

Ep #25: Slow Down to Speed Up



Full Episode Transcript

With Your Host

Lindsey Mango

[Anything but Average](#) with 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*. Guys, you are probably wondering, where is part two of the three-part series? Well, I'm going to welcome you to my shitshow. No, I'm kind of kidding. But if you're expecting to see that, don't worry. There is more to come.

But I'm actually going to teach you guys, in real time, what I'm experiencing right now and why part two isn't coming out yet. Because of a couple of things.

One, I am an example of what's possible on both sides. Meaning I'm an example of the amazing stuff that's possible. And I also want to be an example of a human, of someone who has her own work to do, has her own growth to do, still has her own challenges and always will because I'm a human.

Because what I've realized is it's so important for you guys to see both sides of it, for you to see that I'm a human just like you, that I'm not a special unicorn that doesn't have all of the drama, all of the things that you guys go through, that I do. And that I still have been able to create amazing results.

Because when you see that, that's going to give you guys so much permission to just go through your own experience and your own journey and know that you are in this for the long haul, this growth journey, and that just because you don't have everything figured out or you're stuck or you're confused or whatever it is, doesn't mean that that's where it ends or that you'll never be where I am.

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In fact, it's where all of this work begins. It's where your growth is. And at every level, no matter where you are, there is always those lessons. There is always growth. And so, I'm going to take you guys on a little journey as to actually why you're not getting part-two yet of the three-part process.

So, what I want to talk to you guys today about is slowing down to speed up. I'll say that again; slowing down to speed up. So, here's what I will tell you. There are many different kinds of people. And depending on our thoughts and our beliefs, our behavior shows up different.

So, just to give you guys a quick example, what I mean by that is some people believe they're not enough, and so they overeat. Some people believe they're not enough and they over-exercise. Two very different actions. Similar belief systems, similar thinking, that shows up in different ways.

And so, what I want to share with you guys, when it comes to slowing down to speed up, before we jump into what that looks like, what I'm experiencing right now and how you can use that for your growth is that some of you guys do not need to slow down to speed up.

Some of you guys just need to get into action and start doing and start pressing the gas pedal down to create results. Some of you need to slow down to speed up. And how you'll know which one you need to do is a couple of things.

You'll know based on you'll be onto yourself. You'll know based on your behavior. So, I know myself really well. I am, like, high sense of urgency, go, go, go, go, go, get to everywhere as fast as possible, hit my goals as fast as possible, do everything as fast as possible. I'm onto myself. I know that's how I am.

Some of you guys, you sit in the same spot and you never get started. And you overthink and you just stay stuck. Neither is good or bad. I don't want

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you to think one is better than the other. They're just different behaviors showing up from similar thinking, or thinking that isn't going to serve you to create the result that you want. So, when I say slow down to speed up, I am talking to those high sense of urgency action-takers, do, do, do, go, go, go.

Now, for those of you who get stuck and overthink and get confused and don't press the gas down, you're going to learn a lot from this too. But I just want you guys to be very aware – and this is why it's so valuable to have a coach and to be in *Anything but Average* and work with a coach is because it depends – your behavior is not cut and dry.

Your coaching might be a little bit different than someone else's coaching because of the thinking and the mindset that you're using to drive forward your action. You might think that go, go, go is a good thing. But it isn't necessarily.

You might think sitting and thinking and getting really clear on something is a good thing. But it might not be. And that's kind of what I'm going to dig into today.

So, the reason why part-two of the series isn't coming out is because I am the person who just goes, goes, goes, goes as fast as possible, is very rushed. And I've learned that about myself and I've changed and grown in that in a lot of ways.

What I realized was, when I started putting the process out, that I didn't sit with it long enough to make it as effective as possible. That there potentially might be some missing pieces that I want to make sure that you guys have for you, and for my clients, so that you can get results.

So, for me, why I don't slow down to speed up is for a couple of things. One, it's kind of been ingrained in my being to just be rushed all the time, to have the thought there's not enough time. That's something I've really

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worked on and changed a lot, but it's still something that shows up if I'm not conscious of it. It's like, go, go, go, do, do, do, even though I have plenty of time. It's something that my brain, I've had to unwind over and over and over again.

The other reason is because sometimes my brain gets focused on the short-term goal instead of the long game. What I mean by that is my brain will focus on you guys and how I want to help you as fast as possible and I want to get you this information and it wants to get more people into the program so that I can help them and hit my personal goals and help you guys hit your goals. And when I focus on the short-term goal of that, I feel rushed.

When I think about the long-term vision of my business, the 10-year vision of my business, there's no reason to rush. There's plenty of time. There's plenty of space that I would create to sit down and make sure that if this is what I'm going to use for years and years to come to help you guys, then I'm going to want to slow down and think about it a little bit. So, those are really the two reasons why I and why a lot of you might be speed, speed, speed, go, go, go all the time.

So, how do you change this? How do you fix this? How do you grow from this? First, you have to recognize what's causing it. So, do you believe there's not enough time? Why do you believe there's not enough time? And proving that wrong and changing it and growing in it.

And the other piece is the only reason you would rush to get to a goal is if you believe you're going to feel a certain way that you want to feel once you hit the goal or that you're going to have something that you don't have now and you're going to feel a certain way because you have that thing.

If those are the reasons that you're rushing, you need to look at that. What I want to offer for you guys is if you are like a speed demon, if you are go, go, go, go, go, figure out why. Why are you in a rush?

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Because my biggest work has been – I think about entrepreneurship and all of that as, like, building a car. And at first, you kind of want to just be like throwing wheels on and just driving as fast as possible and going and going and going.

But when you get to a point where you're reaching the next level, one of the biggest lessons I'm having to learn in real time is that I have to slow down to build the best car possible so that it can drive the furthest, so that it can impact people for years and years and years.

And what I realized is if I can slow down just a little bit, if I give myself an extra week to fine-tune this process and make it even better, it's something that you can use and that I can use to help you guys over and over and over again for years and years to come.

But if I'm trying to get there and get it out as fast as possible, then I probably will have to change it, make it better again, evolve it, and have to put out a new process. So, for myself, what I'm realizing is that what I've had to learn and what I'm really shifting in is I'm here for the long game.

This is something my coach talks about too. Like, I'm here to do this, to help you guys, to continue to serve this mission for years and years and years and years to come, literally until I die.

So, why is there a rush to get a process to you guys out? Why is there a rush to hit any sort of goal in your world or in my world? There isn't, unless you think you're going to feel a certain way once you get there or unless you think that you're going to run out of time.

So, for all of you guys who move really quickly, I want you to look at why. The reason why is probably something that you have to work on. Is it fear-based? Is it lack-based? Is it a thought that isn't going to serve you and help you create the long-term results that you want? If you find yourself operating like that, you've got to dig deeper.

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Now, for some of you guys who are listening to this, you don't move fast enough. You just heard me use the car example. When you first start a business or you're trying to create a result, sometimes you've got to start trying shit out and put a tire on and just get it moving and put the gas pedal down.

So, what you have to look at is why you're not starting. Is it for fear? Is it from lack? Is it from a thought that's not going to serve you to create the result that you want? For all of you guys, either way, this is why digging deeper, this is why coaching is so important. This is why my program *Anything but Average* is so important, because why you're doing it, the thinking and the belief system that is driving it forward is going to create your results.

And so, if the thinking is fear-based, lack-based, or old programming that's not going to serve you, that's where you have to start. So, this is me, like slowing down to speed up. I promise, you guys will get my process. I talked about the free training and I talked about *Anything but Average* reopening. It might be pushed off just a little bit.

But what I want you guys to see is that this is also for the long-term good of your results and your goals and what you are going to create in the world. And that's the biggest thing, when I think about that, that makes me want to slow down.

I'm like, if I had to really spend some more time fine-tuning this for the next couple of weeks so it's something that you guys can use forever, I'm willing to do that.

If it's something that's going to have everything you need to just, like, help you get the most effective results, I'm willing to do that. Waiting two extra weeks, that's nothing when it comes to the hundreds of years and the lives that this work will impact.

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So, I want to offer that if you're waiting on this next step, if you're waiting on something to start, if you're waiting on the second part of the series, I want to challenge you to look at what you need to believe to start now, what you need to think about yourself to start now.

And if you're on the other side of the spectrum and you are just go, go, go, go, go, ask yourself why you're in such a rush. Your answer to that is going to be very telling. I love you guys. Stay tuned. There is more to come. This process is going to be even more effective than ever. And this is me slowing down to speed up and sharing with you guys my real transformation and realizations in real time. I love you. I will talk to you 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.