

Ep #26: 4-Step Process: Step 1 - Change Your Life



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, I am looking around my podcasting closet and I am cracking up because for those of you who have followed me for a long time, you know this. Maybe if you're new here, you don't know this. But I record my podcast in the closet and I do that because the sound quality is so much better.

And what's so funny is for two years or however long I've been recording this podcast, I literally just grab my laptop, I grab my mic, I sit on the floor of the closet, and I record. And half the time, my legs get numb because I'm sitting on them, or I'm leaning on my chest, so I have trouble breathing and I sound crazy.

And the reason I'm laughing today is because my husband, Chris, who just started a podcast, it's called Relentless Growth. If you haven't checked it out, go do that. He just started it recently, and all of a sudden, my regular old podcasting closet has turned into a legit setup.

I'm looking around and there is a giant comforter bungee-corded up on the wall, there's a hook that he screwed into the wall so that we could put a blanket over the door. I'm literally sitting in a chair. It's groundbreaking. And there's a table in here. So good. I'm like, you should have started your podcast two years ago so that I could have a better closet set up.

It's like, literally the most accurate depiction of the difference between us. I'm like, throw some dirt on it, figure it out, roll with it, which is really great,

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and a great asset sometimes, but sometimes isn't. And Chris is like, we're going to do it the right way, we're going to slow down, we're going to get it exactly the way that it's going to work best. And that is why my podcasting closet looks like this now.

I have to be honest though, I'm super excited for when we build our podcasting room in our basement soon. 2021. It's happening. Anyway, alright, let's jump into today's episode. So you guys, we are going to jump back into the *Anything but Average* process. And two weeks ago, I started on step one and I realized that I wanted to slow down a little bit and fine-tune some of the pieces of it.

And here we are, and I'm ready to jump back in. And here's what I want to tell you guys. The process isn't that much different. I actually added another step. So it's now my four-step process. And it's everything you need to create an *Anything but Average* life. And I want to start from the top. I want to start from step one.

This first step is still the same, but it's going to be more all-encompassing since I've got the whole process complete. So if you hear some of the same stuff, just roll with it. Sometimes I've had to hear things like, literally 30 times for it to really sink in. This is your opportunity to hear some of this stuff twice, so let's jump in.

So just a quick overview, the four steps of the process are change your life, step one, find your purpose, step two, launch your business, step three, and change other people's lives, step four. The reason why these are the four steps of the process is because I've realized there were four things you need to create an *Anything but Average* life.

The first thing is you need to be empowered. You need to feel like you create your reality, that you are in control of your results and you can

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create any result that you want. Do you know how you do that? You change your life. You know exactly how to change your life.

Second thing you need to have an *Anything but Average* life is purpose. We spend a third of our life at work at least. You have to spend a third of your life, your precious time, your precious life doing something meaningful. I believe every human has their own unique purpose they are meant to bring to the world, as unique as a fingerprint is to each of us.

And so you have to have purpose. You have to have something that is meaningful that you are working towards in your life. That's what purpose gives you. Then, you need freedom. Freedom gives you the ability to design your life, to design your schedule the way that you want, to travel, to live your life that way that you want.

It takes the empowerment to a whole new level, to really handpicking and designing anything that you want, to having unlimited potential and possibility. Having freedom gives you that. And the last thing is fulfillment. You have to have fulfillment.

Fulfillment means doing something meaningful with your life, doing something that matter, doing something that has an impact on other people's lives. It's contributing. That's what fulfillment is all about. That's what changing other people's lives is all about, step four.

And step three is launch your business, which goes along with freedom. Creating a life of freedom. So today, we are going to dive into the first step of the process and then we will spend the next three weeks going over the next three steps. So let's do this. Y'all ready? This is it. This is the official *Anything but Average* process.

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So here is why change your life is the first step. When I imagine this process, you guys will also see this on my website. I'm sure I will be posting this. It's like a pyramid. Changing your life is at the foundation. The reason why changing your life is the first step of the process and the first thing you need to do is because it teaches you how to create results in your life.

When you don't change your life, when you don't know how to create results in your life, you take that, and you duplicate that over and over and over again in every area of your life. So let's use an example. So let's just say you are trying to start a business because you want freedom. You want all these things I'm talking about.

But you feel like your life right now is just average. You feel like you can't lose the extra weight, or you feel like your relationship isn't what you want it to be, or you feel like your finances aren't what you want it to be. And you think that starting a business is going to fix your life.

Here's what I will tell you. That's putting a Band-Aid over the problem. When you don't change your own life, when you don't create the health you want, the relationship you want, and you don't know how to create actual real results in your current life, you're going to take that exact same way of doing things and you're going to apply it to every new thing you add in your life.

I always say if you take the same brain, you put it in a new situation, you're going to create the same problems. So what a lot of you guys like to do is you like to skip step one. You like to just move on, start a business, start a networking marketing business, fix your life, because if you could just get out of this job, then your life would be so much better.

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I'm here to break the news. Nothing will fix your life if you don't know how to change your life, if you don't know how to create results, if you don't know how to create happiness where you are. If you don't know how to create result where you are.

So step one of the process is to first develop the skillset to change your life. It's to learn how to change your mindset to make your actions work in every area of your life. It's learning how to create happiness where you are so that you can take that same perspective and when you add a business and you add a marriage and you add kids and you add all the things, you know exactly how to be happy no matter where you are.

The other reason why change your life is the first step of the process is actually two more reasons. The other reason is because a lot of you guys like to go start a business or go add new things, change your circumstances, change your actions, and go help other people, but you haven't helped yourself. You haven't changed your own life.

I call this being out of integrity. If you don't know how to change your own life, if you don't know how to create results in your own life, and then you're going to try to help other people create results in their life, or you're going to bring this thing that's going to impact them, but you don't know how to do that in your own life, there's going to be a gap.

And that gap is going to be the difference between you believing and knowing that what you're bringing to the world is going to change people's lives, versus you not. So a lot of you guys, you go out and you want to be a coach and you start your coaching business, or you go out and you start network marketing and you start selling people on the fact that they could live the life of their dreams.

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Or you go out and start telling people they can lose weight, but then in your life, you are not creating those results. You're not going to be able to sell it and offer it the same way, with the same level of belief. You're not going to be able to help them the same way you could because the same problems they're going to run in to, you're running in to.

Your growth, your personal growth will always reflect in your business growth. Your ability to create results in your own life is going to be your ability to help other people create results in their lives. And your ability to be like, wow, this is life-changing, what I want to bring the world is life-changing, I have results, I know exactly how I got them and this is going to blow your mind is going to be your ability to talk about it in an authentic way that people will feel and know and trust that you do have something that can help them.

Just to give you guys a quick example of that, it would be like if I never used this mascara that I wanted to sell to other people in my life and going and telling people it's the best thing ever. That's what you do when you don't change your life first. That's what you do when you don't create results in your own life first.

And trust me, I did this 100 times. The goal of this podcast is to bring this into your awareness and show you what's happening so you focus on the right thing, so you can create the results that you want and so you can create the life that you want.

You have to use the mascara. You have to love the mascara. You have to think the mascara is the most mind-blowing, amazing thing that everybody needs it. You're going to be able to help way more people, you're going to be able to sign way more clients, you're going to be able to build a super successful business.

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This is what happened to me when I started network marketing twice. It wasn't the network marketing that was the problem. I was trying to escape my life by creating freedom, I was trying to sell people on the fact that they could live a life of freedom when I didn't feel like I was living a life of freedom. I was trying to sell products that I didn't wholeheartedly - I used them, but I didn't think, "Holy shit, this is mind-blowing, it's going to change your life."

And so I didn't sell it at the level that I could have. Because selling and offering something to people essentially comes - doing that effectively comes from your own belief in what you're offering. So a lot of you try to skip over this step. A lot of you want to just jump right in to putting Band-Aids over your problem and creating freedom because you think that's the key.

But if you can't create happiness now, if you can't create the life you want now, if you can't create results now, if you're just picking a business idea just because you want to have freedom, you're not going to be able to bring it to the world the way that you could. You're not going to be able to create the results that you could. You're not going to be able to help other people the way you could. It's going to stunt your growth. That's why changing your life first is so important.

The other reason is it's going to give you clarity around your purpose. I started businesses twice because like I said, I wanted to fix my life. What gave me clarity around why coaching was the thing I was meant to do was because I used it to change my life and it changed my life so drastically, it was like the fire just lit up inside of me and I knew it's what I wanted to bring people.

That's how I discovered my purpose. I didn't go out and look for it and all these other things and these other opportunities. I turned inward. I looked

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at what was going to change my life. I changed my life. I looked at what made the biggest impact in my world and that was my purpose.

You're going to find your purpose in the same thing. That's step two of the process, but step one, change your life is the foundation you need to really find your deep purpose and what you're meant to do. So changing your life is going to give you three things. It's going to give you happiness, and the ability to feel good and know exactly how to feel the way that you want, no matter where you go, no matter what you change in your life.

It's going to create your ability to create results. It's going to give you and teach you the ability to create results no matter what you're doing and what you're trying to create. It's going to put you in integrity. It's going to put you in a place where you're running out into the world going, this is life-changing, I want to help people with weight loss because I lost weight, I want to help people with their relationship because I healed my relationship. I want to help people create freedom because I learned how to create freedom in my life.

That will sell more things in business than having good sales skills ever will. And it will give you clarity around what you're truly meant to do. Not what you think you're meant to do, not what you're trying to plug into your life so you can have freedom. Changing your life first will help you find and discover exactly what you're meant to do with your life.

The last thing is the reason why you're here is so you can have the life you really want. The reason you're starting a business, the reason why you're pursuing growth, the reason why you're doing all these things is so that your life blows your mind. That's what an *Anything but Average* life is about, and that's what changing your life first is all about.

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That's it. So on the first step, we'll call that - it wasn't a mess up. It was just we weren't there yet to give you this whole process, right? I gave you guys some dates. I told you guys that *Anything but Average* was going to be reopening where I walk you through my four new modules, which are change your life, find your purpose, launch your business, change other people's lives, and teach you exactly the how of how to change your life and get results.

It's going to be reopening. It's closed right now, so stay tuned on that. And I'm going to be offering a free training, Four Simple Steps to Create a Purposeful Business. That's going to be launching in - that's going to open up in two weeks. So stay tuned on the next podcast. I will give you guys all that information.

You've got to be there. Details are coming soon. Forget about the dates I told you on the last podcast. I love you guys. Change your life first. It starts with you. Everything in your life starts with you. Every result in your life starts with you. Everything in your business starts with you. Change your life first. I love you guys. I will talk to you next week on step two of the process. 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.