

Ep #2: How to Get Through Anything



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With Your Host

Lindsey Mango

[Anything but Average](#) with Lindsey Mango

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Welcome to the *Anything but Average Podcast*, where I, life coach and mindset expert Lindsey Mango will teach you how to master your mindset and get into massive action to create a life that blows your mind. Let's get started.

Hello, how are you guys? Oh my gosh, I am so freaking pumped to be here and welcome you to the *Anything but Average Podcast*. I feel like that's never going to get old saying it, and I just want to deeply express my gratitude for every single one of you.

Like, every single one of you tuning into these episodes, taking time out of your week to invest in yourself, invest time, invest energy, invest just pulling up the podcast app and checking this out because that's how change happens. I don't remember who said this quote, but my husband shared it with me and I absolutely love it, and he says, "Everything happens gradually and then suddenly."

And I think that is such a great way to kick off this podcast officially. I know that you guys had the first episode go down last week where I really just painted the picture of what Anything but Average is all about. But today we're going to get into the nitty gritty and the juicy coaching that you need to transform your life.

And I just want to remind you guys that all these little pieces that you're going to get week after week, if you apply them, if you show up, if you are committed, you can change your life. And it will happen gradually and it will happen just 10 minutes a week, 20 minutes a week. The time that you invest in applying the work that you learn here.

But that's when you're going to wake up in five years and you're going to look back and you're going to be like, holy crap, my life is completely different. And that's the goal here. I want every single one of you to just be in complete awe of the life that you create. That is my whole mission and my whole goal with this podcast.

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And so I just want to remind you and celebrate you and express my gratitude that you are taking the time out week after week to transform yourself, your mindset, your life, and that is something to be celebrated and that is something to really just take note of.

Because I think sometimes, we get so caught up thinking that change needs to look like a five-hour morning routine, and that's not going to work for most of you guys. You have kids, you have jobs, you have things going on. Change is going to happen, finding those nooks and crannies every single day and every single week of the 10 minutes, the 20 minutes that you can take to really soak up this knowledge and apply this work. That's how you're going to change your life. That's how we're going to help you create an Anything but Average life one week at a time, and I'm just so freaking excited you're here.

The other thing I just wanted to share with you guys is that if you find this episode or any episode valuable, please take a screenshot, share it with your audience on Instagram, tag me in your Instagram story. I always love to celebrate you for sharing these episodes because you never know who needs to hear this message. And that is just the greatest form of flattery and gratitude to me, to have you guys share this work with the world.

Because at the end of the day, I want to help as many women as humanly possible create their version of an Anything but Average life. So without further ado, let's jump into really the first official episode where you are going to learn some groundbreaking and amazing stuff.

So here's what I will tell you guys. I actually had something else planned for this week's episode. And don't worry, you will be getting that next week and you will be getting my Anything but Average step-by-step process that's going to help you literally create amazing results in your life, but here's what I will say.

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With everything going on in the world right now, with the coronavirus and schools and businesses and jobs and all of the things being closed down, shut down, paused for a moment, I feel like that's really where I want to start.

So if you are listening to this a year in the future, two years in the future, don't worry. This is going to be very applicable to you, but I specifically want to touch on some major mindset shifts you can make right now so that you can come out on the other side of the coronavirus and just the way it's impacting the world better than when all of this started.

And again, this is - what I'm going to teach you today is something I apply every single day of my life and have applied for years, but it's especially helpful when it comes to adversity or just challenging circumstances, and that's what a lot of you guys are experiencing right now. And I don't want to feed into the frenzy. That's not at all what I'm going to do. I'm going to help you take a step back from the frenzy on this podcast episode and really show up for growth in this moment.

And again, when I thought about you guys, I was like, this is what they need right now. So let's jump in. There are two perspectives and mindset shifts that have allowed me and my clients to literally get through anything and grow through anything and create amazing results through anything, which means that they are going to come - not just handy, but leave a profound impact on you if you apply them into your life.

So what are these mindset shifts? What are these perspectives? These two thoughts that help me get through anything, one is, "There's always a creative solution." And we're going to go into more detail in how you can actually apply this .

But I want you to borrow my brain for a second. My brain genuinely believes and this has been built over time, you're going to build this over time too, but my brain genuinely believes that there is a solution to

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everything. No joke. It's probably annoying how much I think that there's always a solution to anything.

And that perspective, what that does is it creates this opportunity for my mind to develop a solution and to come up with a way to solve a problem, or come up with a way to continue to grow, versus having the perspective, "There's no way out of this." I really want you guys to think about that for a second.

How does it feel when you have the thought, "There's no way out of this, there's no solution?" Here's what that actually looks like when it comes to how that will show up in your life. When somebody brings a solution to you, you'll find a problem. Or when your mind comes up with a solution, you'll find a problem immediately.

And you'll constantly find, "Well, that won't work because of this and that won't work because of this and that won't work because of this." Now, if you're doing this, I don't want you to think anything's wrong with you. There's no judgment. This isn't bad. This is just how your brain likes to protect you.

What I want you to try on, what I want you guys to practice, especially right now is this thought that there is always a solution. There is always a way out. When you have that thought, it opens your mind to a world of possibility. What it does is it commits you to finding a solution.

Because yes, you might not find a solution on the first try or the 10th try or even the 50th try, but if you are committed and you are like, there is a solution, you are going to find a solution. And I will tell you guys, that is one of my greatest assets when it comes to coaching my clients, but also when it comes to growing and right now, it's helping me show up with just different shifts in my business and different things that are going on in the world to show up and be like, there is a solution to anything, there is a solution to this.

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Meaning, if for example, you're afraid about your job, you're afraid about income, you're afraid of what this looks like for the economy, if you approach it from this place of there is a creative solution to this, there is a solution to this, then you're going to create space for your mind to come up with a solution.

Maybe that looks like finally starting that side business you've been wanting to start. Maybe that looks like offering a Facebook Live and teaching the world something valuable and deciding to make an offer to do that. Maybe that looks like playing music online and having people pay to show up for the show that you're putting on.

I know these are crazy ideas, but what I'm saying is if you are experiencing a lot of uncertainty right now, or you're just in any sort of adversity, ask yourself that question. Think about it from this perspective. There is a solution. There's always a solution to this. What solutions are available to me right now?

What this does is it keeps you thinking in possibility. It keeps your mind open to all of the creative solutions. And what that will do is it will help you continue to move forward. So that's the first thought, the first perspective. There is always a creative solution, there's a solution to this.

Now, I want to give you guys some more in-depth examples. So let's just say right now your job got closed and you're not going to make any income for maybe the next two weeks, the next four weeks. If we approach this from the perspective, "There's a creative solution to this," what ideas could we develop?

My mind immediately goes to okay, so maybe you could reach out to your boss and ask, is there anything else I can be doing to create some income right now? Maybe you offer to watch somebody's kids right now if you can, if that's a possibility. Maybe you have a special skill or talent that you can start to sell to people on a Facebook Live and offer tickets for them to get

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the opportunity to join the group, to watch your teaching or what you're offering.

Maybe you've been wanting to sell these little things that you make for kids or a game that you made up for kids. Go out and start offering that. If you're in the perspective of there's a creative solution to this, you are giving yourself the opportunity to find a solution. And when you find solutions for any problem, you will guarantee the fact that you're going to be successful and you're going to make it through any adversity.

It might look like something like, okay, well what businesses are thriving right now? Amazon is hiring people. I will tell you guys that there are people who grow and get rich during times like this, during recessions. So again, if there's a solution, if there's always a solution, who is somebody that you could reach out to that is going to grow, that is going to create more income, that could provide you an opportunity to make some money?

So first perspective, there is always a creative solution. And again, like I said before the coronavirus, this is a thought that really served me, that helps me create any result that I want. It's almost annoying to a point because I'm so committed to finding a solution to any problem.

Even when everybody's like, "It's just not possible," I'm like no, there is always a way. Really work on approaching any adversity, any challenge, anything in your life from that place and you will watch magic before your eyes, and you will end up better after all of this is over, better after any problem or adversity that you face.

The second perspective that I want to offer you is something that a lot of people share, but implementation is again, the most important part of what you're learning on this podcast episode and every podcast episode, and that is, "How is this happening for me?"

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One of the biggest things that I see happen to people is they feel like something is happening to them, they feel like they can't control the fact that their job is closed or that their kids are home, or that you just started a business and people aren't buying, or that a client cancels, or that you're stuck in the house and you're stuck with all of your snacks.

When we're in the perspective or when we have the perspective that something is happening to us, that we have no control, what we do is we give up all of our power and we end up becoming victims. Now, what I'm not saying is that you can control the coronavirus, or you can control the fact that your restaurant, where you worked closed, or that your job closed down and you're not going to get paid for two weeks.

There are circumstances that are out of our control. But when you have the perspective, "How is this happening for me," what it does is it opens your minds to the possibility that there is opportunity here, that you have power, some power in this situation. Because again, like I said, you can't always control the circumstances but you can always control how you react to the circumstances.

And the only way you are going to react from a place of power and from a place of certainty is if you give yourself that power. And the only way you can have that power is if you feel like you are empowered in the situation, if you feel like this is happening for you in some way, shape, or form.

So how does this actually look in application? Well, if you ask yourself, "How is this happening for me?" And you are committed, kind of goes back to number one, the perspective I just talked about earlier, but if you are committed that there's a solution or that there's an answer to this question, and that this is happening for you in some way, shape, or form, what answer would you come up with?

And again, this is useful in any adversity. You launch your business, you make an offer, you ask somebody out on a date, or you want to date

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somebody, or you fail at your fitness goals, or you lose money, whatever it is, how is it happening for you?

I'll give you some specific examples of thoughts I have or where those are examples of where you can actually use it, but actual perspectives of how is it happening for you. So answer could be maybe this is giving me an opportunity to find a new way to build my business, and this new way is going to be the way of the future, the way that is going to build my business up to a completely new place and level that I never dreamed possible.

Without this adversity, I wouldn't have figured this path out. Maybe this is happening for me because I've really been trying to figure out what is my purpose, and it's giving me the time and space that I need to identify what that is and start making moves to make that happen.

How is this happening for me? Maybe my purpose here with my health is to figure out the way that actually works for me, and I have to learn how to create more mental control and more willpower, having all these snacks in my house. And it's giving me that chance to become really empowered around food and to treat myself well.

How is this happening for me? This guy not asking me out or this relationship not working or this marriage not working, it's happening for me because the person of my dreams is out there. Had this not happened, I might not have ever met this future person and I might not have left, even though I know deep in my soul that I'm meant for a better relationship or a better marriage.

You guys see where I'm going with this? No matter the circumstance, this is always happening for you. This is always guiding you and leading you to some place better. Now, some of you might be hearing this and you might be thinking of some serious situations and you might be like, "But how on earth is that happening for me? Or how is my husband cheating on me happening for me?"

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I know it's challenging to see it when it's all happening, but when you open up your mind to the possibility that it is happening for you, it helps you see through the forest. It helps you see into the future and helps give you hindsight ahead of time.

And when I say hindsight ahead of time, what I mean is the ability to almost see your current reality from a future perspective of like, hey, everything's going to be okay. Now, the other thing that I want to share with you about both of these perspectives is some of you guys might be like, "What if there isn't a solution? Or what if this isn't happening for me?"

The question I have for you is does it help you to believe that? If it doesn't help you to believe that there's no solution and to believe that this isn't happening for you, then you want to work on building that muscle of believing these two thoughts.

Because one of the biggest things with this work and that we're going to continue to deep dive into in this podcast is that I don't care if it's true or not. Now, we're going to learn how to find evidence. Your brain has to believe that it's true, but I don't care if it's fact that everything is happening for you and that there's always a creative solution.

What I care about is does it help you create the life and the results that you want? Does that perspective help you keep showing up to create your Anything but Average life? Does that thought help fuel you forward to grow and keep working and keep trying until you ultimately get there?

If the answer is yes, use it. I'll give you guys a quick example of what I'm talking about here. When I first launched my business for example, I used to have the thought, "One person is listening. One person somewhere is listening and being impacted by this." It's possible that wasn't true, but it helped me keep showing up.

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And because I kept showing up, my business started to grow, my impact started to grow. So whether you believe these two perspectives or not, of there's always a creative solution or there's always a solution, and that this is happening for you and how is this happening for you, I want you to try it on like you're trying on a pair of jeans, that they could be true.

And ask yourself how differently you would show up and how differently you would take action and how differently you would be if you believed these things. And if the answer is you would show up, you'd be committed, you'd figure it out, you'd find a way, you'd get to the other side better off than when you started, use them.

And the way you build this muscle and this belief is you practice using it. You ask yourself, you challenge your mind, you push yourself. So I want to leave you guys with this. There's always a creative solution to whatever is going on in your life right now, and this is happening for you.

I'm so freaking excited to hear you all's feedback from this episode, to hear how you apply this work and use it to help you grow. But before I go, I want to make sure you guys know about an opportunity that is by far the best opportunity I have ever offered my clients and all of you.

Starting today, for the entire month of April, we are stepping into a challenge called Better Than Before. The focus of it is to end what's happening in the world with the coronavirus, end the month of April healthier, wealthier, and accomplishing one other goal you set for yourself.

For the entire month, I'm going to do Facebook Live coaching sessions in my group every single weekday to support you and guarantee that you hit these goals. We are going to coach on anything blocking you, anything keeping you stuck, any circumstances, especially right now that are getting in the way of you accomplishing your goals.

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We are going to find creative solutions, whether you have a job, whether you want to start a business, whether you have a business, we're going to develop creative solutions to create more money in your world. We're going to create habits that will impact the rest of your life when it comes to your health, and we are going to focus on one other goal you want to set for yourself using my simple process and coaching every single day.

The beauty of all of this is I believe so deeply with this amount of coaching and support that you will hit these goals. That if you get to the end of the month and you are not happy and you haven't gotten the results that you set out to get, I will give you your money back.

This is an opportunity of a lifetime. I have never given - this is like, having two years of one-on-one coaching packed into one month. Go to lindseymangocoaching.com/anythingbutaverage. When you sign up, you will get access to the group immediately. The 35+ modules that are going to help you continue to break through far after this month and access to the daily coaching sessions in the group.

I cannot wait to see you on the inside and I will coach you and talk to you there. Bye.

If you want to take this work even deeper and coach with me in my signature program, go to lindseymangocoaching.com/anythingbutaverage. In this program, I will teach you how to take this work and create results so you can have a life that blows your mind in the areas of money, purpose, health, lifestyle, and romance. I can't wait to see you on the inside.