and you're happy all the time, right? Like, what I mean is just a shift in emotion or a shift in perspective and seeing it differently.

That could just mean, like, being like, wow I don't feel great today and that's okay. That might be a shift in your feeling. So I think sometimes people do this work but they just write out all the stuff and then they just go about their day. Your work is about doing it until you actually find thoughts that shift the way you feel. Then you know you actually have done the work, then start your day.

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So anyway, I just wanted to share that with you guys. I thought that would be something very tangible and tactical that you could apply to your daily life. And remember, it doesn't make sense to go take a bunch of actions and not have time to do the one thing that is going to make everything else more effective.

I love you guys. This is the work that I am constantly teaching in my programs and my business academy and my live programs. It is the work. It is going to set you up for success in every area of your life and I'm so excited you guys are here. I love you. I hope you have a beautiful day. I'll talk to you soon.

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