

Ep #24: Step 1: Change Your Life



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With Your Host

Lindsey Mango

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Hey guys, welcome to the *Anything but Average Podcast*, with your host, me, life coach Lindsey Mango, where I am going to teach you how to change your life, find your purpose, and change other people's lives because that's what it takes to have an anything but average life. Let's get started.

Hello, and welcome back to another week and another episode of *Anything but Average*. How are you guys? I feel like it's been a minute since I have talked to you. Even though you get a podcast every week, I batched the last couple, so it's been a minute since I've been in the podcasting closet doing my thing, thinking about you guys. And I'm just super-excited to be back.

So, I told you guys at the beginning of the podcast that I was going to break down my process to creating an *Anything but Average* life. And I actually paused on putting that out to you guys because I wanted to fine-tune it. I wanted to make it not perfect, but close to it. Nothing's perfect.

But I wanted to make it everything you really needed. And so, I slowed down. I've been studying my clients and the results they've been creating. I've been thinking about all of you guys. I've been thinking about my journey and what I needed and what I wanted when I first started. And I have developed a three-step process that has everything you need to create an *Anything but Average* life.

So, here's what's going to happen over the next three weeks. I am going to break down that three-step process. And we're going to do a three-part series that's going to build off of this first episode, so you understand exactly how to create your *Anything but Average* life. Are you guys ready? Let's jump in.

Ep #24: Step 1: Change Your Life

So, here is the three-step process to create an *Anything but Average* life. Step one, you have to change your life. Step two, you have to find your purpose. I know a lot of you guys are going to be super-excited about that one. Step three, you're going to change other people's lives.

Here's what I've realized. To have an *Anything but Average* life, your life has to blow your mind in every way possible and you have to be doing work in the world that is serving a greater purpose. All of you guys want to wake up every day on fire for the work that you do. You want to have a purpose. You want to be able to have a business or career that funds your life and allows you to create the freedom that you really want. And then part of that purpose has to be impacting other people in some way, shape, or form.

And the best way to impact people is to have them as clients, or is to be able to help them through your mission, your purpose, and through your work. That's it. These are the three things.

And here's what's so beautiful, is it's a cycle. So, when you first change your life, that's going to give you clarity to find your purpose. And then that's going to drive forward your ability to change other people's lives. But guess what happens when you change more and more people's lives? You continue to change your life.

So, it's a process that just keeps going. The more people's lives you change, the bigger your life gets, the more clear and, like – I'm trying to think of the words to describe it, but the more fiery your purpose becomes. The more fiery your purpose becomes, the more people's lives you change and so on and so on and so on. That's the process.

So, today, what we are going to talk about is step one, changing your life. And why it's step one and how to actually do that. So, the reason why step one is change your life is for a couple of reasons. But I think of it as the

Ep #24: Step 1: Change Your Life

foundation of creating your *Anything but Average* life. I think of it as the rock-solid base that you need in order to really create the life that you want.

So, there are a couple of reasons why this is such an important piece and why this is the first step of the process. First of all, when you understand how to change your life, then you understand how to create results in your life. And if you know how to create results in your life, then you know how to create results in literally any area of your life.

So, when you understand the process that I teach in my signature program *Anything but Average* on changing your life, you are going to be able to take that process and repeat it over and over and over again to create results in every area of your life, including your purpose and your mission and your business that you're bringing to the world.

What a lot of us like to do when it comes to that is we just want to skip over these other areas of our lives that we don't love and we just want to figure out how to create results in this one area. And that's perfect. That's part of the process. That's what you learn in *Anything but Average*.

But one of the most important keys and components of it is if you understand how to create results, then you understand how to create results anywhere you go. And in order for you to truly have an *Anything but Average* life, you have to be thriving in all areas of your life.

If one area is, like, not working, if you aren't losing the weight, if your relationship isn't what you want it to be, if your career isn't what you want it to be, if any of your financial world isn't what you want it to be, if you don't know how to create results in those areas, it doesn't matter if you pile on changes or add in new things to your life. That's going to be dragging you down.

Ep #24: Step 1: Change Your Life

So, you're going to learn, you're going to understand, when you change your life, you're going to understand how to create results. And when you know exactly how to create results, you have the power to create results in every area of your life and that's why you're here, to have it all, right? To have a life that is thriving in every way and blowing your mind.

So, the second reason why changing your life is step one is because a lot of us like to pile on changes. So, we try to add in, we try to start the network marketing business or we try to, you know find a new guy or try a new workout routine or whatever it is. And we're doing that to try to escape how we feel.

And when you do that, it doesn't matter where you go, what results you create. If you are escaping how you feel, you're going to bring that feeling with you. So, the truth is, whenever you're creating results in your life, you're only going to magnify how you already feel. And I want to make sure that we're magnifying a life and, like, feelings that you want to have.

The next reason why changing your life is so vital to having your *Anything but Average* life and why it's step one is so you can create the life you really want. I pretty much have already said that, but this work isn't just about impacting people. That's a huge part of it, but it's not just about having a thriving business or career where you're impacting people's lives. It's also about you hitting your goals, you getting what you want too.

And when you are getting what you want, you're going to have more to give to everything else. What it also does is it gives you a lot of clarity on your purpose, which is step two.

So, a lot of us lie to just start with finding our purpose and figuring that out. And when we're trying to figure that out from a place of not being happy and lit up about our own lives, it's really hard to be clear on what you

Ep #24: Step 1: Change Your Life

actually want. It's really hard to think about the possibilities for your life and your purpose when you're feeling limited in your own personal life. So, changing your life becomes the bedrock of knowing yourself and knowing that you actually want to do in the world.

Changing your life also is like rocket fuel behind your purpose. So, a lot of us like to find our purpose, like to start a network marketing company, you want to start a coaching business, you want to start some service-based impact-driven business, but we're unhappy in our own lives. We don't know how to create results in our own lives.

When you do that, you are not being an example of your work and you're not in live with your life. So, if you are trying to offer something to other people to help them change their lives but your life isn't something you feel excited about, you're essentially out of integrity. People are going to sense that. You're not going to draw them in. You're not going to be able to impact them on the deep level you could if you understood how to change your own life and change your own results.

And when you're excited about your life and your current results, like I said, that's like rocket fuel behind wanting to go impact more people. And I already mentioned this. Then it makes you magnetic. It draws people into you. It draws your soulmate into you. It draws clients into you. It draws opportunities into you. When you change your life, you become a magnet for the things that you want.

So, that's why change your life is step one of the process. But here's what you actually need to know in order to do that, in order to change your life. So, there's three things that I teach. There's kind of a mini three-step process that goes under changing your life, and that's mastering your mind, mastering yourself, and mastering your actions.

Ep #24: Step 1: Change Your Life

When you do those three things, you are going to change and create any result in your life. Now, let me explain why. There are three things that most of us do to try to create results. First, we try to change our actions. So, we try to post more on social media. We try to get new job opportunities. We try to change our workout routine or change our boyfriends or do more. We just try to add more action onto our plate with no prevail. I don't even know if that's the right word to use, but without creating the results that we want.

So, every time you change your action, what you're not doing is creating consistent results over time. But what most of us do is we're like, "It's not working," and we try to fix it and we change too soon. And I imagine it's like constantly going back and forth and I'm imagining like a graph. You can't see my arm right now, but you're just up and down and up and down and up and down. And you never give yourself the opportunity to create consistent results.

The next thing that most of us do to create results in order to change our life is we never start. We overthink everything. We try to solve for failure and solve for all the potential problems before we start. We try to avoid the pain and disappointment. And we overthink it so we never actually get started.

And then the third thing is we start, we start to create some success or results in whatever area of our life, and then we sabotage it. So, subconsciously or consciously, something happens and we stop doing the thing. It's like, maybe you lost the first 10 pounds, but then all of a sudden you stopped, Christmas came and you ate all the cookies, and then you had to start back over again.

These are the three things that happen when you don't have the process or understand the process of mastering your mind, mastering yourself, and

Ep #24: Step 1: Change Your Life

mastering your actions. That process helps you understand what the cause of your problems or lack of results is or are.

Because what most of us, when we change our action, when we ever start, when we sabotage our results, we're not solving for what is creating our results. That's what mastering your mind is all about. Getting to the root cause of why you don't have the results you want, changing that, changing a couple of simple things in your mindset so that every action you take is more effective, so that everything you do creates bigger results.

I think about it as if you skip the mastering your mind piece in any result you're trying to create, it's like you're climbing an uphill battle. You're working against yourself and your mind to try to get results. That's where you get burnt out. That's where you get exhausted. That's where you feel like you're just trying so hard and you're not getting the results, because you haven't gotten your mind on board with it.

So, mastering your mind takes you from climbing an uphill battle to, like, sliding downhill. It makes every action you take way more effective and it allows you to create the results that you want. Mastering your mind is the difference between people who do the exact same things you do and they get results versus you not.

The second piece is mastering yourself. So, when you master yourself, you master your commitment. You master your ability to show up as the authentic version of you, the version of you who you really are, who you're really meant to be, the way she does things, the way she feels, that's what mastering yourself is about.

So, the difference between that, what that actually looks like, is I want you to imagine that you just believe that you're not the type of person to honor your commitments. If you feel that is true, it doesn't matter what you try. It

Ep #24: Step 1: Change Your Life

doesn't matter what you implement. You're not going to be able to create the results that you want. So, mastering yourself is about becoming the person who honors her commitments. It's about becoming the person who shows up the way you need to show up in order to create results. Again, that's going to put rocket fuel behind any result that you want to create in your life.

The last piece is mastering your action. The reason why we do it in this order is because when you master your mind, master yourself, then your actions get to be simple. They get to be effective. Mastering your action is about coming up with a plan to create the results that you want in your life and executing it and following through on it and sticking with it consistently over time, that's what creates results in your life. That's what creates change. That's what creates the life that you really want.

And then, when you do those three things and you lose the way or you find your dream guy, or you figure out what you're meant to do with your life or you create more money than you ever created, you know exactly how to create results. When you do that, you can keep doing that over and over again and then you can take that and apply it to your purpose.

That's step one. That's how you create an *Anything but Average* life. That's the foundation that's going to create everything that you want. So, on September 16th, I am going to be doing a free training called How to Find Your Purpose, or Three Simple Steps to Find Your Purpose. I haven't fully decided yet.

We are going to break this down even further. So, stay tuned. Make sure to follow me @lindseymango_. I'll be launching it on the 16th, it opens up. Then, seven days later, the following Wednesday is when we're actually going to be doing the training. I'll give you guys exact dates on the next one.

[Anything but Average](#) with Lindsey Mango

Ep #24: Step 1: Change Your Life

And then, in the next two weeks, I'm going to teach you the other two steps; finding your purpose, changing other people's lives. And then here's what I need you guys to know. *Anything but Average*, my signature program is getting a facelift. This process is going to be implemented and new videos and new modules and new worksheets are going to be added in and it is going to be reopening.

I'm not going to tell you when yet, but what I wanted to offer you guys is the opportunity to get on my waitlist for the program. When you join the waitlist, you are the first to know when it's going to reopen so you can prepare yourself, get ready to make that investment. And you get some new details, you get to enroll a little bit early, all of it.

So, if you are ready to finally go through this process of changing your life, finding your purpose, changing other people's lives and you want to be the first to know, go to lindseymangocoaching.com/anythingbutaverage. There's going to be more details about the new facelift of the program and there's going to be a button to join the waitlist, put your email in, and you will be the first to find out when it's going to reopen. Alright, I love you guys. I will talk to you next week about the second step of the process of this three-part series and I will talk to you soon. 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.