

## Ep #49: Changing Your Mind



### Full Episode Transcript

With Your Host

**Lindsey Mango**

[Anything but Average](#) with Lindsey Mango

## Ep #49: Changing Your Mind

Welcome to the *Anything but Average Podcast* where I will teach you how to create a coaching business one step at a time. I'm Lindsey Mango, a life coach passionate about helping you create the life of your wildest dreams by creating a coaching business. Let's get started.

Hello and welcome back to another week and another episode of *Anything but Average*. How are you guys? I am so excited to be here and a little tired to be honest. I'm actually recording this podcast at 5pm, which if you know me, I have a story and I'm not open to changing it right now that I am a morning person, which really serves me. But I also don't believe I am very on after 5pm at night.

But here we are, we're doing it anyway because I have a commitment that I made and I always honor my commitments. That is something I believe about myself and I believe it because I always do that and I have lots of evidence.

So really quick before we jump into today's episode, if you want to become a person who honors their commitments, you have to honor your commitments no matter what, no matter how you feel, no matter if it's the right time, all of it. That's how you trust yourself more than anything.

So that little nugget before we jump in. Today, what I wanted to talk about was changing your mind. I was thinking about how many of you guys want to start a coaching business, you want more, you're inspired by this podcast and by all of the coaches that I'm working with who are starting their business and growing their business and starting to help people change their lives.

And I was thinking about what keeps you from taking that step. And maybe some of you guys - I know I have lots of different listeners. Maybe you don't want to become a coach but you want to chase some sort of dream. This is

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going to apply to you as well. So just take coach and replace it with whatever your dream is.

But what I realized was one of the biggest things that keeps us from taking steps towards what we want is the fear or doubt, really the story we have about what it means to change our mind, to do something different than we have been doing. And I wanted to talk about and really essentially on this episode give you permission to change your mind so you can actually start creating the coaching business that you really want.

And that's going to be at the heart and center of creating the life that you want. So I wrote out three main reasons that people don't want to change their mind about and why - I'm going to talk about how to get around it, how to see it differently so that you can make a different decision and create a coaching business and a completely different life.

The three things that I see so many people say, number one is that they have already gone to college, they have a degree and they spent all this time, maybe a four-year degree, maybe an eight-year degree, getting their degree. And so the idea of changing their mind about what they're doing makes them feel terrible.

And along with that, a lot of times, maybe you're hearing this and you're shaking your head, you have debt to go along with it. So the idea of going to school for however long you went to school and having the amount of debt that you have, and then just deciding that you don't want to do that at all brings up a lot for a lot of people.

Brings up a lot of like, well, why would I even change what I'm doing? What a waste of time? We fear the waste of time, the waste of money that we spent on the time we spent in school and the money we spent on school. And so we end up just staying the course.

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But do you know what actually happens when you stay in a career because you went to school for it and because you have debt and because you spent so many years doing it? You end up wasting more time and more money and more years.

Because what you could be doing is making the decision to start the coaching business you actually want to start and when you're passionate and excited about it and committed to it, you're going to create more money, more success. Now you've wasted less time and created more money.

So I just want to offer that perspective, but I also want to offer what if there was just no such thing as wasting time? Humans, we live a long life. Four, eight years, however long it was that you went to college or whatever path you were on, maybe you were in a career for that long is not that long in the whole scheme of things.

Imagine if you were dating somebody when you were 15 and you dated them for eight years, and you married them, not because you loved them but because you were like, well, we dated for a really long time. Maybe you're hearing that and you're like, oh shoot, I'm doing that too.

But it's not a good reason to marry someone just because you've been with them for a long time because you're going to spend the rest of your life with somebody that you didn't actually choose, that you didn't actually love. That's what you do when you don't follow your passion and you don't follow the thing that you're meant to do with your life just because you went to college for a different degree or you have debt from that degree.

You can always change your mind when it comes to that. Changing your mind and giving yourself permission to do that will save you more time and create more money and more happiness. At the end of the day, do you

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really want to trade the four years or the eight years and however much debt you got from college for your happiness?

If somebody was like, you know what, if you give me eight years of your life or four years of your life and pay x number of dollars, in return I'm going to give you an unhappy life where you spend the next 40 years doing something you don't love, would you make that trade?

Or would you make the trade of I'm willing to sacrifice those eight years and that money and in return, I'm going to chase my passion and just decide that that was a part of my journey to getting here and it's not a problem? That is the permission I want you to give yourself.

The second part is a lot of people don't chase their passion and start their coaching business because they're worried about the bills they currently have. This is how people get stuck in the hamster wheel. They're like, well, we have a mortgage so I can't do what I want, I have to do this job.

What I want to make clear and give you permission to change your mind on is that you can still pay your bills while you start your coaching business. One of the biggest things I see with my students is that they think they have to leave their job the minute they start their coaching business. You do not.

I built my business while I worked my corporate job. So many of my students build their businesses while they work their jobs so that they can support their family, pay their bills while chasing their passion and creating the coaching business that they really want.

You can do both at the same time. It's not either or. I actually highly recommend doing that because then you can support yourself and not be trying to build this business from a place of being rushed to try to support your family. You're feeding the baby, meaning feeding your household, and

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then you're giving yourself the option to go out and chase your dream and do what you're really passionate about.

And over time, once you start to replace that income, then you can leave your job. So you can do both. I give you permission to change your mind that it's either or. The other thing is in my program, it teaches you how to create your coaching business, how to get started, how to start signing clients. It's like the fast track to creating money in your business, to creating success in your coaching business and getting started as a coach.

And so that's why it's a valuable piece for so many women who are working on paying their bills while they're building their business. Instead of spinning their wheels feeling confused about what they need to be doing and figuring it all out on their own, they have a fast track to success so that they don't have to be doing a full-time job and building their coaching business for a really long time.

The third thing I want to give you permission to change your mind on is believing that you're too old or too young or too whatever to start your coaching business. I promise you, there will be 70-year-olds that start coaching businesses and are super successful and lead the next 20 years of their life loving it and being so grateful that they went all in on what they want.

I guarantee there will be an 18-year-old who's going to start a coaching business and be wildly successful. Your age and where you are in life has nothing to do with your ability with a coach or whether you can or cannot start your coaching business.

So what if you just let go of the story that where you are and who you are in life right now isn't the right person to be a coach or start a coaching business? What if you gave yourself permission to just change your mind?

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Not changing your mind is keeping you living in the same reality over and over and over again.

It's keeping you feeling resentful of the college and the debt that you got from college because you think you're supposed to do that job, otherwise it would be a waste. It's keeping you from chasing your dreams while you pay your bills. It's keeping you from starting the coaching business you really want because you think you're too old or you think you're too young.

The reality is all of these are just stories that your brain provides to keep you stuck in safe. Remember, our brains always want to be comfortable and efficient. And the most comfortable and efficient thing to do is to not do anything different than what you're doing right now. That's why your brain serves up these stories.

If you listen, you will stay exactly where you are and continue to live the same life you have over and over and over again. You will be able to predict what your life will look like in 30 years because you will just keep doing the same thing and your brain will keep you safe.

So what if you gave yourself permission today to change your mind? What if you decided that you could have everything that you wanted and you could start your coaching business? What if you decided it was the perfect time?

I want you to spend time selling yourself - and when I say that, I mean looking for all the reasons why it's the perfect time to do this. Why it doesn't matter that you spent however many years in school and have debt. How you're going to pay your bills while doing it at the same time and how that's possible for you.

When you focus on that, you're going to give your brain all the reasons that you can do it and it's going to be a lot easier to take the step you want to

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take to create the coaching business you want. Because when you do that, you give yourself the ability to have purpose, meaning, and build a business that will give you freedom and flexibility that you really want to live your life the way you want.

Guys, you can always join Anything but Average where I teach you how to start your coaching business. Everything from becoming a coach, starting and launching your business, and signing your first clients. Go to [lindseymangocoaching.com/anythingbutaverage](http://lindseymangocoaching.com/anythingbutaverage). I will see you on the inside. I'll talk to you guys next week. Bye.

If you're ready to take this work deeper and create your own coaching business, join us in Anything but Average, where I will walk you through the step-by-step process to become a coach, start your coaching business, and start signing clients. Go to [lindseymangocoaching.com/anythingbutaverage](http://lindseymangocoaching.com/anythingbutaverage) and I will see you on the inside.