

Ep #99: Being Pushed Vs. Being Pulled



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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? I'm so excited you're here. And because you're listening to this, this is a sign that last week's intense podcast didn't scare you away. I'm so freaking excited. That tells me you are the right type of woman for me.

I literally - I just recorded it, but I'm laughing because I was huffing and puffing so intensely, sharing and dropping these bombs with you guys. But I just - yeah, I feel like it's so important to share with you guys how passionate I am about this because I want you to feel that passionately about what you're doing in your life.

And I know that energy is contagious, and I want you to take my intensity and my energy and use it to fuel you forward to create more in your life, in your business, in your relationships, in your health, anything. Because you are meant to have it all. It gets to be exactly what you want. Your life gets to blow your mind and that's why I'm so excited you are here for another episode.

Because this tells me that even if you're not invested in a program, you are invested in your growth, and that is the most important part of creating an epic life. Alright, so let's get started on today's episode. Today I want to talk about the difference of pushing versus being pulled.

So the difference between pushing versus being pulled. I want you guys to think about a time in your life when you were going after a goal or going after something and it felt almost like, exciting and you were passionate and you just felt so driven by mission and purpose and desire, and of course you did all the things, you took all the actions, but that's the feeling you had throughout the process was maybe you're in business and copy

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and content was coming easily, or maybe the relationship was flowing and just amazing, or maybe you just felt full of conviction in what you were doing.

That, I want to share with you, is a sign you're being pulled. Now I want you to think about a time when you felt like you had to hit a goal or you had to do something, and it was moving your goal or something that you desired forward, but it was from this like, pushing energy. Forceful.

It might look like something where you were thinking I have to do this and I have to do that and I have to do that, or I'm supposed to do this, I'm supposed to do that, and it's like, you guys know I'm all about sometimes the things you resist the most are the things that you have to do to grow. But what I'm talking about is this feeling of like, it's push. You guys know what I'm talking about. You're trying to push yourself into action, you're trying to force yourself to do the things.

Now, here's what I will tell you guys. I had a huge realization when it came to this because of course we all fall into both. We fall into being pulled by our mission and pulled by our goal, which to me, comes from a very loving, purpose-driven place. And when you're in that place, things feel natural, ideas come naturally, the actions, while they might be uncomfortable, you just feel like it's the next right step.

Whereas pushing is like, it's coming from a fear-based place. It's coming from lack and having to and needing to and all of the things. And while both, they can create results, one is going to burn you out and the other is going to help you build massive momentum that you can keep building on, that you can keep growing from that will allow you to feel like even though you're going to be pulling through uncomfortable things, you're still feel fueled and on fire and gaining energy from it.

That is the difference between being pushed and being pulled. And here is what I realized. When you are in a pushing energy, the reason why you're

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doing the thing is not in alignment with love, abundance, and the reason why you probably wanted to do the thing originally. I'm going to say that again. When you are in a pushing energy, the reason why you're doing the thing isn't because of love, abundance, and mission, and purpose. It's because of some sort of fear, lack, or the need to prove yourself.

So I'll give you guys a perfect example. Let's say you're trying to grow your business and you're trying to be as good as everybody else who started at the same time as you, or hit a goal so you don't look silly, or achieve something so you look like you're enough or you feel enough. That is going to be a pushing energy.

You are going to be forcing yourself to do stuff, should-ing all over yourself. It's just going to be this resistance-type energy that doesn't flow and doesn't fuel you forward the way that all of you guys, I believe, want to be fueled forward.

So again, it doesn't mean that there's a problem if this is what's happening. I still get into this sometimes because oftentimes when we create a goal, I hope you're creating it from a really loving place, like I want to get a healthier body because I want to treat my body really well, versus I hate my body and I want a better body.

Or maybe you can even use that little tidbit to set your goal a little bit differently. Or maybe it's I want to grow my business to a million dollars because I want to serve more people, versus I want to grow my business to a million dollars so I can prove myself that I'm just as good as everybody else. Do you see the difference? Same goal, different driving factor.

And one of them is going to make the process so much more fun and the failures so much easier to handle versus the other. When you are pushing and you have something to prove and it's coming from fear, every single failure, every single thing has stress and urgency around it because it's attached to something so much deeper.

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Your worthiness, right? If something is attached to your worthiness, a failure doesn't just mean I failed, I can figure out what to do next. It's like, I'm not enough. I'm bad. All of these things. Now, that still might happen, but it's different when you're like, okay, I want to serve 2000 women, or even 10 women or whatever it is in my work, or I want to get a healthier body because I love myself, when you fail you're like, okay, this is just an opportunity to learn and grow. I'm on my way.

So what I want you guys to think about every single day and when you start to feel yourself in that pushing energy, what's happening? Pausing and really self-reflect and have that awareness and say, okay, why do I feel like this? Why am I telling myself I have to do this, I should do this? All of that.

Yes, actions create results, but how you take the actions and how you feel when you take the action is going to dictate whether it creates momentum and results and alignment versus push you further away or have you still hit the goal and feel not the way you want to feel when you hit the goal.

So how you can redirect that awareness, first, like I said earlier, if you find yourself should, have to, waking up and being like, "Oh god, I got to get all the things done," or feeling failure as it meaning something about you, that's signifying you're in a pushing energy.

So how you redirect that is you ask yourself, why, from a loving and abundant place, do I want to hit this goal? And how can I use that to fuel forward my actions today? Why do I want to post on social media? Because I want to serve people, I want to add value. Not I have to. Because I have to hit my goal and I need to show up and do this, everybody says I'm supposed to.

Do you see the difference? We can be pulled towards all of our goals. And when you are pulled, it is flowy, it is natural, it is inspired, it feels good, it feels in alignment, and yes, it might still feel uncomfortable because that's what's going to help you grow. There's a totally different energy around it

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and it's not only going to make the process to getting there much more fun and easier and more fueling and help you build momentum without feeling burnt out, it will also help you when you get there to feel good and want to continue to go forward.

And the thing is I want you guys to continue to hit goals from this place of being pulled because it's going to help you build more momentum to help serve more of your purpose, whatever that is, to help you hit more goals, so you can keep going. Because the magic happens after the failures. The magic happens when you keep showing up.

So again, a simple way to do this is identifying, noticing when you're being pushed by yourself internally and redirecting it to saying what would pull me towards this? What would inspire me into action? Why do I want to do this? And what actions would I take from there?

So be pulled towards success, be pulled towards your goals instead of pushing. I love you guys. If this episode left an impact on you, you had a realization, I'd love for you to share it. Tag me on Instagram, take a screenshot. You never know who needs to hear this message and my Instagram handle is @lindseymango_. I love you guys. Have a beautiful day.

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

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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.