

Ep #91: How to Get What You Want



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With Your Host

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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 and welcome back to another week, another episode. I hope you guys had a beautiful Thanksgiving and I cannot believe that Christmas is literally - what? I'm trying to think about when this podcast episode will come out. I think like, two weeks away. Blows my mind.

And I will tell you guys, I am definitely in the best way not used to the fact that there's Christmas lights out and there's an ocean and I'm wearing sandals. Like, what? I'm excited and I'll be back in Chicago in seven days enjoying the freezing cold and snow, which I think will be really enjoyable for a week, for Christmas time.

And then we'll be back in our sunny beautiful home of sunny California. Anyway, I am super excited to talk about today's episode because I think it's going to blow your mind because it really has blown mine and it's kind of taking it back to basics of stepping into your highest self and stepping into the woman you know you need to be in order to create the life that you want.

But it's breaking it down in a new way so that you can see your journey to getting there differently. So I know I've talked about this on this podcast before about enjoying the journey and enjoying the path.

And what I've realized is one of the most detrimental thing that people do on their journey to creating whatever result that they want, whether it be hitting a business goal or falling in love or losing weight or whatever it is, is they get so focused on the end goal and getting there and they just miss the process and they get overwhelmed by the process and they just want to be "there already."

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And I think a lot of times, the reason why people stop moving towards their end goal is because of that, because they're literally so focused on - it would be like waking up every day, going to the gym once, and then waking up every day and going like, okay, let me look in the mirror, have I lost weight yet?

It's a process and if you can't find ways to build upon the process, then eventually you're probably going to get frustrated and not get there because you're going to be like, I'm not there yet, this is BS, I'm fed up with it. Or you'll get so overwhelmed by the process and what you need to be doing or how the hell you're going to get there, that you don't actually ever start.

So I had this realization the other day because you guys know I'm all about if you just step into the woman you're meant to be, you are going to take different actions, you're going to be thinking differently, you're going to feel differently, and in turn, you're going to create different results.

So if you want to check out more on that, check out my highest self episode. And this is something I talk about a lot. But here's what I've realized; that is yes, the process of stepping into the woman you need to be, but what we can do is we can actually create an action plan around stepping into the woman you want to be.

And what I mean by that is every day is an opportunity. You guys know I like to use working out as an example. But every day is an opportunity to lift little weights to step into the woman you need to become, to then wake up in two years and have what you really, really want.

And so what this does is it helps you focus on the process and that being the goal, and that the goal that you have will just happen as a byproduct of you becoming this woman. So here's what I mean by that. I want you to think about one result that you really, really want in your life.

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So think about a goal or a result that you really, really want. Now, what I want you to think about is when you have this goal, who are you? How do you feel? How do you show up? What do you notice?

You're like, she's going to be confident, she's going to be a boss, she's going to be powerful, she's going to be peaceful. Like, what do you see about her? Really, really dig into that.

Now, I want you to pick one thing specifically that really sticks out to you immediately. Is it confidence? Is she decisive? Is she peaceful? What's happening?

Now, here's the thing; we're like, okay, that's who I am and we think about how can I take actions that are like that? Yes, really powerful. But what's even more powerful is asking yourself what small actions do I have to take every day that will help me become more and more of that woman?

So here's what I mean by that. Let's say your thing is I see my future self and she is decisive. And so if she's decisive, if you were to back that down into a little action, that means today, you would have to practice being decisive. That means your small action would be making a quick decision on something. That's how you literally become that woman.

And so what you do is you look at all the most important things about her and then you ask yourself, what's the one thing I can do today that will help me become that woman? So this really helped me because I realized, for some reason, I'm usually really decisive but for some reason lately, I've not been as decisive as I normally am.

And so I kind of did this exercise and I was like, I just need to make a decision and go with it. And it really pushed me to, one, celebrate the fact that I stepped into becoming that woman more and more and more today, just by enjoying the process and seeing this is the process to getting there,

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and that my result will naturally come and I'll be the woman I want to be when it comes.

And it helped me get into motion on it because I think sometimes we think like, oh, it's just one day, or it's just one action, or I'm going to eat brownies all week and I'll just start over on Monday. But if you start to think about how every day is a little, little movement that is helping you become that woman, you start to change the way you make decisions.

And when you change the way you make decisions, you change the reality that you create. Does that make sense? So I think it's so important to understand that you, one, already are that woman, but two, you have to start doing things the way that that future self would be doing them.

So I'll give you another example. If say, in the future, you imagine yourself being really peaceful and calm and intentional about the way that you're living, and let's say today, you're a spaz and you don't create space and time for yourself to really get into intention or peace or any of that.

You are not, I promise, you are not going to just wake up one day and be a peaceful, intentional person by having the goal that you have. If you get there by being a spaz, you will be a spaz when you get there. You see what I'm saying?

So I think it's so important to realize, okay, if I don't want to be the person who's grinding and hustling and spazzing out about things, I have to start making small decisions today that look like that. And one of the best examples is working out.

How many of you have said, when I'm on summer break, when I have more time, when I quit my job, when the kids go out of the house, then I'm going to work out? And all of a sudden you have more time and you still don't do it. This is why. Because changes happen over time.

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They happen through small little decisions you make every day. So if you want to become the person who works out when you have more time or when you quit your job, you have to be the person who makes even 15 minutes today. That's the small decision that turns you into the person that will make time when you have more time.

You get what I'm saying? You picking up what I'm putting down? So I think it's so important to again, think about what's that result that you want? Who are you at that point? What are the five top things you see? And then what things for each of those feelings, say it's confidence, peacefulness, powerhouse, whatever, for each of those words, what do you have to do today?

What small action do you have to take today that you can celebrate yourself for that's going to move you one step closer to being that woman? These are the little five-pound weights that will help you eventually get to squatting the 500 pounds. You don't just walk in and squat the 500 pounds. You've got to start small, you've got to start incrementally, and you've got to start taking these small actions.

And so if you want to be that woman and you want to create that goal in that way as that woman, this is how you do it. Then these little small actions will add up and those will create the result that you want.

Super excited to hear your feedback. Tag me in your Instagram, @lindseymango_. I love you guys and I cannot wait to talk to you next week. 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.

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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.