

Ep #114: Greatest Hits: My Daily Mindset Work



Full Episode Transcript

With Your Host

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 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 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.

I actually made a post earlier this week about how I have mind drama every day. And it made me think about how I work through this every day and how I could offer you guys some huge value here in sharing how I actually do that.

So I think the first and most important thing to understand is that, again, I wake up to having drama many, days most days. And, you know, it's an ebb and a flow. And it depends on the day, and it depends on, you know, ladies, like the hormones, who knows how much I have. But it is something that shows up pretty consistently.

I would say a lot of mornings I opened my eyes and my mind is kind of like wandering and thinking should I have done more yesterday? Or am I getting in front of the right people? Am I getting in front of enough people? Am I impacting the people I want to? Is my business growing fast enough? Blah, blah, blah, blah, like it will go through that stream of consciousness.

And I think sometimes, the reason why I want to share this first is because I think sometimes people see someone like me with this amazing life, living

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in an amazing home in California doing all the things, living the dream, making lots of money, doing what they love, getting married, right? Like my life really does look pretty perfect, right? Nobody's perfect, it's not perfect. But that's what I'm saying, is from the outside I feel like it would be so easy to be like, "Oh, Lindsey never goes through this stuff." But I really do.

And I think it's important for us to understand that this is just how the human mind works. It doesn't matter how perfect and cushy and amazing your life is, our mind's job is to protect us, our mind's job is to scan for potential problems and fears.

And I'm actually reading a book called The Big Leap right now and he talks about how we are just now coming into the day and age where we don't have to worry about much at all. And we actually have to practice our ability to feel joy and happiness for extended periods of time. We haven't been able to do that in history and so now is really that time and it's a practice.

And I know that sounds crazy, but it really is how our human mind is wired. So first and foremost, I just want to share with you guys that that's normal, nothing's gone wrong. If your mind has all the drama, if it's coming up with all the things, again, nothing is bad, nothing's gone wrong.

In fact, I would say some of the most successful coaches and business owners I know actually have a lot of drama. And they're aware of it, and I think that's the other piece, right? Like I think back two years ago before I knew what this work was, I feel like I was just numb and totally unaware of it.

And now I am, I'm like hyper aware of it because of what I do and kind of the just elevated mindset that I have now. And I just find that it happens to so many successful people. So again, I think you can also throw yourself in the club and make it kind of a good thing, like, hey, I've got lots of mind drama, and I'm really aware, just like really successful people.

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Then the other thing I wanted to share with you guys is how I actually work through this, right? So here's my thought about mindset and working through this mind drama. I'm going to use a silly example, if you guys were gonna run a marathon and let's just say you didn't have legs, again, very silly example. But you had the ability to put your legs on and run the marathon, right?

I want you to imagine that you're like, I don't have time to put my legs on. And then you went to try and run the marathon, like how far you would go, how fast you would go. Probably not too far and not too fast, right? Versus if you put your legs on and then ran the marathon, how much easier it would be. But you might have to take a couple minutes or seconds or whatever, some time to actually put them on.

This is how I view mindset work. This is how I view working through this mind drama. A lot of times people think like, I don't have time for that, and they just rush into their day. And I see it as like you're crippling yourself because you haven't actually uncovered what's going on while this is there. Which means that all of your actions throughout the day aren't as effective as they could be if you did this work, right?

Think about it, if you're anxious and worried and feeling all the fear and all the things and you don't uncover it and work through it, I imagine it's like a cloud that follows you around all day, all week, all month, right? I like to think of being aware as taking our emotional temperature. Some of you maybe don't take it ever, right? Are you asking yourself like, how am I feeling? What am I thinking?

But I truly believe that your life, your day, your actions, your effectiveness as a human being is going to be elevated when you do this work, when you take a second to stop and do the work that I'm about to share with you guys today.

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So here's what I do, when I wake up and I have mind drama I usually go meditate. And then I go downstairs and I get my journal out. And I literally like brain dump and write down every single thought on my mind.

And I actually go into it with the intention of like, I love this thought and I have this thought a lot, I'm like I'm going to be like ruthlessly honest with myself. I'm not going to hide from any of these thoughts, I'm not going to hide from any of these emotions, I'm just going to get really real and just put it all on paper.

Then once I put it on paper, a lot of times like half of it I can see when I get it out of my brain onto paper, I'm like, oh, it's just total BS. It's just, it's nothing, like it doesn't even feel true. And then there might be some other things that I'm actually worried about that feel true. And that's typically what I'll do some more work on. So I'll identify what those things are. If all of them you really experience and feel, then do this on all of them.

I go through and I prove them wrong. I ask myself, how is this untrue? And I challenge myself to come up with every way that these thoughts and these feelings aren't true. And I don't mean invalidating them, your feelings are your feelings. But I'm just saying I look at the thoughts and I say like, which one of these thoughts are untrue? Or how are they untrue? And I'll prove them wrong.

And then I'll say like, well, what else could I be thinking that would help fuel me forward, that would make me feel excited, that would like kind of create the opposite emotion? And I'll go through and I'll write all those out. And then that helps me change and shift my energy and kind of do the work.

Now, there's so many other things that I journal on but that is kind of the foundation. First, I just get it all out of my brain so I can see it. I identify what feels true to me and what doesn't and I'm like, oh, that's crazy. And then again, I go through and I shift all of those to a new thought.

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Now here's the thing, right? I've shared this with you guys before, this is Brooke Castillo's model, our thoughts create our feelings, which create our actions, which create our results. So again, this is why I start at the thought level. Now all of it's important to create results, but the thought is really like at the heart of it. And so this is why I uncover these.

Now, you will know immediately if you find a thought that you actually believe when you feel something different in your body. So you should do this until you actually feel a shift in feeling. Now that doesn't mean you just skip away and you're happy all the time, right? What I mean is just like a shift in emotion or a shift in perspective and seeing it differently. That could just mean being like, wow, I don't feel great today, and that's okay, right? That might be a shift in your feeling.

So I think sometimes people do this work, but they just write out all the stuff and then they just like go about their day. Your work is about doing it until you actually find thoughts that shift the way you feel, then you know, you actually have done the work, then start your day.

So anyway, I just wanted to share that with you guys. I thought that would be something very tangible and tactical that you can apply to your daily life. And remember, it doesn't make sense to go take a bunch of actions and not have time to do the one thing that is going to make everything else more effective.

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 and I will see you on the inside.