

S1. Ep20: Coach the Experts: Lindsay Dotzlaf



Full Episode Transcript

With Your Host

Lindsey Mango

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Lindsey: Hi, welcome to *The Life Coach Hotline*. This is Lindsey Mango, your life coach. How can I help you?

Hi guys, welcome to the Coach the Experts podcast series featured on *The Life Coach Hotline* podcast. I want you to imagine that you get to be a fly on the wall for the coaches, the mentors, the leaders that you admire, to hear what their mind offers. The drama they have, the limits they have, the things that they need coaching on, that's what this series is all about.

I would say maybe a little over a year ago, I can't remember exactly, but I put a podcast episode out on my former podcast where my husband coached me. And I will say that was one of the most profound episodes and one of the episodes that got the most feedback, the most downloads, the most so many things from people.

And I spent a lot of time thinking about why and here's what I realized. So often we put the people we admire on a pedestal. We don't think that they have the same fears, the same limitations, the same thoughts, the same drama that we have.

And when we do that, when we put them on this pedestal, what we do is we make ourselves wrong for the fear, for the drama, for the discomfort, for the limitations we put on ourselves. And we expect that those things have to be eliminated completely and almost like we have to have the perfect mindset and the perfect approach in order to create the success and the life that we want.

By so many people listening to the episode where I'm being coached and by you listening to this series where I'm also going to have one where I'm being coached on who knows what, I haven't even decided yet, you are going to realize that the people you admire and the results that they have and the success they have created have the exact same minds you do.

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And you're going to hear how they shift through some of their biggest blocks, some of their most vulnerable things live, to where you can see that even though you have some of the exact same thought processes as they have, that you can shift yourself. You can have a breakthrough and you can still create successful results alongside having all of the very human fears, doubts and discomforts that all of us have.

No one is unique. The reason why people have success and the people you admire have created the results that they have isn't because they don't have the same fear, drama and doubt that you have. It's just what they choose to do with it that matters. And that's what this series is going to offer you.

So buckle up, you are getting, I feel like, something that no one ever shares, which is the inner workings of the mentors and leaders that you follow, and what a coaching call for them looks like. And it's going to offer you breakthroughs. It's going to offer you the possibility of the success and the life that they have because you're just like them.

And it is going to give you an opportunity to take what they learn and have transformation in real-time. It doesn't matter what we're specifically talking about, you can apply it to anything in your life, and it is going to change you. It changed me just by coaching these experts.

So without further ado, if I haven't hyped it up enough, welcome to the series. I'm going to be coaching an expert, a leader, a mentor, a coach that you probably know. And if you don't, you need to go follow them. And you're going to hear tears of vulnerability, breakthroughs in real-time and you are going to walk away changed forever. So let's dive in, welcome to the series.

Today I have one of my best friends and just someone that I admire and love so much, Lindsay Dotzlaf, on. So hi, Lindsay.

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Lindsay: Hello. So happy to be here.

Lindsey: I am so excited to have you. I feel like I'm like do I just have to book you on podcast so that we can hang out a little bit?

Lindsay: I think so, yeah. That's just how it goes.

Lindsey: Okay, so I would love for you to introduce yourself, give just a little bit of backstory, background around you and what you do and then we can dive into coaching.

Lindsay: Okay. So hello, I am Lindsay Dotzlaf. I am a life coach. I actually teach coaching, so I help coaches be amazing at what they do. I have been a coach since 2015 and have been running my business since then, loving it, obsessed with life coaching and also have equally as messy of a brain as any other person. So I love this idea.

And I loved in the beginning when you said this is going to be a little different. My thought was like, is it? Or is it just going to be equally as messy human as all the episodes?

Lindsey: It's going to be the same in that regard, but it's just that I'm not being like, "Hi, Lindsay, welcome to *The Life Coach Hotline*. How can I help you?"

Lindsay: I have to say before we dive in, I was hoping for like a ring and then I was going to be like, "Hello?"

Lindsey: Oh, Lindsay, if you know me, you know that I've tried to create this. And Stephanie, my business manager is our mutual friend too, and she's like, okay, just remember that you're filming this at your house and we've tried all these things and it got really complicated. So here we are.

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Lindsay: So funny. Yeah, I'm sure.

Lindsey: I was like, "I want to have call waiting and I want people to be calling in real time." Like it was this whole thing.

Lindsay: Oh my. Amazing.

Lindsey: So yeah, you're not going to get that today, but maybe one day.

Lindsay: Perfect.

Lindsey: So you already kind of touched on it a little bit, but I'm curious about what are your thoughts about how people put people on pedestals. I'm sure you see that a lot because you coach coaches.

Lindsay: Yeah, I think it's interesting, I have a program that has hundreds of coaches in it. And they come to calls, we have weekly calls and they come to calls. So even coaches, like a big group of coaches, all come to this call on Thursday. And I think one thing that happens is they, like one of the most valuable pieces of it is that they all just kind of see, oh, you have that too. Or, oh, that happens for you too.

Or even when I share some of my own things like in my mastermind, in my certification, which is a smaller group. They get a very behind the scenes look of my business and they're sometimes so surprised. And it's like, yeah, we're all just messy. That's okay. There's no like, oh, we've achieved human perfection. We have no messy thoughts, no messy anything. So yeah, I love it.

Lindsey: I love that so much. I totally agree. I feel like whenever I hear things from other people that I admire or follow or learn from, I'm like, oh, thank God. Because then I'm like, oh, then that means I can have the same

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results they have without eliminating essentially the humanness and the human thoughts.

Lindsay: Yes. Yeah, I even noticed, and I shared this with you before we started asking questions, that I kind of came and I was like, I don't know, this feels really just kind of – I forget exactly how I said it, but like this feels really messy or like maybe I should have cleaned it up a little first, or whatever.

So even those thoughts, right, even I have those thoughts that are like, ugh, this is just either not valuable or other people don't have this, even though I totally know that's not true. And so even me. I came to this with like, this might not be good.

Lindsey: Yeah, you were like, "I should probably have self-coached before I got on here." I'm like, that would defeat the purpose.

Lindsay: Yeah, which is actually one thing I tell my clients all the time. I'm like, actually, please don't because sometimes, and this is for all the coaches that are listening, sometimes I can tell when a client has almost over-coached themselves, instead of letting me just get in there and dig around, right? Like, let's just see what we find.

Lindsey: Oh yes, that's so true.

Lindsay: And I think the coaching, I mean, both are fine. But to me, first of all, for me, it's more fun as a coach, I think. It's more of a challenge maybe. But it also allows, like I think sometimes as coaches we can get our mind to the place where we're like, oh, and then I have this thought and then I know what's next and then I feel like this and then this happens. And it doesn't leave as much room for curiosity.

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Lindsey: Yes. It's like they give – We're teaching people how to be better clients here too. But I know, like they give the coached thought and they don't really feel it yet.

Lindsay: Yes.

Lindsey: So it makes it a little – You can tell as a coach, I feel like.

Lindsay: For sure, yeah.

Lindsey: But still, it makes it a little trickier because it's like they're convinced. They're like, but I found the thought and I've changed it to this thought. But you're like, but no, you actually haven't.

Lindsay: Yes.

Lindsey: I'm like I need the dirty, like the nitty gritty. Like what is your real thought? Not the thought that you want.

Lindsay: Yeah, they're very in their logical brain, right? Like, I worked out the math equation and here's what I got. Here's what I see. Here's my solution. Instead of it being much more like, let's just explore all of it along the way.

Lindsey: Yes. Oh, that's so good. I love it. Okay, so I would love for you to share what you want coaching on. And then we can kind of dig in.

Lindsay: Okay, perfect. So you know this because you were at my house on New Year's Eve, and the next day we were talking – Because this is one of my favorite things about you, when you ask big, huge questions like, "So what are your big plans for the year" when I'm not even quite awake yet.

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And maybe had had a little too much champagne the night before. Or wine or whatever.

And one thing I said is, I was like, well, I really just want to focus on my health. I feel like there are just things that I've been putting off and I just know I could feel better in general. Not that anything is acutely wrong, like something that has to be handled right away. But I just know I could feel better. I know I could have more energy. I know, like here are all the things I know are probably possible that I don't have right now.

And so that was, what, 11 months ago. Over 11 months ago or whatever. 10 and a half, I guess. And here we are, just like the same place. Not that I just said it and then forgot it. I've actually been thinking about it for the last 10 and a half months. And I have done some small things, like just the normal things that people do. Like I've had a physical and had blood work and asked some questions and gotten curious about like, what are the options. And then literally, that's where it stops. It's like no action past that.

Lindsey: Okay. Why do you think that is?

Lindsay: So I definitely know that there are a couple things that get in the way that are thoughts around just the effort that it might take or maybe like the financial commitment. Although, even as I say that out loud, it feels more like that doesn't bother me as much if I knew, whatever the commitment was, the financial commitment or the time commitment. It's like if I knew it would work and I knew that it was like a magic solution, I would be on board.

And I think it's just there's something about health and about our bodies that feels very intangible to me in a way that other things don't.

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Lindsey: Yeah, so interesting because the thought I actually had was, I mean, I know you, we've known each other for so many years. And you are all in on becoming a better coach, right? And you're always investing in work to do that and coaches to do that. And it's just really interesting how you're so all in on that.

My thought was like, what would keep you from being that all in on hiring a coach or doing those things to make sure you get the help that you want? Like, what's the difference between those two things in your mind?

Lindsay: Really interesting. I had never thought about it that way because I think – Like when you said that, what I heard you say is I'm all in on investing in my brain or development, right? Like learning, all of that side of it. But then when it comes to my body, it's just like a different thing.

So when I think about those, like what is different, I don't know. I think there's just something, again, that just feels really intangible about it. Like, maybe I'm unsure that it's going to work. And when I say it, to be clear, I don't even know what it is, right? It's not like I have decided, oh, here is the exact plan that I'm going to follow and then I'm just not following it.

I just haven't even made a plan or talked to the people. And so I think that there's just something that's like, maybe I just think it's not going to work.

Lindsey: And what do you think about investing in your brain? What about that feels tangible or you think is going to work?

Lindsay: Asking the hard questions. I'm like, I don't know, it just does. I think maybe it's just – Okay, actually, a couple things came up for me. One was like that's just what I've always, like that feels very proven to me, as far as maybe just what I've been taught through my life and what I've done.

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Like I have always been taught to and I have always put a lot of value on that. Versus when I think about health, not that I don't think exercise is important. And certainly I used to be super fit and super into exercise. And there's just something about it now, I think, as I get older that I'm just like, ugh.

Actually, I can see one thing that's coming up for me as I say that, like as I get older. One thing, I think, is like but I won't be able to do like what I used to do, maybe. Like when it comes to my physical body, I don't believe that it can be – Like I have this comparison that almost feels like it's impossible.

And so then what? Like so what? Maybe like, what's the point? Or what's the, I don't know. Maybe ask another question. It feels like I could go on so many different tangents. My brain is kind of all over.

Lindsey: This is so good, though. I mean, I'm gathering a lot from it. So I think that the first thing is, you said as I get older I won't be able to do what I used to do. So what's the point? And I'm curious, used to do, what is that correlated to? I mean, I kind of know, I would guess. But I want you to tell me in your words.

Lindsay: Yeah, I think when I think about, for example – Okay, first of all, I can see what's happening also, is that I always go to this extreme where I'm like, okay, in order to be healthy, here's what it takes. Like here are some of the places my mind goes that I'm like, if I go down this road, these are the things I'm going to have to do.

One of them is like pick a way to exercise that I love, but that I do all the time. So I used to run a lot and I loved it so much. And it was before I knew about coaching and it was when I had lots of anxiety and it was so good, I used it really as a tool to honestly handle a lot of anxiety. And so that's actually interesting to note, because I don't feel anxiety like I used to. So maybe there's a link there of like, I don't really need it like I did.

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But also I just can remember, it's like muscle memory. Like I remember so much what it felt like and how good it felt. And when I think about it now, I'm like, but my knees and I just automatically go to all the ways that it won't be that.

Lindsey: Okay.

Lindsay: Does that make sense?

Lindsey: Totally:

Lindsay: That my body would let me down, maybe that's a piece of it. I feel like my body is going to let me down, and so I just don't even want to see that.

Lindsey: Okay. Yeah, I was going to ask what would it mean if your body let you down?

Lindsay: Yeah, I think it would just mean I would have to see like, oh, I'm getting older. My joints are getting older. It's almost like I would have to accept that, versus if I just don't do the thing, then I don't have to face it at all. I just don't think about it.

Lindsey: Oh, interesting. But what result do you end up creating when you are like, I don't want to see that my body's getting older, so I'm not going to do those things?

Lindsay: Yeah, it probably just – This is like coaching is so funny. I mean, it probably just makes my body feel older because I'm not moving it as much as I could. And I'm not doing the things. Like it probably does, I don't want to say it makes my body age faster, but it certainly isn't in the shape that it could be at whatever age I am.

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So therefore, like today if I decided, okay, well, I'm just going to go outside and run, just as an example of something that I could do, it would hurt because I haven't done it in so long. Like that would just be true. And it would just prove my thoughts right, I think, in so many ways.

And I can see the link between that to also some of the other stuff that I've been thinking about doing, like going into different types of doctors or just looking into functional medicine or just things that are different and outside just your typical yearly physical, blood work, whatever. And I think there is just a lot of link to like, oh, then I'm just going to have to know I'm old.

Lindsey: And what would it mean if you were old?

Lindsay: What would it mean? I think it's like a weird thing that happens where it's like I don't feel old, but if I did – I feel so silly even saying this because I could obviously do different types of workouts or whatever. All of that is coming up for me as I'm thinking through this. But I think it would just be like, oh, maybe I would just feel more like my body doesn't match my thoughts about myself.

Lindsey: And what would that mean?

Lindsay: It's really interesting, it's like as I'm just saying it out loud I'm like, oh, I guess it wouldn't really mean anything. I really want to dig. Like, oh, is there something under there? But it really doesn't, there's nothing. I don't have strong emotions attached to it. I'm not like, oh my gosh, this is terrible to see. Maybe it's just like it wouldn't mean anything.

Lindsey: Yeah, the thing that's just coming up for me, the example I was just thinking of is it's kind of like when someone thinks in their business, for example, that they should be making more. Like that their self-concept doesn't match how much money they're making, so they ignore how much

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money they're making because then they don't get to have that self-concept about themselves.

Lindsay: Yes.

Lindsey: It's like, well, actually, you still get to have the same thoughts.

Lindsay: Yeah, it feels so similar to that. Yeah, like if I take myself back to years ago when I was like, but how do you believe that you can do these things in your business before you've done them? Or like I don't want to put myself out there and fail at this thing because then I'll have to have these thoughts about myself, which don't actually have to be true.

Lindsey: Right.

Lindsay: So what you're saying is I could just be making a big deal out of something that's like really – It's almost like I've built it up in my head around a fear that I haven't even stopped to say like, but what's the actual fear? And when I do, there's not really a lot under there.

It almost feels like a made up like, there might be something in the closet so I'm just not going to look. But then when I look, it's like, oh, it's mostly empty. There's just a few little things in here.

Lindsey: Yeah, totally. And I mean, maybe I don't know, you can tell me if I'm wrong, but maybe it's possible that a past version of you might have had thoughts about it?

Lindsay: Yeah.

Lindsey: But you've grown to a place now where you don't really.

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Lindsay: Yeah, that could definitely be true because I think, I mean I remember when I was younger and if I was running a lot, or when I used to hike a lot, and I would have thoughts that were like – This was pre-coaching.

I used to be really so much harder on myself. And there would be a lot of thoughts that were like, oh, if you just practiced more, you could run faster or, you know, just thoughts that were like, I can't even access them right now, exactly what they were because it feels so foreign and so unlike who I am now to even say it. But there were. I think that I was motivated. Oh, this might be a piece of it.

Lindsey: Yeah.

Lindsay: I feel like I motivated myself a lot to do the things from thoughts that weren't nice.

Lindsey: Yes.

Lindsay: And now those aren't there as much. I mean, I think we all have them a little bit, but it's not at all like they used to be. Like there's no loud voice that's like –

Lindsey: Yelling at you?

Lindsay: Yelling at me, yes, and like you could do better, you could be better. That just isn't there anymore.

Lindsey: So good.

Lindsay: So then it's like, well, how do I motivate myself to do the thing?

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Lindsey: Okay, but this is so good because I literally just wrote this down because I was like, there are two things that I want to circle back to. And I think this is the first one.

For example, I think when you're younger, let's just say you associate moving your body and eating well or whatever, health, to looking a physical certain way, right? And then as you get older, let's just say you know that's just not attainable anymore. You're not going to look like a 20 year old or whatever. If that's the only reason you did it, then it would make sense why you would have no motivation to do it. Because it'd be like, well, can't look like that. This is just an example, right? I don't think that's your thing.

Lindsay: Yeah.

Lindsey: But I think that's what's happening here. And when you said like, I won't be able to do what I used to do, it's also another thing. Like run as fast or whatever. It's like you're trying to make the reason one of the old reasons that doesn't matter anymore.

Lindsey: Yeah, that does feel so true. Because every time I have a thought that sounds anything like that, it's like that doesn't make sense. Like, who cares? Why wouldn't I just do yoga? Or you know what I mean? Like there are just other things that come up that it's like logically it doesn't make sense. Like, my brain just shorts out. It's like, I don't even know. Okay, let's just not think about this.

Lindsey: Yeah, well, it's kind of like for me, actually. I've realized and noticed, and of course, the same thing still comes up in my business, too, but not as often where I used to associate my value with it. And letting go of that, and I think we've talked about this before, kind of left me feeling like, okay, how do I get myself hungry again when I'm so used to that being why I show up?

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Lindsay: Yeah.

Lindsey: And it's almost like you haven't found or connected with something that makes you feel excited and hungry and motivated.

Lindsay: Yeah, I think that probably does feel true. Because I think that I have been – Yeah, it always just kind of comes back to like, but I mean, I think I've done so much work over years and years, of like loving my body, loving myself, loving my life, like loving all the things, that when my brain does go down that path or when I feel myself like, it's like here's the path that we're so used to taking. But now it's just like a dead end and it's just like nothing happens.

Lindsey: Yeah. Totally.

Lindsay: That's really interesting. I've never considered it like that before. So instead, then I just turn it around like what's wrong with me that I can't motivate myself?

Lindsey: Yeah.

Lindsay: Then I just create a kind of a little bit different version of a mean thought around it. And then even that doesn't really stick and I'm like, okay, well, it's fine. Just carry on.

Lindsey: Yeah, Then the question is, what would make you feel excited and motivated to make this a priority and something that you really worked at?

Lindsay: The first thing that comes up for me is just thinking about – Actually, there are two main things. The first thing is thinking about the way I feel every day, like when I wake up, how it just affects my whole day, right?

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So whether that's showing up for my family, or my business or anything, if I wake up and my joints are really sore, then it immediately is just kind of like a cloud over the day, right? Like, okay, this again. And I have to work to get myself kind of out of it.

And I haven't really spent the time thinking about the option of like, what if that wasn't a thing? What if I did something about it that worked and I didn't wake up feeling like that? How different would my days be?

So that's one thing. Kind of another thing, which feels like even maybe a bigger driver is that like when I think about my kids, I have two kids that are right now 11 and 13. And my daughter is like, oh. She was looking at these old pictures of me on a backpacking trip. And she was like, "When do we get to do this?" Literally, my first thought was like, "Oh my gosh, I could not. Like there's no way."

And I think those are the things that, if I connected to those, could really drive me to take action from a really healthy, amazing place.

Lindsey: How does that feel?

Lindsay: Yeah, it's the first thing that's brought up emotion around it. It feels, I don't know what the word is. It doesn't feel heavy, because it's like heavy, but like in a positive way almost. It feels, let me breathe into it. It feels motivating.

Lindsey: Ooh.

Lindsay: Yeah, I feel like there's a different word for it that I'm just not finding right now. But it feels like it almost flips it, like how could I not take action on that?

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Lindsey: Oh.

Lindsay: Because of course I want to do those things. Yeah, that feels a lot different.

Lindsey: I have goosebumps. I was going to say, maybe the word is like moved. You feel moved or like compelled.

Lindsay: Yes. Oh yeah, compelled is really good, because motivated doesn't quite land. That makes me think of things like, I don't know, work or whatever. But yeah, compelled feels very true. And it also, like when I feel compelled to take action towards it, I feel like I can connect to a little more just like self-compassion and curiosity around it all, instead of trying to find the thing that feels bad to motivate me to take the action.

Lindsey: Yeah, that's so good.

Lindsay: Yeah, that feels really different, for sure.

Lindsey: Is it enough to have you get off this and take action towards something? Not like, you know what I mean.

Lindsay: Yeah, I think so. I think that, I mean, where my brain immediately goes is like, "Okay, well, where's the checklist? What's the first action?" Which is, of course, very normal. But it also feels like I feel a lot of curiosity around that, versus in the past when I've thought about it, I'm like, "Okay, well, what should I do about it?" I just feel very kind of confused and then irritated maybe, from the confusion. Like can someone just tell me what to do?

And, of course, I've asked people and I have like 50 different answers. So people have told me what to do, to be clear, and I just continue to not do

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any of them. And yeah, but I think just accessing a lot more curiosity feels really useful, which is so silly because, of course, it's what I teach all the time.

Lindsey: I was like, that is Lindsay Dotzlaf's favorite word, curiosity.

Lindsay: Yeah, it's so funny. Like no wonder I was feeling so stuck in this because I just was not feeling, I wasn't feeling compelled. Honestly, I just wasn't feeling compelled to even find the curiosity.

Lindsey: Oh, that's really good. Like, I'm sure that would be something really valuable too for your people because I'm guessing – We feel that, I feel like, about coaching and business and all that, but I'm guessing they feel that too sometimes.

Lindsay: Yeah, I think sometimes even when I talk about curiosity, like I mean, I think it's one of our superpowers as coaches. It's like how can we just be curious about this? And sometimes I think, like when you're coaching a client, sometimes it's very easy for them to jump into curiosity with you. And sometimes it's not.

And I feel like this has been a really good example for me of like, I wasn't really feeling very curious about it. Even coming to this call I was like, I mean, I don't even know what we're going to find. Like it's going to be, I don't know, I just had – Not about you at all, right? But just around the topic. I think that's where my judgment at the very beginning around the topic was coming from, is like I don't even know if there's anything good under here.

Lindsey: Yes, I was just thinking that.

Lindsay: Yeah. So yeah, it feels really helpful, actually.

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Lindsey: Good.

Lindsay: Thank you.

Lindsey: You're welcome. I have two other small things that I want to add, I think.

Lindsay: Yeah.

Lindsey: I think the other thing is, or just to add on to this that might be helpful in terms of direction. But you already know what to do with this, I feel like, and all that after with curiosity. But my thought was, what if the whole goal is to feel good? And so it's about finding things that do feel good to move your health, like being able to go on hikes with your kids, right?

Because I think sometimes we're trained so often when it comes to health especially, and it's just like anything, right? Like there is a challenge in all of that, but I think there's a difference between going out and running and genuinely having your knees hurt and thinking that's what I have to do. And it just has to be more of not feeling good to try to feel good.

And I just want to offer and plant the seed of like, Lindsay, what if the whole path is like you get to follow what feels good for movement, what feels good for nourishing your body and eating, what feels good for whatever pieces of health you're wanting to work on.

Lindsay: Yeah.

Lindsey: That is the next step.

Lindsay: Which feels a lot different and a lot more, again, like, there's a lot more curiosity around that, versus I can see the direction I was going most

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of the time when I would think about this was more like, okay, well, I guess I should go to – Because my blood work, my doctor looks at it and she's like, everything looks amazing. And then she even did extra tests. And she's like, it still looks amazing. And I'm like, ah.

And so I can see where my brain goes in that. Like, instead of like what would just feel good to do, even like what would just feel good to do today?

Lindsey: Yes.

Lindsay: It's more like, okay, who's the specialist I need to go to? What's the other blood work that I need to have done? Like there's some secret answer that someone hasn't found yet, which could also be a piece of it.

But the way I was thinking about it and the way I was going about it was not feeling, like that was definitely not feeling good. It was feeling very, again, arbitrary, right? Very, like I don't even think, like to bring me back to those thoughts I was having in the very beginning, it just felt like, well, we're probably not going to find anything. And then I still won't know what I'm supposed to be doing, supposed to in quotes, instead of what just feels good today? Let's at least just start there.

Lindsey: Yes. And I think you might have pointed this out, but maybe there's not actually a problem.

Lindsay: Right. Yeah, yeah, yeah.

Lindsey: Right?

Lindsay: I am very open to that.

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Lindsey: Yeah, because I think that, I mean I do that too. I mean, that's how brains work, right? But it's like maybe it's just interesting how you're like, dammit, I was hoping there was something that I would know, instead of like what if just moving, I think this is kind of what you were saying, but moving in ways that felt good, like that create an experience that you want each day, is what makes your joints feel better.

Lindsay: I just had a memory of when I used to run. So a while ago, I would also go to the gym and do these gym workouts. But the gym I went to they had this thing that you – I have no idea. You might know what it is. I don't remember at all what it was called. But I went there all the time, so the people there knew me.

So they were like, come check out this new thing that we got. And so I would get on a treadmill and they would hook me up to these things and I would be able to see measurements of things, right? Like, I don't even know what it was, maybe oxygen and all different kinds of things. And it was really interesting because I would know, like it just gave me so much information about how my body is performing.

And it was so fun. Like, it was so interesting. And I can see – I'll bring it back to why this is a good thing, is that right now the way I'm thinking about like, okay, well, I guess I need to find a specialist and go get more blood work done. It doesn't feel at all like that. Like it's not interesting.

Lindsey: Yes.

Lindsay: You know what I mean? Which is like, I think it could be like, this is interesting. Let's see more like is my body performing at whatever optimal rate I want it to? Versus let's go search and just find the thing that's wrong so I just know how to fix it. Which feels totally different.

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Lindsey: Yes. Oh, that's so good because I think that's also the challenge that people have in any area of their life of taking it from – this is so cliché – kind of just good to great essentially.

Lindsay: Yeah.

Lindsey: Right? We're so used to solving for problems. I've even been thinking about that for my health too. And optimal, I'm like, okay, this is great. And what if I could feel even better?

Lindsay: Right.

Lindsey: It feels so fun and light, but it's usually hard because we are so used to using painful things to motivate us rather than the –

Lindsay: Yeah, it's so interesting to see that. It's like that is what I had decided, it's like I have to find the thing that's wrong so I can fix it. Like I have to go have the tests and do the thing so I can really find whatever is causing these issues and fix it, versus what if it's just all an experiment and I just get to find what feels good?

Lindsey: Ooh, so fun.

Lindsay: And do the other things if I want to, but from through this different lens instead of like – It's so funny you said that, like what an interesting thing that I was disappointed that all my blood work was great.

Lindsey: Yeah.

Lindsay: Now that we've turned it around, I'm like what a weird thought I was having. I was really hoping there would be, I'm like, are you sure? Let's

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check those autoimmune tests one more time. Are we totally sure? That's so funny.

Lindsey: That's so good.

Lindsay: All right, well, problem solved.

Lindsey: Amazing.

Lindsay: Thanks for that.

Lindsey: You're welcome. I had one other thing, I don't want to beat a dead horse.

Lindsay: Yeah.

Lindsey: I think the last thing I just wrote down was that you said your value is around your mind, right? And you're all in on that.

Lindsay: Yeah.

Lindsey: My thought was like, what better way to increase, to be all in on your mind? Because really, what's keeping you from this is your mind, not your body.

Lindsay: Oh, that's really interesting to think.

Lindsey: Yeah.

Lindsay: That's not actually what I thought you were going to say. So what I thought you were going to say, which also feels really useful, is it's

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interesting to see how I'm like, oh, but I can keep developing my mind, which I know my brain is also aging. But I don't have that thought about it.

Lindsey: Ooh, yeah. That's so good, too.

Lindsay: Right? Like, it's all the same. It's still part of my body, and things do, like chemical changes and all the things, happen in my brain too, not just like it's separate from the rest of me. And so it's just really interesting to see the difference in how I think about that. I'm like, oh yeah, but I love to challenge myself. And I love to think about things differently and learn new things. Why can't the same be true for my body?

Lindsey: Yes.

Lindsay: All right. Well, you solved all the world's problems. So apparently now it's a 2024 exploration, instead of a 2023 problem to fix.

Lindsey: I love it. And it's like a tomorrow exploration.

Lindsay: Yeah. Oh, for sure. Yeah, yeah, yeah, that's what I meant. We're almost towards the end of the – Well, when this comes out.

Lindsey: Yeah, that's true. When this does come out, it will definitely be 2024. And I'll be calling you on January 1. No, I'm kidding.

Lindsay: Yeah, like 7am. It also just feels, like when I think about it like that, like a 2024 exploration, I think where I went in my mind with that was like because it's going to be an ongoing curiosity.

Lindsey: Yes. That's so good.

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Lindsay: Versus like, I'm going to call the doctor tomorrow and finally figure out the thing that's wrong, right? Instead of that it's very like, no, today, I'm going to start thinking about all the options and all of what will feel good, and it'll just be what I do moving forward.

Lindsey: I'm so excited for you.

Lindsay: Me too. I can't even wait to see what's possible.

Lindsey: Me too. I love it. Well, thank you so much, Linds. I'm so grateful.

Lindsay: Of course, thank you.

Lindsey: You're welcome. I think this is going to be so valuable for people.

Lindsay: I hope so.

Lindsey: Oh, not I hope so.

Lindsay: Either that or they're going to be like, "Whoa, that Lindsay Dotzlaf, did you hear her on *The Life Coach Hotline*? She's a mess."

Lindsey: Stop. Not at all. I love it, it's so good. Well, I love you.

Lindsay: I love you too.

Lindsey: I'm so grateful. And yeah, I'm excited to share this.

Lindsay: Thank you. Thanks for doing this, it was great.

Lindsey: You're welcome. Awesome. Okay, perfect. Well, I'll let you go on the hotline, but I'll talk to you on the regular line.

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Lindsay: Okay, perfect.

Lindsey: Bye.

Lindsay: Bye.

If you want to call in to *The Life Coach Hotline*, go to <https://lindseymango.com/coaching.com/lifecoachhotline>. Talk to you soon. Bye.