

# Ep #112: Greatest Hits: How to Be Your Highest Self



## Full Episode Transcript

With Your Host

**Lindsey Mango**

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On the wait list you will receive a step by step process on how to start saving for the investment so when enrollment reopens you are ready to join. You will also get a bonus of how to start preparing for your coaching business and how to start preparing for the program so that when you join you can hit the ground running as soon as you enroll.

You'll also get sneak peek access into the program, into the live coaching sessions, into the portal, and exactly what you get in the portal as well as the results people are creating every 30 days. Again, go to [lindseymangocoaching.com/anythingbutaverage](http://lindseymangocoaching.com/anythingbutaverage) and I will see you on the inside.

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. Guys, this is Lindsey from the past coming to you, before Eva was born and before my maternity leave, recording this. And really quick before I jump in I just want to send myself some good vibes to sleep really well, hopefully when this comes out I'm sleeping great. And I'd appreciate it if you sent some good vibes my way.

But I am so excited to introduce to you guys the greatest hits podcast series where we have taken the six most listened to, most sought out podcast episodes. Not just from the Anything But Average podcast, but from my original podcast, Soul CEO. If you haven't been with me from the beginning that was the old name of my podcast.

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We have dug into those archives to find some of the favorite podcast episodes from that podcast as well as the current podcast, and we are bringing them to you over the next six weeks.

So have fun, enjoy some of our most sought out topics, and I also want to offer that you're going to hear such a shift in me from my old podcast episodes to my current ones. And that the old ones are going to be a little bit more broad and general for life, and some of the newer ones are more coach specific. But all of them are here to add tons of value and offer you an opportunity to hear some of our greatest hits.

So, with that being said, let's jump in.

Today I wanted to teach something that I used and implemented early on in my journey of being a coach and learning this work, and it's something that I still use to this day. And I'm not sure if I've ever actually taught it on a podcast before.

And so this is the idea of stepping into your highest self. So for those of you who don't know what that is, your highest self is the version of you who already has what you desire. She is that confident, badass version of you that when you dream of what's possible for yourself and your life and your business and your relationship, she is the woman in that vision.

And what I think is so important and so powerful for us to understand is our highest self is accessible to us at all times. And a lot of times people think that their life circumstances have to change in order to be that woman. The reality is the way you create that life is by stepping into that woman right now. Showing up as her today.

Now, the other thing I want to touch on before I jump into how you can actually start implementing this and stepping into your highest self literally

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right now, like yesterday, is to understand that your highest self isn't about being something that you're not. It's not about stepping into something that you should be, or anything like that.

It's really about being who you're really meant to be and confidently owning that and showing up the way that you truly want to show up in the world without the fear. Without the discomfort. Without the worry. That is who your highest self is.

So I always like to preface this work with that because I think sometimes people get stuck thinking that they're supposed to be something else and that's not at all the case. To me, it's more about reminding you of who the heck you are, how powerful you are, how confident you can be right now.

So let's get to it. How do you actually step into being your highest self right now in this moment? The first part of this process for me is getting clear on what you want in your life. So if you were to close your eyes and envision your dream life, your dream business, your dream relationship, your dream whatever it is, I just want you to take yourself to that place of what you truly desire for yourself in your life.

Now, as you're thinking about this, what I want you to do is I want you to connect to who you are in that vision. What is she like? How does she show up? What does she do on a daily basis? How does she interact with people? What is she wearing?

I want you to really get a clear image of what she is like. Now, as you're envisioning her and the life she has and the way she does life and the way she interacts and who she is, I want you to really tap into how you feel in your body. When you envision her, how does she feel on a regular basis?

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The next piece of this is once you identify – I want you to identify five feelings. So is she confident? Is she free? Is she excited? Is she motivated? Is she committed? What does she embody? I want you to jot them down.

Now, here is where we're going to connect the dots. For each of these feelings, what I want you to do is identify the thoughts that she has. So what makes her feel confident? What makes her feel committed? What makes her feel excited? What makes her feel motivated? Why does she feel those feelings?

And break it down for every single feeling. Now, what we have is a clear guide to who you want to be and the woman you're meant to be to have the life you dream of having. Now, this is where you really connect the dots.

So you see where you want to get, these thoughts, these feelings, this is what she embodies, and the work now is to identify which of these thoughts could be true right now. Where could you see – and I want you to challenge your mind – where could you see that these things are already true about you and your life?

Maybe in the future you imagine yourself impacting thousands of people. And the thought is I'm changing people's lives. How can you see that you change people's lives right now? Maybe even if that's two people.

Look for evidence to create that thought. So again, identify which thoughts are true right now and jot next to them where there is evidence that they are true today in this moment. Boom. You're already seeing that you are her. It's all about your perspective.

Now, what do you do with the thoughts that you really don't connect with, that you can't believe? Here's how you will know you will believe them. You

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will actually feel the feeling in your body now. So for the ones you don't believe, here's the next piece of this work.

Find a thought you do believe that is a step towards that thought. So let's just say the thought you have in your future self, in your highest self is I'm impacting thousands of lives. And you're like, okay, I don't believe that I'm impacting thousands of lives.

But maybe right now you consistently feel like ugh, I'm not helping enough people. So what you want to do is you want to find a thought, I call it a bridge thought. I think Brooke Castillo calls it a bridge thought, in between there. So instead of believing you don't help anybody now, or you're not helping enough people, what else could be true that will help you bridge the gap towards that future thought of I'm helping thousands of people?

Could it be like, I'm helping lots of people, or I'm definitely helping some people? Find something that helps you shift out of your current feeling of I'm not helping enough people towards something that gets you more in line with your highest self.

So for the thoughts that you don't believe, identify a new thought that helps you step towards that feeling and that thought. This is where you get to connect the dots and see that you already have access to believing this about yourself. And this is where people get stuck, is they're constantly thinking when I get "there" in that life, then I'll have those results.

But again, you create those results by being that woman now and you become that woman by recognizing and realizing that you already are her because it's all about your perspective. I would tell you guys that I always thought when I got in this moment in my life with this business, with this life that I've created, that I would be constantly thinking, holy crap, I'm a badass.

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And unless I choose to actively create that, I do not think that because our minds aren't wired to think that way. And so it's so important to recognize and see that this person is already you so that when you do get to the future point, you can realign yourself and constantly see how amazing and how badass you are.

Now, here's the last piece of stepping into your highest self. Now that you've recognized that you can create these feelings within yourself right now, the question you have to ask yourself is if I felt these feelings and if I was this woman, what actions would I be taking on a daily basis right now? What things is she doing that I could be doing right now?

Is she getting out of her comfort zone and doing Facebook Lives? Is she speaking in front of people? Is she reaching out to people who she thinks would be an ideal client? Is she putting herself out there and going on dates? Is she treating herself like a queen? Taking bubble baths and creating amazing experiences?

Now, what this is going to do, these actions might make you uncomfortable or they might take active work but these are the actions that are literally the doorways to your future and highest self. So it's good if they're uncomfortable because that discomfort is what helps you grow your strength in who you're becoming.

Those actions are going to be the thing that help fuel you forward to continue to step into her. So now you've identified exactly what you need to start doing today to be that woman. I love highest self. It is one of the things when my life wasn't super amazing, it was one of the things that I constantly practiced that helped me manifest and create the life that I have today.

I was able to change my experience of my life when I was waking up at 4:30 in the morning, going to my job, doing all these things, I was able to

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step into my highest self and be that woman in that life. And slowly but surely, my life started to catch up with who I was becoming and that's how I grew.

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.