

Ep #116: Greatest Hits: Inevitable Success



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.

Today what I want to talk to you guys about is what I call inevitable success. Inevitable success. It's something I've been coaching a lot of the women in Anything but Average on. It's something I've been working on in my own life and my own goals. And it's something that is so powerful to learn how to create, the feeling of inevitable success. Because it changes the way you show up, the way you handle failure, the way you move forward, like everything.

And before we jump into how you actually can create that, how you can actually believe that your success is inevitable with whatever goal you're working towards, I just want you guys to think about it for a second.

Close your eyes, as long as you're not running on the treadmill or driving your car. And I want you to imagine what it feels like to think that your success is inevitable. Like it's done, it is already in the cards for you, it is completely inevitable. What does that feel like for you?

When I close my eyes and I think about that, I feel just this expansive energy in my chest. I feel calm. I feel peace. I feel certain, which I talked

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about on a previous episode, right, certain energy versus urgent energy. It feels so good. And I want you guys to just sit with that for a second because that's what we're going to talk about creating today.

So, what is inevitable success? What does that mean? What is this concept? To me, inevitable success means that your success is happening no matter what. Regardless of what you do, what you don't do, how many times you fail, the things that go right, the things that go wrong, your success is inevitable.

And you guys know that I'm all about mastering your mind in a way that really serves you creating the result and the life that you want. And you just kind of tapped into what it felt like to think about inevitable success and how expansive and how certain it was. And so, I want to teach you guys how to create that.

Because inevitable success means knowing you're going to get what you want, knowing it's just like who you are that your success is inevitable, and when you don't have it, you feel frantic. When you don't believe your success is inevitable in any goal, in any desire that you have, you don't trust yourself. Failure means so much more. Every little thing you do carries so much more pressure.

So, today I'm going to teach you how to actually create that. Now that you have this desire, you're like, "I want to feel like my success is inevitable." And for me, I will tell you guys, just having that thought and going back to and stepping into it, even if sometimes my brain is like, "Are we certain?" I still can feel into it. So that, by itself, is powerful. Like, reminding yourself and allowing yourself to believe in the possibility that your success is inevitable.

But you guys know I'm about teaching tangible tools. So first, there's a couple of steps that I want to walk you through to actually embody that, feel

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that, and get grounded in this idea of your inevitable success. So, first, our brain loves to spend all of this time looking at all of the evidence of the gap of what could go wrong.

It's literally wired like this to protect us, to keep us safe, to keep us from having high hopes and failing. It would almost just rather have low expectations because it feels better, you don't have to experience the failure.

So, I want you guys, with this first piece of this process of creating the feeling of inevitable success and creating the thinking of inevitable success is ask yourself, how is this true right now? How, who I am in this moment, how is it true that my success is inevitable?

And I want you to look for all the ways. You might have to stretch your mind at first. Your mind might be like, "Well, let me remind you of all the times that your success was not inevitable or you weren't successful." But I want you to purposefully shift your mind to look for all of the ways that you are the person that your success is inevitable.

It could be like, you're growing. You grow all the time. You're listening to this podcast which means you get better every single day, which means that your success is inevitable.

It could mean that you're committed to creating the life that you want. Even if you fall off track, even if you fail sometimes, you're committed and you can find evidence that you are a committed person when you really care about something.

Or is it that you've hired a coach and you've made sure that you've invested and put money on the line to guarantee that even when you're scared, even when you fail, even when things don't go quite right, that you

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have so much on the line and you've gotten the help and support you needed to guarantee that you will have inevitable success.

How is it true that you are the person whose success is inevitable? How is that just who you are, like a part of who you are? I don't care who you are, whether you've failed your entire life, you are still here, still going, listening to this. Which, to me, means that your success is inevitable because you keep getting back up.

That's another piece of evidence. Your success is inevitable because you, even when you fail, even when things don't go quite right, even when maybe your whole life you've spent underachieving, you're still showing up. To me, that means your success is inevitable because if you keep doing that, it's impossible for you not to get where you want to go. So, that's the first part.

The second part is, what would you have to believe about yourself in order to believe your success is inevitable? My thought is you'd have to believe that you can handle failure and that you'll grow through it. You'd have to believe that things will work out and that you will be supported, whether that's God, whether that's the universe, whatever your spiritual beliefs are, that you are being supported, that there's something on the other side that's like co-creating with you.

You would have to believe that you create your results, not that your circumstances create your results, not that things that you're not in control of create your results, that you create your results. You would have to believe that it will work.

You'd have to believe that what you want is possible for you. When you're coming up with this list, I don't want you to think about what you actually believe. I want you to think about what you would have to believe in order

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to believe that your success is inevitable, or what you would have to think in order to believe that your success is inevitable.

The thoughts I have are that it's just who I am. Like, I am someone who will fight until my dying day for the life – I already have the life I want – but for the continued life that I want, for my continued goals. And I'm committed to that. I have decided. I don't have to spend any time thinking about the other option on the table. I believe I am a person who is meant for the life that I want, for the amount of impact that I want, for the success that I want. I wholeheartedly believe that.

Now, again, you guys might not be where I am yet, but I want to offer you my mind, my brain, so you can borrow it and see where you ultimately want to get with this. And we'll cover that in the third part of this, of how to actually build that.

Something else I believe about myself is that I can handle failure. It's that I am willing to keep getting back up, which means that no matter how many times I fail no matter what shit storm happens in life, I'm going to keep going.

I also know that I have hired the coaches that I need to help me make my success inevitable. They won't let me off the hook. That's what I do for my clients. That's what investing in a coach does for you. Even if you doubt your ability to keep showing up, you have made a commitment that you have someone on your team and on your side that won't allow that. That's what I do for you when you work with me, when you hire me. So, I have that thought. It's impossible for me not to reach my success.

I have the thought that I would rather die trying than not try at all. And to me, that also means inevitable success. So, just so you guys can get a snapshot of my brain, that's what I think about myself that allows me to believe that my success is inevitable.

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Now, here's the thing. You might hear that and you're like, "Okay, I do not believe these things about myself yet. And that's where part three comes in. I've done this on a past episode when Soul CEO was a thing. I'll probably do it on another episode in the near future so we can cover this even more. But it's what I call bridge thoughts.

Basically, bridge thoughts are a way to bridge the gap from where you are now to the thinking that you want to have. So, let's just use one example. Let's just say the future thoughts is, like, it's just who I am. Who I am is somebody who it's inevitable that I'm successful.

And your brain, if your brain doesn't believe it, it's going to kick it out and it's going to throw it out and be like, "That's not true." And this work isn't about just telling your brain a bunch of stuff that isn't true. And it's okay if you don't believe it. So, this is where bridging the gap comes in. This is where part three of creating the feeling of inevitable success comes in.

So, if that's the thing you want to believe, and let's just say your current thought is, like, "I give up sometimes. I'm not really all in. I don't know if my success is inevitable." I want you to imagine that there's that thought on one side of the spectrum, and then there's the future thought that you want to have, which is, "It's just who I am."

And I want you to imagine what thinking would be in the middle. Building belief in anything is like building a muscle. So, we've got to look for the 10-pound weight to start lifting before we get to the 500-pound weight. What's the 10-pound weight, right?

Could it be that you are learning to become that person? Like you're working towards becoming that person every day. Could it be that there's a piece of evidence in your life where your success was inevitable or that you are a committed person? Maybe you're committed in your marriage. Maybe you're committed in one thing in your life.

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How can you see that that means that you're becoming the person whose success is inevitable? Find something you believe. You'll know you believe it when you feel it in your chest. So, that's how you're going to want to bridge the gap.

If you want to become the person whose success is inevitable, you have to bridge the gap between where you are now, the thinking you have now, and the thinking you need to have about yourself, about your results in order to guarantee your inevitable success.

And here's something else I want to offer you guys that's a process. So, what you can do is write a list of where you're at now, what you would have to think in order to believe your success is inevitable, and bridge the gap on every single one of them. I would do that every single day until that became just a part of who I am and I was going to bridge that gap from the new where I am to the future of my success is inevitable and continue to do that like you're building a muscle.

Now, the last thing I want to share with you is I truly believe my success is inevitable, and maybe you do too. Like, maybe you can really feel into that. But sometimes, in the moment, in the small wins and losses and the day to day, I forget that. So, I just want to offer that this is something you're going to need to remind yourself over and over again.

Like I've put it on a sticky note, "My success is inevitable." So, anytime I fail, anytime I feel frantic, anytime I feel needy, anytime I feel rushed, anytime I feel like, "Oh my gosh, I've got to do all the things," I remind myself that my success is inevitable. And when I bring that to the table, it changes my entire energy. And as you build your belief in that, that thought will be something you can access and jump right into.

So, I want to remind you guys, before I go, your success is inevitable. It's who you are. It's who you're meant to be. It is in the cards for you. It

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doesn't matter what you do, what you think, anything, it is in the cards for you. It is already done.

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.