

## Ep #95: New Year, New Celebrations



### 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? Happy New Year. Seriously, I just hit record on this podcast and I was looking at the calendar and I realized that this podcast is going to go live, I believe, on the first day of January.

I love this day. I love the fresh start, the opportunity, the possibility, all of the things. I just think it's so fun. I feel like it's like a blank slate in the most beautiful and amazing way, and just a time to celebrate the close of an awesome year and begin the next year the way that you really want.

So I've done a podcast about this before, but I want to reiterate it today because it's so important and powerful as you step into a new year with a fresh slate and probably so many goals that you have, I think it's really important that we do this. And no, it's goal setting, while yes, that's important. It's celebrating.

Why is celebrating so important? Here's the thing; have you guys ever felt like you're constantly chasing a moving target? Like, you set a goal or you've done things in your life that you could have been really proud of but you weren't really. You were just so focused on the next thing that you just kept going? That is what I'm talking about.

And if we aren't celebrating every single learning lesson and every single accomplishment and every single shift and miracle that happens in our lives, we are not taking mental note. I think about it like you know when you're reading a book and sometimes you kind of dog-ear the corner of your book and it's to go back and remember.

I think about celebrating like dog-corner, whatever you want to call it with the book, your life. And the reality is why are you going to be motivated

## Ep #95: New Year, New Celebrations

from this really loving and abundant place to create more if you weren't freaking excited and feel good and celebrating the stuff you are doing?

Whether it be big or whether it be small, whether it be a goal that you crushed or something internally that you shifted, all of that is leading you to where you're meant to go, and celebrating gives you the opportunity to just really mentally note that and give yourself some damn credit.

I'm sure you guys have had that experience where you're really afraid to do something and then you go out and do it, and then after you're like, that's not so bad. But while that's great, that's growth, but what you do is kind of take away from yourself and your transformations.

So something I want to challenge you all to do, first and foremost, on the first day of the year is yes, think about the year going forward, but also celebrate what you did last year. I don't care if you failed all year long and it was just a shit year for you. How can you celebrate some of that? How can you see that it was all teaching you something?

So what I would recommend doing before you think about next year, or this year and what you're going to do, I want you to identify what are 10 things you are celebrating from this past year. And I don't want it to just be like, write it and forget it. I want you to full-body experience it, celebrate it, feel it, imagine, remember what it felt like when you did this thing or when this thing happened.

And I want you to actually like - whatever you do to celebrate stuff. Like, cheers and toast with your champagne, or take yourself out for a wonderful dinner. How can you really celebrate what you did this past year?

Now, I would love for you guys to make this a daily practice. I think it can be one of the most transformative things that you do and it's something that I still have to consciously practice because I find myself so easily getting

## Ep #95: New Year, New Celebrations

used to my accomplishments and then striving for more and not really celebrating the moments here and now.

So that's the first part. The second part is celebrating is so important because what it's going to do is it's going to set the stage for you to set amazing goals. You guys have heard this before from me, but the process of decision making and why you're doing something is what makes the result and the vibe of the entire thing.

So if you guys are reflecting on your year and you're like, oh my gosh, I didn't do anything, you feel really crappy about it, and you're setting a goal from like, hey, that sucked, I'm not enough, let me set goals. It still has that energy around it.

And while you might accomplish it, it's not going to have the same kind of feeling and purpose that it would if you celebrate it and then laid that foundation as the springboard to setting your goals. So celebrate. Set your goals from there so that you can infuse your year and everything you want to create this year with that same kind of energy.

Now, this is a super short podcast, super simple. What I'd love for you guys to do is take a screenshot, share it on your story. I would love for you to tag me, @lindseymango\_ and tell me what you're celebrating. What's one of the biggest things you're celebrating? How are you going to celebrate it? So that I can celebrate with you.

And make this a practice this year. I love you guys. I cannot wait for an epic year. So much good stuff is going to be coming. Stay tuned and I will talk to you guys soon. Love you. 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

## **Ep #95: New Year, New Celebrations**

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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](https://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.