

Ep #92: Why Change Is Hard



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 and welcome back to another week, another episode of *Soul CEO*. I think this episode might come out the week before Christmas but I'm not really sure. We're getting close though. Maybe it's the week of Christmas. Who knows?

Anyway, I'm super excited to be here with you guys. I'm super grateful for each and every one of you. I know I rarely mention this, but you know what I'd be so grateful for? Is if you left a review. If you are a listener, if you are loving what I am teaching, what I'm talking about, if this gives you life week after week, please leave a rating for me. I would be so, so tremendously grateful.

Take a screenshot, share it with me. I am just beyond grateful for each and every one of you. I love when I get to interact with you, and I am truly grateful when I get to read your reviews. So thanks again for that.

Alright, so the other week, I taught a podcast, maybe a month ago by the time this comes out on how to make change. But today, I was on a run. I'm not a big runner, but that's what I felt like doing today for my exercise. And I was thinking about why change is hard.

And I hate to label things as hard because I think they are going to be whatever we decide they're going to be. But I think sometimes we need to validate it that like, change can be hard. It can be freaking hard.

Have you ever tried to get your dream body and year after year, maybe it's 10 years, 20 years, 30 years. Maybe you've been trying forever and you still haven't changed and you're like, what the hell? Why? Or maybe you've

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started a business like, 10 times, or maybe you've tried it for years and you're just like, ugh, why am I not changing? What is happening?

And here's the thing; I think understanding this will help you guys to create more of it and have more compassion with yourself, and I think compassion fuels forward change in a much more powerful way. So the reason why change can be hard is because internally, we have like, an internal computer that's basically dictating how things go.

And this internal computer is in our brain, it's in our subconscious mind. And it is kind of running the show, and I talked about this before on this other episode. So what's so important to understand about this is that it learns its behaviors and things based on fear, based on childhood wounds, based on experiences, all of the things.

And so it just kind of operates and runs the show. So first of all, let's talk about why that's difficult. This is something that's tucked away in the deep spots of your mind, and usually we're just not even aware of it at first, of what's really running the show.

And so if we don't heal that, you're really just putting a Band-Aid over a problem. So it's kind of like if you've tried diets, if you tried all of these things, maybe it's worked for a short period of time, but it hasn't really created lasting change because you haven't changed the hard drive of your brain.

And so this is why maybe you can change for a week, you can change for a month, maybe you even lost weight and you changed for like, a year, but then you fell back into old habits and this is why. So change is hard because it's the framework of your mind and you have to shift that in order to create lasting, long-term change, which means you have to be aware of it, you have to notice it every time it comes up.

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You have to work at it consistently, which is why I literally have a job and why I have coaches because it is something you have to be really committed to changing. Not just like, I'm going to try this new thing. No. Awareness and shifting your mindset and real lasting change, it requires really giant commitment to yourself, to your growth, to all of the things.

So that's one reason why change is hard. The other reason that kind of piggybacks off of this is that a belief is a thought you have thought over and over and over and over again, and then it's gone into this subconscious mind. And our beliefs kind of run the show, and so I think to think of beliefs like, I want you to imagine if you walked in the snow in the same spot over and over and over and over again for 30 years of your life.

How deep would that trench in the snow be? What's crazy is once you walk through it once, then you're more predisposed to walk back through it again. And once you do that, you start to see evidence of it and it becomes deeper and deeper and deeper, and it literally feels like truth.

And so I want you to think about how that snow trench is like the belief system in your mind that are creating your current results. So if you want to change them, you've got to step out of the door and decide that you're not going to walk through the easiest trench that you've done your whole life, and create a new path.

And to create a new path, you're going to have to find a new thought. Something that you believe to be true, and walk that way. And when something happens again, you're going to have to realize, oh wait, I don't want to walk down that path. I want to walk down that one.

And you got to keep doing it until that becomes the natural way that your brain works. You're literally rewiring your brain. And so the reason why I wanted to share this episode is because I know how frustrating it is when you really want to change something and you're not.

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And I think it's important to understand this and I want to paint it in a picture that's like, simple for you guys, so that you can realize that sometimes you're going to walk down the wrong path. Sometimes you're going to do what your subconscious mind is used to doing.

Awareness is the first key and just being committed and wanting to change it is so important because you're going to screw it up. You're going to walk down the deep trench snow path and you're going to realize 10 minutes after that you have. Or you're going to want to react the same way. You're going to have to stand on the edge of walking down the same snow trench path, whatever you want to call it.

This is really ironic because I'm probably going to be in snow right now. And realize, oh shit, I want to go over there. You might be halfway down the path and be like, oh no, I don't want to be here, let me try a different way. That might be where you have the Doritos bunched up in your hand, ready to go in your mouth for the second bite.

And so just realizing that I think is going to push you guys to, one, commit to it, two, focus on what really matters. Not just putting Band-Aids over things and trying to fix them externally. Like, really doing the work that matters, that's going to create lasting change.

Because I promise you, one, it's so fulfilling, two, it's going to allow you to create much more massive results. It's kind of like, have you guys ever heard about athletes or I think A-Rod actually has a show now where he's helping former athletes who lost all their money get back in the game. I think that's the name of it.

But they make tons of money and then they lose it all, or somebody wins the lottery and they spend it all. That just reminded me of - if you guys have ever seen John Mulaney. John Mulaney, Netflix, hilarious. He says, "You spent it already?" Talking about college.

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Anyway, way off track. But what I'm saying is that is literally their subconscious mind. Their computer, they haven't rewired it, at work. Because they had a belief system about money and they didn't rewire it, so they lost it all.

This is why it's so important to do this work. I want you guys to create change and I want you to be able to create lasting change. And I want you to be able to do it, address the real core of it, so that you can be empowered and feel like you have control to create the results that you want in your life.

So this is why change is so hard. I love you guys. I cannot wait to hear your feedback about this episode. Since we're getting so close to the holidays, I'm going to say happy holidays, Merry Christmas. I love you guys and soak up the moment, and I will 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 to 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.