

## Ep #113: When You Don't Feel Like Showing Up



### Full Episode Transcript

With Your Host

**Lindsey Mango**

[Anything but Average](#) with Lindsey Mango

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Anything But Average is officially closed for enrollment and will reopen on July 6th. If you want to join the next round of Anything But Average, go to [lindseymangocoaching.com/anythingbutaverage](http://lindseymangocoaching.com/anythingbutaverage) and join the wait list.

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.

[Anything but Average](#) with Lindsey Mango

## Ep #113: When You Don't Feel Like Showing Up

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.

So I am running, and I'm done with it by the time this episode comes out. But I'm in the middle of running an amazing five day training and I have been putting in a ton of work for it to facilitate just amazing growth. And so Monday and Tuesday have been a little busy. And I will tell you guys that I had this podcast episode blocked on my schedule earlier today, but some of the things that were priority ended up taking over that time slot.

And so I had to push off when I did this podcast after clients, after I did the free training and all of that, at like 5:30pm. Now, some of you guys are like, "5:30, what? I work later than that." but I will tell you guys, I have pretty strict boundaries. I don't usually work past five because I have a story that I'm not a night person, my energy kind of dips.

But anyway, besides all of that, what I will tell you guys is that I almost didn't do this podcast episode. I almost just emailed my producer and was like, you know what? Out of like 100 and something episodes I've never missed a single week, and I just don't want to do it today. And I think we're just going to skip this week.

## Ep #113: When You Don't Feel Like Showing Up

And I was thinking about that. And I was like truly five seconds away from doing it. And then I was like, this is such an opportunity to teach you guys and to apply what I teach all of you every single day, which is to take responsibility.

And when I say taking responsibility, what I mean by that is taking responsibility for my thoughts, and my thoughts being the things that are creating how I'm feeling. That I might just not feel excited about getting on and recording this episode, but that I have the power to create a different thought and a different feeling, and in turn a different result.

So in that moment I asked myself what thought could I have that would make me excited about showing up for this week's episode? And the thought I decided on was that one person, like I know you guys always grow and blow your own minds by listening these episodes. At least what I imagine when I'm recording them. But I was thinking like maybe this is the one episode that one person needs that's going to change their life.

And then that's it, like this episode needs to come out so that it can change your life. And if I don't show up and do that, then they're not going to be given that opportunity. And I will tell you guys, while I'm still tired after a long day, that made me excited. That made me invigorated.

So what I wanted to talk to you guys about today was just this, it's honoring the commitments you make to yourself. Honoring the commitments you make to other people. And learning how to take responsibility for showing up when you really don't want to sometimes.

So there's a couple things, a couple tips and a couple things I want to offer for you guys on this. There are often going to be times where you don't feel like showing up for the things that you committed to or for the things that you said you wanted.

## Ep #113: When You Don't Feel Like Showing Up

The difference between you getting what you want isn't just powering through and forcing yourself through it. It's identifying what other thought would change the way you feel about showing up and being committed in this moment.

What thought, what belief do you need to have about this thing that you committed to doing that will help you show up? And if you can identify something that will inspire you, excite you, you are not at the mercy of the way you're feeling. You get to be in control of what you're feeling. And ultimately you get to be in control of what you're doing and the actions that you take.

So I think it's so powerful to realize that just that tool alone can help you honor your commitments and show up even when sometimes you don't feel like it, because there will be moments like that.

The other thing I want to share with you is that I have made a commitment to myself, I've made a commitment to all of you, I made a commitment to my podcast producer that I was going to get this to him every Tuesday. And so the other powerful tool that you can utilize when it comes to this is making sure that you are surrounding yourself with accountability and with the support and the people you need to hold you accountable.

So for me, I'm investing money every month hiring the podcasting team. And that really continues to push me to show up and stay accountable because I've put money on the line. And that's what a lot of people don't do, is they make a commitment but then they don't back it with an action that is going to hold them accountable regardless of how they feel.

So for me when I first hired my first coach ever, I realized that in the months when I didn't feel like showing up or I felt like my dreams could wait, I knew I had hired the help that I needed to make sure that didn't

## Ep #113: When You Don't Feel Like Showing Up

happen. And I knew I was investing money that was going to require me to show up.

And that is a powerful tool that I utilize because basically what it does is it's like it gives me no other option but to show up. And that's what my programs do, that's what my coaching does, that's what all of it does.

So the biggest thing I want you guys to take from all of this is, one, that you are not at the mercy of your emotions and how you're feeling. That you're in control of that. And two, that an important tool, an important thing that you can implement in your life is to put so much on the line that you have to show up. And that is going to make the difference between the people who create the results that they want and the people who don't.

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.