

Ep #6: The Price of Admission



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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? And welcome to another episode of *Anything but Average*. I am so freaking excited for this episode. I'm excited for every episode, but literally, this morning I was coaching live inside my program, *Anything but Average*. If you didn't know, I coach live every single week.

And this concept came out of my mouth and I was like, oh my gosh, I have to share this with my podcast listeners. And the women in the group were like, this is so good. So prepare yourself. This is going to blow your mind, and I'm just going to jump right into it.

So the concept I'm going to talk about today is called the price of admission. And I'll give you guys a little bit of a background on how this conversation got started. So one of the girls in *Anything but Average*, she was feeling really resistant to some of the things that she was going to have to show up and do in order to create the results that she wanted.

And she felt like it was going to be really uncomfortable, the growth that she was going to have to endure and go through, in order to get to the other side to get the result that she wanted. And she found herself avoiding it. So have you guys ever found yourself avoiding going all in for a result that you want because you feel like it's going to be uncomfortable and it's going to be hard and it's going to stretch you and challenge you?

Probably all of us. And I am going to give you guys a little bit of a different take on this. So for me, I feel like things do get to be easy and flowy, and you get to live your life in alignment. But here's what I will also tell you; that on the road to success, on the road to creating a life that is unlike anything anyone else's life, and on the road to just massive growth and becoming

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the woman you need to become to have the life that you want, there is going to be discomfort.

It's literally science. It's a part of the journey. And the reality is how you handle that discomfort is going to dictate whether you get to the other side or what it looks like to get to the other side. So I think it's important to say that yes, growth can be uncomfortable, but there's a difference between resisting it, which makes it much harder, versus just accepting it and allowing it and almost having a good experience of it.

And that's really what I'm going to talk about today. So as I was coaching this woman, I said, "This is the price of admission for your dreams." So what I mean by that, what is the price of admission, what does that really mean, I was thinking about going to a concert. There's a price you pay for the ticket and that's the price you pay in order to have the experience in the concert and this amazing evening.

And when I think about success and when I think about creating an anything but average life, and when I think about all of you guys creating this mind-blowing life and unbelievable results, the price of admission is discomfort. The price of admission is failing sometimes. The price of admission is sometimes letting go of people that you love and care about because they're no longer in alignment with where you're going.

The price of admission is making really uncomfortable decisions. The price of admission might be investing and going all in on something. The price of admission for your dream is discomfort. And I think it's so important to share with you guys for a couple of reasons because I do think sometimes we get this idea that when we hear like, oh, it gets to be easy, it gets to be flowy, we get to be in alignment on our way there, sometimes that sets us up to have this expectation that it's not going to be uncomfortable.

So when it is uncomfortable, we back down or we think something has gone wrong. Or when everything in our bones is like, screaming and saying

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run the other direction, this is really scary and uncomfortable, we listen unless we realize that the price of admission for the life we really want and the success that we want is this discomfort.

And when I was coaching this girl, I said, “You can totally outsource these things and outsource this failure in some way or another. You don’t have to do it, you can hand it off to somebody else and kind of split the risk, and that’s fine, but it’s just knowing what admission, what concert, what result is that giving you access to. And then if you go all in, if you are willing to feel the total discomfort and take the failure all on your shoulders, what thing do you get access to? What are you getting admission to?”

And that, to me, is the big success. The massive come from the bottom now I’m here - that’s from a song if you don’t know - kind of success. The kind of success where you’re talking on stage or writing a book and you are telling people about your journey and the failures and the challenges and the uncomfortable things that you had to do to get to the other side.

And so what I said to her, and what I wanted to share with all of you guys is you get admission to whatever result you want. You just have to decide what price you’re willing to pay. And I don’t mean in a way where you’ve got to sacrifice and drive yourself crazy and do all these things, but there is a level of discomfort that’s going to happen when it comes to growth and stretching yourself. Otherwise, you’d already have the result and you’d already be that person.

So it’s going to stretch your mind, it’s going to make you uncomfortable. It’s like, do you want the box seats, the front row tickets, or do you want to sit in the back of the concert hall? And when you look at the amount of discomfort you’re willing to experience, if you were really going to go all in and you realize this is the price of admission for you to get to this life that just completely blows you away, are you willing to pay it? Are you willing go through it?

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And so I think there's a couple things that I really want you guys to take from this, just to extract out of this and actually apply, instead of this just being a motivational podcast episode. I want you to think about what do you really want? What concert - I'm just using this as an example - what concert do you want access to?

Is it the band concert at high school or is it full-blown Justin Bieber, biggest concert ever in the history of concerts kind of result? And really getting clear about that and really getting clear on that and letting yourself get excited about the possibility of what you want admission to.

And then asking yourself, what am I willing to pay? What's the price of admission for me to get to that result? The price of admission could be, like I said, the discomfort, the investment, the feelings where everything in your body is screaming, oh my gosh, I'm so scared, don't do it, but you know it's the right decision.

When you start to understand this, what this will help you do is start to feel differently about that discomfort, about the failure, about the things you're going to have to let go of to get admission to the life that you really want. And so I believe that there's three phases of this.

I think there's first, you have to be willing to pay the price of admission. So that might be where a lot of you guys are. It's like, okay, I'm willing to fail, I'm willing to look silly, I'm willing to be super uncomfortable. Then at the second part is actually being excited.

What if you were excited? When I think about it like this, I feel excited. I'm like, I'm willing to go balls to the walls, pardon my language. I'm willing to go balls to the walls and be as uncomfortable as I can possibly be. And I'm willing to fail over and over again and I'm willing to embarrass myself, and I'm willing to look silly because the thing that I want to have admission to is huge.

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The person I want to be on the other side has grown and unlocked all of her fullest potential. The concert or the show that I want to come to is a show where I'm on stage talking about how there was this failure and this uncomfortable situation and that I was willing to go through it in order to get to the other side, and then that's what makes life meaningful.

Then the last phase, so the first one is being willing, the second is getting excited, and then the third to me is being strong and powerful. And that's kind of what I was describing here. It's like, knowing this is the price of admission. I'm willing to show up for it. I'm willing to get my face bloodied and my nose beat down in order to get there.

And so I think what's so important about this is looking at what is so compelling and what desire in your heart and what why is so important that you are willing to pay a high price of admission? And then what would make you feel powerful and strong about showing up for that price of admission?

When I think about it like that, I see the results as even sweeter. We don't have to manifest struggle in order to create results. There's already going to be discomfort. But for me, any goal that I set that requires me to become a different version of myself, peel off the layers, peel off the uncomfortable stuff, do the stuff that makes me quiver in my boots, I'm so scared, to me, that's what makes the concert, the success, the result so much sweeter.

So I want to know, why are you willing to pay this price of admission? What goal, what result is so big and so amazing and would make you cry it's so meaningful that you are willing to pay the price of admission and how can you show up for those failures and that discomfort from a different place, knowing you're going to be on the other side telling this story one day?

That you're in the trenches with the rest of us, paying this price of admission, and it's fun and it's exciting and it's the most rewarding journey you'll ever go through. That's what makes success sweet. That's what

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makes the concert the most mind-blowing concert of your life and that's what unlocking your greatest human potential over and over again is going to look like.

I love you guys. Don't forget, Anything but Average is open and available. This is my signature program where you get coaching on how to master your mind, master yourself, and master your actions so you can create the results that you want in your life. We have women in there who have started their dream businesses, women who are signing clients, people who are making more money than ever, people who are going all in on their next career, losing weight and creating better health than ever, finding romance, all of the things.

All of the things that an anything but average life is all about for you, that's what this program is all about. That is the process that you will learn and you will create results over and over again for a lifetime. Plus, you get lifetime access to coaching with me in the group. Go to lindseymangocoaching.com/anythingbutaverage and I will see you on the inside and I will chat with you guys next week. 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.