

Ep #15: Creating Motivation



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With Your Host

Lindsey Mango

[Anything but Average](#) with Lindsey Mango

Ep #15: Creating Motivation

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, and welcome back to another week and another episode of *Anything but Average*. I am so freaking pumped because I'm actually going to celebrate something with you guys today because this podcast is a cocreation, and the success of it and the growth of it is a cocreation between the two of us, you the listener and me.

And last month, we had the most downloads in one month on this podcast. And I usually don't check it very often, but I just happened to think, "I wonder how we're doing." And I was so excited to see that we've gone up by thousands of downloads and that is a testament to all of you guys.

I promote this podcast a little bit on my Instagram. But other than that, the reason this podcast grows is because you guys share it with people and you share it on your Instagram story and you talk about it with people. And so, I just want to take a second to just celebrate the lives that are being changed because you guys are willing to do this work and you're willing to share it with your people and with your audience.

And I'm just pumped about it. That's why I built this podcast. That's why I built this brand and it's just a huge thing. And I want you guys to remember that this took time. This took consistency. And so, if you're, like, on day one of your business, just know, like, focus on one person every single day, changing one person's life. And know that, over time, that's what's going to create something that impacts massive amounts of people.

That is what I used to think when I posted on social media and I first started my business. I would think, "Okay, this is helping one person, even if they don't like this post, even if they don't comment on it, I know this is helping one person." And that really kept me going. And it's just amazing to see

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how that focus created where my company is today. And actually, I didn't plan for this, but this piggybacks really well into what we're going to talk about today, which is creating motivation.

So, I want you guys to think about this for a second. If you felt as motivated to achieve your goals in whatever area of your life you are focused on, on day 100 as you did on day one, what that would mean for the results you would create in your life?

Like, in my mind, that would mean you'd have guaranteed results. And in either last week's episode or the week before that, I talked about inevitable success. And to me, having consistent motivation and feeling the way you did on day one of moving towards a goal as you do on day 100 is going to make your success inevitable.

Because usually, the reason why we quit or we stop and start over or we never get started is because we don't feel motivated enough. It's because the internal fire isn't big enough to get us into motion, to continue to stay consistent and take the consistent action that is going to create the results that we want.

So, why is motivation so important? It's important because it is a feeling that generates action and actions what generates results. And what I want to talk about today is how you actually create it.

Because a lot of us feel like motivation is something that we catch in the air. Like, it's just out there, out of our control, and some days we just happen to have it and some days we happen to not have it. And it's something that overcomes us, and then it just disappears.

What I'm going to teach you guys today is the idea that motivation is created within us and within our minds, that it's not out of our control, that it is something that is completely in our control and how to actually create it so you can show up consistently with motivation that will create results.

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Now, here's what it looks like if you aren't creating consistent motivation. It kind of looks like one of two things. One direction – and some of you guys, this is how I used to be. Like the push, the grind, the forceful energy, the like, “I have to do all of this. I should do all of this.”

And that, to me, isn't motivation either. That's, like pushing yourself, will-powering yourself to do the things that you need to do to create results, which doesn't create as massive of a result as it could, even if you're still taking the action. And it isn't coming from an internal motivation. It's coming from, “I have to. I should.” It's coming from pushing yourself against what you really want to do. Motivation is about aligning what you want to do with what you're actually doing.

Now, on the flipside, some of you guys don't feel the motivation, and so, you don't do anything. You stay stuck in the same spot. You stay stuck doing the same things or, like, you don't even really get started. So, it doesn't matter which one you are.

What I want to teach you guys today is how to create that consistent feeling of motivation, like the internal motivation that you feel excited to eat a salad or you feel excited to go move your body or you feel excited to post on social media for your business, or you feel excited to go out on dates because that's what's going to create amazing results, and that's why you're here, and that's what being *Anything but Average* is all about.

So, I kind of alluded towards this early on in this episode. But I want you guys to just, like, hear this. Motivation comes from our minds. Motivation comes from our thoughts. Now, I understand, and I've been there too many times, where there's certain days where I do feel motivated, more motivated than others.

And I want you guys to know, you might have a thought that's happening that you're kind of unconscious to that is creating that motivation. So, I just want to give you guys all of your power back in this moment and just

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remind you that you are in charge of creating that motivation, that your mind, that your thinking creates it. and so, you always have that power, to create the motivation that you have every single day.

So, now that you know that it comes from your mind, I want to share with you guys some thoughts that do not create motivation. So, that might look something like, “I have to do this. I’m supposed to do this.” Or, “I have to post on social media, even if nobody’s really listening. I don’t think anybody’s paying attention or anybody cares,” or, “I can’t eat the cake,” or, “I have to work out today,” or “I’m not enough. Deeply, I don’t believe that I’m good enough. So, I need to fix that. I need to lose the weight. I need to be more successful in business. I need to prove myself.”

Now, a lot of you guys might be hearing this and you’re like, “I have a lot of those thoughts.” And I’ll be totally honest with you guys, those were a lot of my thoughts before I understood this work.

To me, that thinking doesn’t create motivation. That thinking creates – it’s almost, I imagine you’re like whipping yourself like a horse. Like, you are whipping yourself with your thinking to try to force yourself into motion, which isn’t really motivation or internal excitement and internal fire that drives you forward.

It’s forceful. It’s like, “I have to.” And that energy doesn’t create consistency. That’s why a lot of you guys go so hard and go all in and then you quit because that whipping of yourself isn’t helping you show up consistently every day.

Other thoughts, like, “It’s never going to work. I don’t even know why I try.” Or, “I’m probably going to fail at this,” things like that, that’s thinking that also doesn’t create motivation to get you out and start taking action and will keep you stuck not taking any action.

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So, now that we're aware of the thoughts that don't create motivation that will move you forward to create and take consistent action, I want to talk about the thoughts that do create motivation.

Now, for all of you guys, that might look a little bit different. But I just want to offer you some suggestions. And give you some questions you can deep-dive into for yourself to find what that thinking can be. But for me, the thought – I talked about this earlier on in the episode, but the thought, “I'm helping one person,” that feels like a fire in my chest. That feels like motivation to get on this podcast and record this episode, or thinking, “This is going to change thousands of people's lives.”

Now, remember, you have to believe the thoughts. So, wherever you're at, just use whatever thought that can drive you forward. Like I said when I first started my business, I focused on helping one person. Now, I know thousands of people are listening and that creates motivation. So, a thought like that.

Or a thought like, “I love my body. I want to treat it well. I love myself. I am worthy. I want to feed it good food. I want to give it exercise.” That's what creates motivation. Thoughts like, “There are so many amazing men out there...” or women, whatever your style is. That might motivate you to go out there and start dating. Or, “I could find the man of my dreams.” Or, “Anything's possible.” Or, “I could make more money than I ever imagined.” Or, “Creating more money for myself is going to create more opportunity for the people around me.”

These are thoughts that create motivation. You guys might hear some of these and you might think, “Oh, my gosh, that would make me want to take action.” That is thinking that creates motivation.

So, what I want you guys to identify for yourself is what thoughts make you feel motivated? What thoughts will help you take consistent action? The keyword here is consistent action. I don't mean thinking that's going to get

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you into, like, fast abrupt action. I'm talking about consistent action where you are going to want to show up every single day and take the action, because that's what creates results, the consistent forward-moving action.

So, what drives you forward? What would you have to believe? What would you have to think to be consistently motivated? And your job is to keep coming back to that over and over and over again. Of course, your brain is going to have moments where it jumps into, like, "This isn't working," or, "I'm eating all the healthy things. I'm not seeing results fast enough."

Like, that's going to happen. But what I want you guys to do is constantly come back to this. Because if you can find thinking every single day that will get you into motion and you take consistent action over time, you're golden. You will create success. You will create the results that you want.

So, remember, motivation comes from your mind, you are in charge of creating it. And find thinking that allows you to take the consistent action that you need to get the results that you want in your life.

I love you guys. If you took something from this episode, share it on your story. Tag me, @lindseymango_, share it with a friend. 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. 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.