

Ep #27: Step 2 - Find Your Purpose



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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, this is it. The signature four-step process to create an *Anything but Average* life. We are on step two today, find your purpose. If you are a new listener here, make sure to go listen to step one.

The whole process builds off of itself. So I imagine it's almost like a pyramid. The bottom is step one, step two, step three, step four, all the way to the top. You can't just skip one of the steps. It's a part of the process to create results. So make sure that if you're just tuning in, you go and listen to step one.

For those of you guys who listen every week, welcome back. Let's dive into step two, find your purpose. So once you effectively accomplish step one and change your life, the next thing you're going to want to do is find your purpose.

Once you change your life and you start to feel really on fire for the life that you're creating, you're going to naturally want to do something meaningful with your life. You're going to naturally want to find your purpose. That's the biggest thing with this process is it's a domino effect.

A lot of us like to do what I call put the cart before the horse. We're like, I need a purpose to fix my life, or I need to start a business, or I need a new boyfriend or whatever it is. But when you follow the process, each step is actually going to just naturally come.

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Once you change your life, you're naturally going to be drawn to discovering your purpose and doing something meaningful with it. So if you even feel like you're just trying to find your purpose, you probably haven't done step one yet. Start there.

But if you're at that point where you're like, I want to do something meaningful with my life, I'm meant for more, that's a thought I had for years. I'm meant for more; I know that there's more out there for me. My more was doing something purposeful with my life.

Finding your purpose is about having your work, having your career be something that matters to you. We spend one third of our life at our job, at least, working. To have a meaningful life, to have an *Anything but Average* life, you have to do something meaningful with that time. You have to do something that you care about.

Having your purpose means when you wake up in the morning and you put your feet on the ground, that you are moving towards something that matters. That's what finding your purpose is about. So once you accomplish step one and you start to go through that process of changing your life and focusing on you and growing and getting results, this is where you're going to come next.

Now, here's what's important. The reason why this is the second part of the process is because what a lot of us like to do is we like to skip this part. And when I say skip this part, I mean we are like, okay, I want freedom and I want to start a business, and so instead of choosing the thing you're actually meant to do, we choose the logical next step.

Here's what I need you guys to know. The logical next step is not going to get you the life that blows your mind. Choosing a logical career path, even for a business, the thing that makes sense, the thing that you're good at,

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the thing that you know really well isn't what creates a life that blows your mind.

What got you to the life you have today is making logical decisions. I'm going to say that again. What got you to the life today was making logical choices. Logical choices are choices that make sense to your current brain. Your current brain has created your current life.

Now, since you're on to step two, you've changed your life, which is great. And it's going to be a lot easier to choose your purpose, the thing you really want, once you have all the skills that you need to create results from step one. But when it comes to finding your purpose, you need to choose the thing that is on your heart.

You need to choose the thing that you would do if you were a millionaire, if you won the lottery and you never had to work a day in your life. You have to choose the thing that if you never had to work, you would do because it matters to you. That's your purpose. That's why this is the next step.

That's why we're not launching a business first because to need to launch your business, you need to change other people's lives in a way that matters to you, in a way that is your unique purpose. I forget if I said this on the first episode, but I'm going to say it again even if I didn't, it needs to be reiterated obviously.

Every single human has a unique purpose they're meant to bring to the world. You have a unique purpose you're meant to bring to the world. I don't care if you think thousands of people are already doing it. No one is going to do it the way you do it, no one's going to do it from the perspective that you have. No one has your story, no one has what you have to offer. It wouldn't be on your heart if you weren't meant to bring it to the world. It's like a unique fingerprint.

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So to get clear on your purpose, you have to let go - I almost imagine like putting everything on a shelf, forget about all the doubt, forget about your brain going, "How am I going to do anything with that?" Forget about what makes sense, what you think you're good at, all of that. What is the thing you are called to do? What is the thing you know you will want to spend your lifetime working towards? That's your purpose.

Once you find that, the next parts of the process are going to be so much easier. Building a business is not an easy feat, but you know what makes it easier is choosing something that you love. I imagine that your purpose is like an extension of you. It's a part of you.

I really think - I don't have kids yet and I know that a business will never be like a child, but I really feel like my business is something that I birthed and brought to life and it's a part of me. It's a part of my soul. It's a part of my legacy.

And that's what I think a kid is. So again, I know very different, but your kid is something that you, I imagine, you love unconditionally, you're committed to for life. It's a part of you you will never stop showing up and doing your best and being your best for that kid. That's what your purpose needs to be.

It needs to be something that you are willing to spend a lifetime working towards. When you have that foundation, building a successful business is going to be easy. When you pick something that you don't like, when you pick something that's logical, when you pick something that makes sense, it's going to be hard to stay committed to that for life.

It's going to be hard to go through the failure and the challenges it's going to take to make it successful. Pick the thing that you can marry. Don't pick

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the thing you'll date. Pick the purpose you want to marry for life, and you're committed to for life. Don't pick the thing you want to date.

When I say that, I also don't want you guys to get overwhelmed. I don't want you to think you are married to it. Your purpose is going to evolve over time. But you're also going to make that decision a little differently instead of like, I'm just going to do this thing or I'm just going to start this network marketing business, or I'm just going to start this random business.

There's nothing wrong with network marketing, there's nothing wrong with a random business, but it's not your calling. So step two of the process, find your purpose. It's going to be clear as you start to change your life. It's going to be the thing you're meant to do. It's going to be the thing that you are on a mission to keep working towards forever.

So don't pick the thing that makes sense, don't pick the logical next step, don't get caught up in every single thing that you're passionate about and get confused and stay stuck in the part where you just don't know. Allow yourself to explore what I said on this podcast. Allow yourself to discover what this thing is. Allow yourself to figure out what's the thing you're willing to marry and love like a child and keep working towards. That's your purpose.

That's what I take you in depth on in the new modules in *Anything but Average*. Step two, module two of *Anything but Average* in the program is find your purpose. I'm going to actually walk you through a step by step process to really discover what that is, to decide, to own it, to be in love with it, to commit to it before we start launching your business and creating success from it. I love you guys; 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.

[Anything but Average](https://lindseymangocoaching.com/anythingbutaverage) with Lindsey Mango

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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.