

## Ep #10: Action Over Time



### Full Episode Transcript

With Your Host

**Lindsey Mango**

[Anything but Average](#) with Lindsey Mango

## Ep #10: Action Over Time

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

Hello, how are you guys? And welcome back to another week and another episode of *Anything but Average*. I have to tell you guys that I'm having a moment. Like the moment I hit record, it kind of hit me that this is going to be the last time I record in my closet in California. And it's sad and exciting.

It's a chapter of the book of my life closed and a new one opened. And I'm just reflecting on just this podcast and all of you guys and that this podcast evolved. New cover photo, new vibe, glow up, right? Yeah, it's so crazy how fast it went and before we dive into today's episode, I just wanted to share this with you guys because I was having a conversation with one of my amazing clients.

And she was like, "I have just loved watching your journey of moving to California and then moving back to Kentucky." And if you don't follow me on Instagram, make sure you do. My handle is @lindseymango\_. Because I posted the other day about why we made this decision and how it was aligned for us because so many people are just curious of course about why we're moving.

And what my client and I were talking about was this idea that there's always the next right decision. And when you always make the next right decision for you, and when I say right, I mean aligned decision from total love, from total abundance, from a total place of possibility and what you really desire, you never have to deal with I guess regret would be the right word.

Like that feeling of oh, we should have just stayed home in Kentucky. I don't feel like that at all. The decision to move to California in this past year has been mind-blowing. Everything I wanted it to be, everything I imagined.

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We moved here with the intention of thinking like, we might live here for the rest of our lives, who knows?

And then realizing that the next right decision for us was to move back and be close to family and create our dream life in Kentucky and truly, I feel like it's easy to make the next right decision when you are making decisions from a place of abundance, when you trust yourself to make decisions, when you truly believe you get to have it all.

It's like there's never a bad decision. It's impossible to make a bad decision. So I just think that's such a valuable thing to think about because when we feel like there's one right decision and we can never change that decision, there's a lot of pressure there, versus for me, I feel like if we move back to Kentucky and we realize we don't want to live there, we can move again.

Like, I feel like there are always possibilities and that's something that you guys have heard throughout the podcast but I've trained my mind to do, and what that does is allow me to continue to make the next right decision. And the other thing is for us, our vision is to be close to family and be home, Kentucky feels like home for us, but then also have homes in California and Hawaii and all the places we want to go.

So I just think it's a fun thing to think about for all of you guys that there's never a wrong decision and that you can always make the next right decision for you and your family and what's in alignment, and when you do that, you build a life that you're obsessed with. You create experiences that you love and you never have regret, like ever.

So anyway, just something I wanted share with you guys before we jump into today's episode. So today, what I want to talk about is action. You guys know I'm so big on mindset but the whole goal of this podcast is to help you master your mind, master yourself, and master your actions so that you can create results in your life.

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And trust me, I am a massive action taker. And so I want to talk about taking action that creates results. Because I was actually working on a free training that when this podcast episode comes out already happened, but again, make sure you follow me on Instagram. I do consistent free trainings. You've got to be there. They are always mind-blowing.

But I was working, I was preparing for it, and I have this equation to create an anything but average life, and one of the pieces of it is to take consistent action over time. And I wanted to share this kind of snippet with you and this topic with you because one of the biggest things I see women struggle with when they come into Anything but Average or when they seek my services and my work and my coaching is that they can't seem to get their actions to work the way that they want them to.

Like, to create the results that they want. And what I've realized is when it comes to action, people get stuck in three different places. And so we're going to talk about those three different places today, and then I'm going to talk about how to actually take consistent action over time so that you can get results. And why that's so important and how to actually do that and how simple it can be. Are you guys ready?

Okay, so the reason why action over time is so important - I used this example the other day when I was coaching the girls in Anything but Average. I just literally smacked my leg because I feel like I'm talking to you guys in real life. I'm an Italian. I got to move my arms.

But in all seriousness, I was coaching the women in Anything but Average the other day and I was talking about how I want you guys to imagine this. If you had seven-foot long nails - this is going to be a funny example, but if you had seven-foot long nails and you had 100 of them in a wall and the goal was that you get a nail all the way into the wall.

Now, I want you to imagine when you think about the action you're taking to create the life you want and create the results you want, how you're

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approaching these nails. So if you really think about it, the best way to hit this goal of having the nail go all the way into the wall would be to hit the same nail or a couple of the same nails consistently over time.

Like, let's just say you could only hit it once a day. Hitting that one nail over and over and over again until it was put into the wall. Now, if you think about your actions as they relate to the goal you're going for and the results you're trying to create in your life, what a lot of us do is one of three things.

So some of us stand back and we stare at all the nails and we get overwhelmed by all of the options and we get afraid to actually start hitting them because what will happen if we hit the wrong one. And essentially, we take no action.

So it's like, we're just stuck staring at all the nails, staring at all the action, and we don't do anything. And that of course doesn't create the result that you want.

Another option, which a lot of you guys do is you start hitting one nail pretty consistently, and then you start to be convinced that it's not working and it's not going into the wall, and so you start looking at all the other nails and you start - we need to start hitting these ones over here and we need to try this and oh, this coach is offering this thing. I think that's the answer.

And so then you start like, hitting all of these different nails. So that version is the one who's changing their action constantly, all the time. And you never actually get the nails into the wall because you're spending so much energy and time focused on finding the answer and finding the right nail to hit and taking all the - hitting all the different nails that you never get one nail into the wall that creates the results.

Then some of you hit one nail pretty consistently for a little while and you start to create results, and then you get bored of hitting the same nail and you don't manage your mind around hitting that nail, and you sabotage and

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you're like, we're going to focus on all the other nails and we're not even going to pay attention to the nails at all.

So the three spaces that people fall into when it comes to their action is they don't take action, they do too much and they change their action too much, or they sabotage the results they start to create with their action. So let's think about this with working out, for example.

If you don't take any action to work out or change your eating habits, of course you're not going to create the result that you want. If you go really hard for 30 days and you start to see results but then you get bored of eating the same plain chicken and broccoli and you decide to just binge-eat on a bag of peanut butter M&Ms, not mentioning any names, then you sabotage it and you don't create the results that you want and you start back over.

Then some of you work out for one week, try a different diet, and you're like I haven't lost 10 pounds, we need to go try the next diet. And can you see now looking at it from this perspective and this angle why this doesn't create results?

And then what happens when you guys aren't creating results is you go back through the same loop and you either change your actions again or you start to create results again and sabotage it, or you just stay in inaction. And this is what keeps people from creating results.

The reality is that creating the results you want in your life is so much simpler than we think it is. And what I do with my clients in *Anything but Average* is identify the two to three actions, maybe even the one action that they just need to consistently take every single day and commit to it.

That way, we know that when they go to change it, that they need coaching and that they need to work on their mindset around it and they need to see

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what's coming up. Not that they need to change their action or stop their action altogether.

So the biggest thing I want you guys to identify for yourself is where do you fall. And then I want you to identify why do you change your actions or why don't you take action. What's driving that forward? And see that as the thing that you need to change. Not the tangible action.

The other thing I want you to think about is if you were to literally select an action today that you were going to consistently take to create results or a couple of them, do you believe that if you took that action consistently, it would create the result?

Like if you for a whole year consistently exercised, consistently moved your body, do you believe you would get the result that you want? Or if you consistently posted on social media and connected with two people every day, do you believe you would get the result that you want?

One of the number one reasons why people also change their action other than the three things I just stated is that they don't actually believe their action is going to work. And when they do that, then of course you're not going to want to keep taking the action.

So here are the results you create when you approach action from this angle. You either don't create results, you create inconsistent results, or you create what I call exhausted results, which is like, you get some of the results but you're drained and that's when you sabotage it.

So again, first you have to identify, which one are you. Why are you changing your actions and looking at what's driving that forward? Do you actually believe if you selected a couple of actions - where's your belief level on those actions creating results and looking at that and seeing is that serving me to create the result?



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And then I think the other piece, the most important piece is realizing that there are so many different actions that can create results. Like, there are so many different people who have created success in business doing it a thousand different ways. There are so many people who have created results in their health doing it a billion different ways.

There are so many people who have created the relationship they want. The life that they want, so many different ways. What does that tell us? That there isn't a right action. That the most important component of action is selecting the action that feels aligned. This is what I would be doing if I was the woman who had the result that I wanted.

Committing to it and consistently hitting that same nail over time. When you do that, your results are inevitable. But then what's going to happen is the drama, the boredom, the oh my gosh, I'm doing it wrong, it isn't working, Suzy Q over there is getting faster results, I must need to try her way.

Those are all the things that actually keep your action from working. Not the actual action being the wrong action. So again, what I want you guys to take from this and think about is like, which one am I? What actions could I select and pick literally today to hit my goal? Do I believe that will get me to my goal?

And if you don't, you have to look at that and prove that wrong. That's what we heavily work on in the program is working on your belief around it. And then taking and committing to that action over time and realizing every time your gut instinct is to change it, it's a mindset shift that needs to happen. Not an action shift.

And here's what I want to share with you guys, just a last thing to take with you. When I want to change my action - because some of you guys are like, but wait, what if I am actually taking the wrong action, right? There are reasons to change your action but here's the only reason I change my action.



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I only change my action when I'm coming from a place of I wholeheartedly believe I'm going to get the result that I want. This is working, like I can see evidence that it is working, and the next version of me is going to be taking this next action. Those are the only reasons I change my action.

If I change my action for any other reason, meaning the thought, "It's not working or I don't know what I'm doing or somebody else is getting faster results, I need to try what they're doing, or I'm getting bored of it," that's when you have to turn inward and manage your mind around your action, not change your action.

Every time you change your action because of one of those reasons, you keep perpetuating the cycle, which is why some of you guys either get burnt out, exhausted, feel like you work so much harder than other people and they get better results than you is that there's so much gold in the consistency and that you have to manage your own mind around showing up and doing those things consistently.

Alright, I would love to hear your feedback on this. Share this episode in your Instagram story. Tell me what your biggest takeaway was. Tag me @lindseymango\_. I love you guys and I will talk to you next week.

If you want to take this work even deeper and coach with me in my signature program, go to [lindseymangocoaching.com/anythingbutaverage](https://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.