

## Ep #88: How to Get Over Imposter Syndrome



### Full Episode Transcript

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? And welcome back to another episode. I'm so excited to be here with you guys and we're about to take a hard right turn from what we have been talking about because we've been talking about love and relationships and all the things, to dig into something that so many of my clients and the people who follow me struggle with.

In fact, when I asked my audience, what do you guys want to hear podcast episodes about, this is one thing I got over and over and over again. And this is imposter syndrome. So really quick before we dig into how to handle imposter syndrome, I want to talk about what it is in case you've never heard that term.

So basically, imposter syndrome is what is the feeling or the syndrome that people get when let's say, you're offering something in business to help people get over their fears, but then you're afraid and you're not getting over them and you're stuck at your fears.

It's that feeling of, oh my gosh, I'm an imposter. Who am I to teach this work, to do this work when I'm struggling with this too? How am I going to be able to help other people?

And this happens in all different types of businesses. It really doesn't matter. It could be in network marketing. You might think, I'm trying to inspire people to grow a business and grow a team or whatever it is and I'm not even doing that to the best of my capabilities.

Again, super common. And so today we're going to talk about how to work through this. So the first thing I want you to recognize when you're starting

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to feel like I'm a fraud, I'm an imposter is to celebrate the fact that it's even there. I know that sounds really strange, but here's what I mean.

The reason why this is even there is because you're pushing yourself towards a ceiling of discomfort, outside of your comfort zone, to do something you're meant to do. And this wouldn't be happening if you weren't doing that.

If you just stayed small, didn't offer your work, or didn't offer the next level of your work, this wouldn't be there. So I always like to tell my clients and tell my audience that this is something to celebrate because it means that you're pushing that upper limit.

Now, that doesn't necessarily - kind of changes the vibration of it but it doesn't actually change it. So how do you actually work through this? One, you have to look at what is it that you feel like you're an imposter or a fraud in, and how can you work through it.

So one of the most important pieces of offering your work in the world is being in integrity. Now, being in integrity doesn't mean that you're nailing it all the time. It doesn't mean you're perfect. But what it means is that you're a student. You're trying to learn. You're trying to figure out. You're trying to work through this thing that you're trying to offer the world.

Now, that's the first piece. The second piece is realizing that that is the exact reason why you're the perfect person to offer this work. So the reason why you're the perfect person to teach the work that you're teaching is because you struggle with the thing that you're teaching.

The reason why you're inspired to bring this work to the world is because this is one of your greatest lessons. And so what you have to realize is that the reason you're becoming an expert and continue to become an expert at this is because you have to constantly be breaking through this fear, this doubt, whatever it is that's holding you back to get to new levels.

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Now, what you have to also see is that you are at a certain point that is past your ideal client. Your ideal client is always two steps behind you. So you might be hitting a ceiling at a new level, but maybe you got over launching your business. That is more than enough.

Your job is not to be perfect and not to have all this figured out. And this will help some of you guys who maybe haven't even launched your businesses yet because you're afraid of this. But your job is to just show up for the lessons. Your job is to be a student of them. Your job is to be inspired by them, to learn through them, and use that inspiration to help and change other people's lives.

So the thing that I want you guys to realize and recognize is that imposter syndrome just isn't even a thing. Like yes, you guys experience it and I have too, but really, if it's there, it just means that you have an opportunity to learn and grow and it means that you are the perfect person to teach this work.

I used this exact example the other day. I said, you know, I feel inspired to help people have it all in their life, in their business, in their relationship, all the things. And I teach on money mindset to some degree, but teaching on money mindset isn't my passion. That's not what my whole business is about because it's not something that I really was challenged with.

Now yes, I can teach it but the reason why it's not that thing in my soul that I'm meant to teach is because I didn't really struggle with it to a certain degree. I did, but it wasn't my big thing. My big thing was learning how to step into the woman I needed to be, learning how to manage my mind and use it as my greatest asset, which is exactly why I'm here teaching this work.

It's exactly why I have a fire in my soul to do this work. So what I want you guys to start to see when you're suffering from imposter syndrome is that it is your greatest gift. It is going to give you the ability to be an expert on

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what you offer the world. It is going to give you the opportunity to be inspired and share your story and your lessons on social media.

It is going to be the thing that lights the flame inside of you. So instead of when you feel like a fraud or when you feel like an imposter, making it mean something bad, change the story. Show up for the lesson and see, this is the reason you're meant to do this work.

I love you guys. I hope that helps. I'm excited to hear your feedback. It was a super short episode but it's super simple. I love you guys. If you want to share this episode on your story, tag me. I love contacting and interacting with you guys and I will talk to you soon. Thanks, 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 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.