

Ep #96: My Top Tips to Crush Your 2020 Goals



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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? And welcome to 2020. I know this is the second week of January, but I'm not kidding you guys. I'm not a new year, new you type of thing, but I love the opportunity to just open a fresh - it's like opening a brand-new journal. Like, fresh page, beautiful, no bends in the paper, no scuffs on the cover. That is how a new year feels to me.

And I know we covered some new year stuff in last week's episode, but I wanted to dig in even deeper on this episode of how to crush 2020 and hit your goals. So whether you made massive transformation and created massive results in 2019, or you are just kind of tip-toeing on this journey to creating some change, it doesn't matter.

What I want to do for you guys today is give you my top tips for how to crush 2020. They're going to be simple, they're going to be applicable, and then I've got something really exciting I want to share with you guys at the end of this episode. Literally, it's a no-brainer. I've gotten so much feedback. It has blown people's minds and it's all about goal planning for 2020.

Even though it's the second week of January, still so important. I don't know about you guys but the new year kind of just like, came up on me real quick, so I've been spending the last few days getting prepared, reflecting, doing all of that. And so I thought what a perfect time to talk about this.

So here are my top tips for crushing 2020, whatever your goals are, whether they be fitness, finding the significant other of your dreams,

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creating and starting your business, hitting new heights in your business, it doesn't matter. This is applicable for all of you.

So number one, make sure that when you're setting your goal, it's coming from a place of service, joy, and desire, instead of fear and lack. Here's why this is so important. So often, I see people set goals from this place of needing to prove themselves, or prove that they're enough, or be in the races with everybody.

So they'll pick a goal or they'll pick a number, or an income goal or something, because they feel like anything less than that is not good enough and all of that. That is not a good reason to set a goal and that's already coming from a place that is lowering your vibration and your actions and your mindset and all of these things. And it's going to make hitting your goal either harder or make the hitting of the goal an empty thing.

So I think the first thing is identifying where your goal is coming from and if you were to set it from a place of desire, joy, and service, what your goal would be. And digging into maybe why you are setting your goal where you're setting it.

So ask yourself that question like, why is it important to you and look at your reasoning and ask yourself, does this align with my highest self, with the woman who has this goal, with the woman who's crushing it, with the woman who knows she's enough exactly as she is, or is this coming from a difference place, and address that.

Number two, focus on one goal. Now, if you were to ask me this a year ago, you guys know, I'm all about creating the best life of your dreams, and I do believe that your health and your relationship and all of that is important to move your goal forward. But here's what I find. It can get very overwhelming if you're focused on like, 10 things.

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And typically, if you're going in 10 different directions and focusing on 10 things, we tend to lose steam because it's complicated and it's like, you're juggling 10 different balls in the air. You're spinning 10 different plates. And think about how much energy you can put into if you just focus on this one goal.

Now, here's what's important about this. What you can ask yourself if you have all these other desires, you guys know, health is important to me. I'm working out like, five days a week, I'm journaling, I'm doing all of these things. But to figure out what your one goal is, it's important to ask yourself like, what's the one goal that if I hit this goal, everything else would kind of happen naturally.

So here's what I mean by that. Maybe you want to buy a house and you want to invest in something and you want to find your soulmate and you want to do all these things. When you ask yourself that question, maybe the goal is a business school because you know if you hit that, you become a different version of yourself and you can buy the house, you can invest in the thing, and you can create more time and space for you to go find your soulmate.

So what's the one thing that you want to funnel your energy and attention into? It doesn't mean you won't be focused on other things as well, as a means of creating a balanced and harmonious life, but what it does mean is it's going to allow you to really be intentional and not do the whole new year new you thing where you quit in three weeks because you're overwhelmed, it's just too much. Because when you focus on one thing, then you can take small actions every single day to move that one thing forward, and it's so much simpler.

Number three, schedule time for this one thing. Schedule time for the action items that are going to help you hit this goal. So let's just say for

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example, you want to start your business. I think sometimes we get so caught up in tons of different things in doing that.

What I would ask is what are the action items that are most important to make sure that you get your business started. Identify the top three things and schedule it every week. This is literally why I was able to - you guys know, a lot of you guys know my story where I started my business while I was working my corporate job and I was able to leave it in six months.

And that is because of this. I focused on the most important things. I didn't get caught up needing to write a blog and starting my podcast. I just focused on - and that might serve your goal, so it depends on what you're going after. But I just focused on connecting with people and signing clients.

And I took the actions, like posting on social media, connecting with those people, setting up consults, and that was all I focused my attention on, which was what helped me hit my goal so fast. So identify what those top three actions are and create space.

So this will also give you the ability to not feel guilty when you're not working on this goal because you know every Monday, Tuesday, Wednesday, or every Tuesday, or whatever, Thursday, you are taking these actions and you've committed to them. And so you can live the rest of your life and create space for the other things that are important to you.

Alright, number four. Do thought work. Guys, if you're listening to this podcast, you know how important your mindset and your perspective is on your goal. So here's what I would recommend doing. Identify your thoughts and your perspective on your goal every single day.

And identify what isn't serving you to hit that goal. Prove it wrong. Find new thoughts that will help you hit that goal. And if you focused on that every

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day for this entire year, you will be blown away, one, on your perspective shifts, and two, how much faster you hit your goal.

Number five, hire support or accountability or what you need in order to make sure you're sticking with this. So I will tell you guys, I am very fiery. I am very committed to my goals and I also hire coaches and get into things so that I know when shit hits the fan, because it will, you guys, you will fail, things won't go as planned. Kids will get sick, things will get in the way.

But I make sure that I hire the support I need so that when those things happen, I am held accountable to show up and get coaching and learn and grow from them instead of being stuck. Maybe hiring the support is getting someone to watch your kids twice a week so that you can focus on your business.

Or maybe you need to set up an accountability group. It's not about hiring somebody. What is something that is going to help you stay committed to this and help you guarantee that this goal is going to happen? Literally, this is why I hire coaches because I'm like, hey, if I fall off track or if I get unfocused or if I want to change this goal a million times, I know I'm going to have the support I need.

And if you think about it, if you know you're going to hit the goal, if you know eventually you're going to get there, or if you knew that you hitting the goal was contingent upon you continuing to show up for it, wouldn't you want to hire support so that you know, it's guaranteed that you have the support you need to hit the goal? So, so important.

So I would love to hear your feedback on this. Tag me in your Instagram, @lindseymango_ is my name on Instagram. But I have a special surprise for you guys. A lot of you have already downloaded it. I've gotten so much amazing feedback.

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But a couple days before the new year, I decided to make myself a 2020 goal planning workbook and walk through the entire process like, I wanted to go through to celebrate 2019, to feel good about closing that door, and to prepare my mindset, my perspective, basically all the things I'm talking about today on this podcast episode to prepare myself for 2020 and to identify what my goal is, calendar it, identify those action items, create the mindset shifts I need, know exactly what I need to do in this workbook.

And so when I was making it, I was like, oh my gosh, you guys need this. Whether you've already planned this out, whether you have planners galore, it doesn't matter. This is going to help you identify what exactly you need to be doing, what your one focus is. Basically, it's going to hit all five of these tips I shared with you today to actually sit down and work through this.

And I'm giving it to you for \$7. \$7, like, that is a no-brainer. Everyone needs this. Everyone needs to go through this process, to answer these questions, to dig deep in themselves, to know what they need to do. You guys will have so much clarity. You will feel so empowered. You will know exactly what you need to be doing.

You will feel like your goal is a guarantee because you've built this entire process around it. And then we finish it off by creating one final page of actionable items. So if you want that for \$7, go to lindseymangocoaching.com/2020. That is all.

Download it, tag me in your story while you're doing it. I'm so freaking excited for you guys. I cannot wait to see what 2020 has in store and I love you and let's freaking do this.

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

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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.