

Ep #82: Remembering Who You Are Visualization



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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? Oh my gosh, I am so excited for this episode, but I'm also so excited because I'm thinking about when this episode comes out, I will have two weeks until I get married. Seriously, I'm not kidding you guys, it's funny, I'm an emotional person but I'm not. I don't cry a lot, but any time I am writing vows or reading things preparing for the wedding, watching wedding videos, I am bawling my eyes out.

So I am telling you, I am pretty sure I'm going to be ugly crying all day. I'm just going to let it happen because that's my favorite part about weddings. The emotion. The love, the speeches, all of the things.

Anyway, let's jump into it. So today's episode is going to be a little bit different than my typical episode. It's going to be a little bit more of a visualization/meditation. And let me preface it before you get into your meditation/visualization pose. You don't actually have to be in that pose, you can still listen to this.

But I did a VIP day last weekend and it was so beautiful and one of all of their favorite parts and most transformative parts was this visualization that I walked them through. And when we hear visualization or meditation and walking through a guided meditation, we typically focus on our future. Where we're going, who we want to become, and all of these things.

And I actually made a post about this too, but through this visualization, what I did was something completely different. I walked these women through their past and meeting themselves today. Because here's what I realized. So many of my clients and you guys and you high achievers, we

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are constantly focusing on the next thing and the gap and who we aren't and who we have to grow into being and the next goal and all the things.

This is literally, to be honest, it's not just a thing of high achievers. It's something of the human mind. It's a product of the human mind because the human mind is wired to look at the gap. It's wired to look for pain, it's wired to look for what we are not or have yet to be.

And so this visualization, what I'm going to walk you guys through today is meant to help you recognize and admire who the hell you are and how freaking powerful you are. Because so much of our power and confidence comes from remembering that. And if you can go backward and really see like, how much you've grown and how amazing you are today and really feel that, you're going to have so much power in how you show up and how you create and how you offer yourself to the world.

So I want to walk you guys through this process. So let's get to it. If you're driving don't close your eyes, but if you have some spare time, I want you guys to get comfortable and close your eyes and take a couple of deep breaths in and out. I'm going to do it with you. Blow out slowly. Again, take another deep breath in. Hold it at the top and let it out slowly.

And I want you to do it one more time. I want you guys to imagine yourself five years ago. Don't get too caught up in the details. Wherever your mind went, just take yourself there. You wake up and it's the life you used to have. What did life look like five years ago?

What were you thinking about on a consistent basis? What were you hopeful for? Were you in a different job or career? Had you even started dreaming or thinking about maybe the business or the career you have today? How did you feel consistently on a daily basis?

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I want you to take yourself back to that moment in your life. What were you afraid of? What were you worrying about? What did you think about yourself? I want you to imagine that you go out on a walk on the beach and you run into you today. You give yourself a huge hug. What does the girl from five years ago think as soon as she meets you?

What does she admire about you? What does she see in you today that maybe she didn't have five years ago? She starts to ask you questions and get a glimpse of what your life is like. What is she so excited to find out? What can she hardly believe about you?

What is she so grateful to hear? How does she admire you? You give yourself a big hug as you go to leave and the you from back then, five years ago, says something to you from the you today. What does she tell you? What do you need to remember about yourself in this moment?

You go on your way and your five-year-ago self reflects on this meeting with you today. I want you to really sink into that. Feel how she feels. Feel what she thinks of you. Feel how excited she is. I want you to remember who and how powerful you are today.

I want you to open your eyes, take a couple deep breaths, and I want you to recognize how freaking powerful and amazing you are. I want you to see how much you have changed in just five years. I want you to think about what's possible for you in five years if this is what you've done and how you've grown in the last five years.

And I want you to remember how powerful and confident you feel in this moment because you are this woman right now and always. Again, so easy we get lost looking at what we're not and where we want to go, and I want you guys to constantly remember how much of a badass you are.

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Because when you do that, you are a magnet for the things that you want in your life. I love you guys. I'm so excited to hear your feedback about this episode and I will talk to you guys again next week.

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.

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.