

Ep #104: When You Don't Feel Like Showing Up



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? Oh my gosh, I'm so excited for another week and another episode. Actually, after I said that, I was like, wait, I'm not excited. I'll tell you guys what I mean because this week's episode is actually about this.

So I am running - and I'm done with it by the time this episode comes out, but I am in the middle of running an amazing five-day training and I have been putting in a ton of work for it to facilitate just amazing growth. And so Monday and Tuesday have been a little busy.

And I will tell you guys that I had this podcast episode blocked on my schedule earlier today, but some of the things that were priority ended up taking over that time slot. And so I had to push off when I did this podcast after clients, after the free training and all of that at like, 5:30pm.

Now, some of you guys are like, 5:30, what? I work later than that. But I will tell you guys, I have pretty strict boundaries. I don't usually work past five because I have a story that I'm not a night person. My energy kind of dips.

But anyway, besides all of that, what I will tell you guys is that I almost didn't do this podcast episode. Like I almost just emailed my producer and was like, you know what, out of like, 100-and-something episodes, I've never missed a single week and I just don't want to do it today and I think we're just going to skip this week.

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And I was thinking about that and I was truly five seconds away from doing it and then I was like, this is such an opportunity to teach you guys and to apply what I teach all of you every single day, which is to take responsibility. And when I say taking responsibility, what I mean by that is taking responsibility for my thoughts and my thoughts being the things that are creating how I'm feeling.

That I might just not feel excited about getting on and recording this episode, but that I have the power to create a different thought and a different feeling and in turn, a different result. So in that moment, I asked myself, "What thought could I have that would make me excited about showing up for this week's episode?"

And the thought I decided on was that one person - like I know you guys always grow and blow your own minds by listening to these episodes, at least that's what I imagine when I'm recording them. But I was thinking like, maybe this is the one episode that one person needs that's going to change their life and that's it. This episode needs to come out so they can change their life and if I don't show up and do that, then they're not going to be given that opportunity.

And I will tell you guys, while I'm still tired after a long day, that made me excited. That made me invigorated. So what I wanted to talk to you guys about today was just this. It's honoring the commitments you make to yourself, honoring the commitments you make to other people, and learning how to take responsibility for showing up when you really don't want to sometimes.

So there's a couple things and a couple tips and a couple things I want to offer for you guys on this. There are often going to be times where you don't feel like showing up, for the things that you committed to or for the things that you said you wanted.

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The difference between you getting what you want isn't just powering through and forcing yourself through it, it's identifying what other thought would change the way you feel about showing up and being committed in this moment. What thought, what belief do you need to have about this thing that you committed to doing that will help you show up?

And if you can identify something that will inspire you, excite you, you are not at the mercy of the way you're feeling. You get to be in control of what you're feeling and ultimately, you get to be in control of what you're doing and the actions that you take.

So I think it's so powerful to realize that just that tool alone can help you honor your commitments and show up even when sometimes you don't feel like it. Because there will be moments like that. The other thing I want to share with you is that I have made a commitment to myself, I've made a commitment to all of you, I made a commitment to my podcast producer that I was going to get this to him every Tuesday.

And so the other powerful tool that you can utilize when it comes to this is making sure that you are surrounding yourself with accountability and with the support and the people you need to hold you accountable. So for me, I'm investing every month hiring the podcasting team and that really continues to push me to show up and stay accountable because I've put money on the line.

And that's what a lot of people don't do is they make a commitment but then they don't back it with an action that is going to hold them accountable, regardless of how they feel. So for me, when I first hired my first coach ever, I realized that in the months when I didn't feel like showing up or I felt like my dreams could wait, I knew I had hired the help that I needed to make sure that didn't happen, and I knew I was investing money that was going to require me to show up.

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And that is a powerful tool that I utilized because basically what it does is it gives me no other option but to show up. And that's what my programs do, that's what my coaching does, that's what all of it does. So the biggest thing I want you guys to take from all of this is one, that you are not at the mercy of your emotions and how you're feeling, that you're in control of that.

And two, that an important tool, an important thing that you can implement in your life is to put so much on the line that you have to show up. And that is going to make the difference between the people who create the results that they want and the people who don't.

Now, this is a perfect segue into the fact that right now, my signature program called Anything but Average is open and closes the payment option tomorrow at midnight. This program is about giving you lifetime coaching, lives every single week, support in a community, and the step-by-step process to help you create any result that you desire when it comes to money, your purpose, your relationship, your health, and your lifestyle.

So if you want to create change in any one of those areas, or you just want to create a life where you have it all, this program is going to be the program that changes it forever. What you are going to learn and understand is how to make real change and how to create the results that you want and you're going to have the coaching and the accountability that I just talked about in this episode that you'll need in order to create change.

Because here's what's going to happen. When you guys go to work to apply this stuff, and maybe you've been listening to the podcast for a really long time, what happens is our mind will like to use old frameworks, old ways of thinking, our belief systems will want to sabotage us from showing up and creating results. It's the way our mind wants to keep us safe.

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So it's not a question of if you really want to create change in your life. It's not a question of if that stuff is going to happen. It's going to happen. The question is are you going to put yourself in a situation and in a scenario that is going to give you what you need to keep showing up and to break through that when that does happen? That's why I built this program.

So if you are ready to finally commit to the change you want to create in your life, you want to have a lifetime of coaching with me, you want to have the step-by-step tools that are going to create results in your life so you can finally have the life that you really, really want, you have got to be in this program.

Check it out at lindseymangocoaching.com/anythingbutaverage. Guys, everyone has to be in there. I'm giving you just gold. It's going to change your life. I love you guys, I can't wait to hear how it goes and I can't wait to see you on the inside of my Anything but Average program. 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.