



Episode 146: WORDS TO DELETE (replay)

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 146, Words to Delete.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Today we're going to talk about words to delete from your vocabulary. I started thinking about this just a few days ago actually. I started thinking what are the words or phrases that we say to ourselves that many times we think are just normal phrases or words to say but they're really not serving us? A lot of people in society say these words a lot and they just aren't helping themselves by doing it.

My goal is today to open your mind and to empower you to see just how powerful your thinking can be, A, and two, how you can do some quick, simple shifts in the way you're saying things or thinking about things to open up a whole new world for you. Before we jump into all that though, just want to give a shout-out to everyone leaving a review for the show. So grateful for all of your feedback.

It's been at least a month when somebody left a review. Everything's coming together at this point. From March onward in 2020, it's all a blur. I feel like it's been a while. Please go leave a review if you're a new listener for the show. I see the numbers are going up every single month for the show, so I know you guys are out there. I know you're listening. Go leave a review. It just helps boost other listeners find the show, gets us on the iTunes charts which is always fun. I just love getting your feedback to know, to keep producing this content.



As I said, we're going to talk today about words and phrases to delete from your vocabulary. Let's jump right in. The first word that I encourage you to delete is the word "try". I mentioned this in another episode recently, I can't remember which one it was. I want to say it may have been Make Quick Decisions, but we were talking about how "try" really doesn't make sense because the example I gave was if somebody said, "Hey, rip this piece of paper," you're either going to rip it or you're not going to rip it. You're not going to try and rip a piece of paper. You're either going to do it or you're not.

That's how I feel about the word "try" now. Every time I hear it, I just think, "Urgh." It's like nails on a chalkboard. When somebody says they're trying to do something that tells me that they're not all the way committed to something yet and when you're not all the way committed to something yet, then you're just going to halfway do it. In essence, you are going to try. Why not just say, "Hey, I'm going to do this, or I'm going to go on-" here we go, I almost said try and do it, "-but go all in and do it or either not do it?"

For example, if I have an income goal that I want to make for the month, I'm either going to make that goal or I'm not going to make it. Now, of course, I'm going to say, in essence, maybe in my brain, "I'm going to try and make it," but what really happens is then you start talking yourself out of it. I know this seems really small, "Lindsay, really? This is where we're going to go? We're going to analyze the word 'try'?" but it does. It makes an impact.

I've just realized in the past few months, as I've deleted this word from my vocabulary or when it comes up, I spot it and I reframe it, it's just changed the game for me. It's allowed me to go all in and I did a whole podcast episode about going all in recently. I'll link it in the show notes if you didn't listen to that one. It just allows me to either say, "Either I'm going to make this happen or I'm not going to make this happen."

It's so funny because somebody in my community after they listened to that episode where we talked about "try", she brought up a quote from *Star Wars*, it was from Yoda. It was something like, "Either try or don't try but there's no in-between," kind of thing. Then I was like, "Yes, that's so true. It's so true." It's that "try" is just really saying, "I'm just going to put myself a little bit into this activity or this goal-" whatever you want to call it, "-and I'm not necessarily all the way in yet."

Just something to think about there is if you're starting to say, "Oh, we're going to try and do this. We're going to try and do that," that is a big red flag of your mindset of saying, "Hey, I'm not really all the way in yet. I'm not fully committed to making this thing work." If that's the case, that's fine, but I really want you to start to get to a place where you decide you're going to do something and then you go all in and you do it and you give it your all.



Then once you give it your all, you can analyze your results for a place of "I gave this my all. Now I can look at it in a way of, what can I improve upon next time?"

Again, I talked about this on that Going All In episode. I gave the example of on my consult calls when I have somebody who says, "Oh, I'm interested in coaching," we get on a free call, they tell me about their life, then I talk to them about their problems that even they're not seeing in their life, we paint a vision for coaching, and then we talk about coaching and they make a decision to go, "Yes," or, "No," on those consults, I go all in.

I'm not like, "Oh, I'm going to try it and see if they want to do coaching or not." If I feel like I can give them great results, I tell them. I say, "I can absolutely deliver this for you. Here's what this would look like, here's the vision, and here's how it's going to go down. I'd love to work with you." I'm not trying to gain them. I'm just either going to gain them as a client or I'm not going to gain them as a client.

Then because I went all in, I gave it my very best shot, then if they say no afterward I can analyze it and say, maybe, "Where did I miss the mark?" If I did or maybe it just wasn't a good fit but then I can analyze those results from a place that's a lot more productive versus just half-doing it, as we say, often our society half-assing it. Just start to think about that.

When you're starting to do things, ask yourself, "What is stopping me from going all-in on this? If I'm just trying it, that really means that I'm not all the way committed yet," which again, may be fine in that situation, but just really make sure that you understand how you're going into something and that you love your reasons for why you may just be trying versus going all-in on it. Hopefully, that makes sense.

This podcast episode in general, may be one where you're like, "What?" Really questioning things because again, it's really shaking up a lot of things that we've just been told to do and at first it does make you feel a little confused. I know as I've been presented with some of these things, like the try thing, for example, I've really had to wrap my head around it and really understand it of, "Why would I not want to do that?" It takes me some time and I'm just getting to a point where I'm really understanding that try one. Try it on, see if it works for you.

The next word or phrase I encourage you to delete is "should" or "shouldn't". We actually had a whole episode of the show called something like Letting Go of Should. I interviewed Ellyn Schinke on that episode and she talked about how she lived the "should" life of doing all these things that she was told that she should be doing. She ended up getting a master's in science and she was on her way to get a Ph.D.



Then she woke up one day and she just realized, "This is not the life that I want to live. This is my 'should' life." I brought her on the show because so many of my clients, including myself can relate to that, "Oh, we were just doing all these 'should' things like I should go to college, I should find my ideal partner. I should get a house. I should have kids. All those societal boxes that we'd like to check off."

It's been so freeing to realize this whole "should" mentality is something that holds everybody back, really because anytime you're saying to yourself, "Oh, I should go do that," that's a big sign that you really don't want to do it but you just feel like you, in essence, have to do it. Same with "shouldn't", like, "Oh, I shouldn't go and eat this cupcake," or, "I shouldn't go and blah, blah, blah." It's really important that if those words are coming up for you, you ask yourself, "Lindsay has said this whole 'should' mentality is really me saying, I don't really want to go do it. Let me sit here and analyze it. Is this something I really want to be doing or not doing?"

Ask yourself and get really, really clear if it's something you want to do or not because so many times, we're just presented with all these behaviors and these beliefs. They're passed down to us and then we wake up one day like Ellyn did on that interview, and it's like, "Man, I don't really like my life. I don't really like what I'm doing every day." It's because we've just been doing all these "should" activities, and that doesn't feel good.

Anytime again, you find yourself saying, "I should go do this," or, "I shouldn't go do blah, blah, blah," then ask yourself, "Is this authentic to me? Is this really what I want to be doing?"

The next one I want to present you with is a phrase, and it's, "There's something wrong with me." I bring this phrase up a lot on the podcast because it's one that I used to struggle with a lot. I had this really deep belief that there was something wrong with me. I've talked about how I went to therapy for my first experience, and that was the goal. I came to her and I just said, "I want to figure out what's wrong with me."

Granted, if a coaching client ever came to me and said, "I want to figure out what's wrong with me," I would reframe that so fast because the truth is, there's nothing wrong with any of us ever. Sure, could some of us be diagnosed with certain things? Absolutely, but how does that serve us sometimes? Sometimes it can help us.

I know a client of mine just recently got diagnosed with ADHD, and it's been so helpful for her to realize that and she feels very empowered by that, but there are times when it's just, we're searching for something wrong with us and we just think there's something wrong



with us and so it holds us back with our confidence, it makes us judge ourselves and criticize ourselves. It's just not needed.

I spend so much time with clients reframing this belief in their minds because they just constantly think, "There's something wrong with me. There's something wrong with me." Again, it's a very common belief for us to have and it's just not true. There's not anything ever wrong with you. We can always find something wrong with you, but why is that serving you to think that?

The belief that I like to present to my clients is, "Let's find what's right with you." That's why we do a lot of exercises like the Clifton Strengths Assessment, where we're looking at all the things that they're really good at, and many times the things they're really good at, are just an overdrive, and it's causing problems in their life for them.

Many people would diagnose, for example, somebody with high empathy, as being codependent, or having anxiety and depression, when the reality is they're just highly empathetic and they're taking in all these stimuli, from the world around them and it's causing them to just have a lot of high level emotions, that are causing turmoil in their lives, when they just need a couple quick tools and boundaries and just awareness even of this strength to tweak it.

Instead of diagnosing them with all these things, instead, it's like, "You just have empathy. Well, here's our plan of action. You got to do da, da, da, da, da, da, da, da, da," and then all of a sudden, they're moving and grooving in life again, and when they're not, they know, "I know what I need to do because I have this empathy strength," and they're back at it, and their confidence just blooms because of that. They don't sit around beating themselves up. They just realize, "Hey, this is a part of me, and this is just what I need to do to manage this part of me and make it the best of me," and then they move on.

If you're thinking of some of these words and phrases, it's just these little tweaks that we need to make of things that we say to ourselves because even though it seems small, it really is big. Every time we think a thought, which we think so many per day, think it's something like 80,000 thoughts, we go down this pathway. We think this thought, we go down one pathway and it may be a pathway that serves us. Sometimes we think a thought and then go down a pathway that doesn't serve us.

Every time we're making that choice toward a pathway that doesn't serve us, then sometimes we get into murkier and murkier water or murkier pathways of all of a sudden we feel like crap, we don't really like what we've done that day, and we don't really like we've shown up. It just snowballs. It does make a big difference, and this is why people



who do mindset work and coaching or other outlets, they just start to feel better. All of a sudden, it's like they're on fire even because all these things start to change in their lives because when you can change one belief or one thing you're telling yourself, day in and day out, it changes the whole game.

Again, it's like choosing a different pathway and then it leads you on this different trail, and then all of a sudden, it's like, "Because I chose that different thought, now I'm presented with this different opportunity. Because now I have this opportunity, now this next thing happens." It's pretty amazing. You may not believe me quite yet on that. Again, this is opening your mind in ways that you may be like, "What? What is she talking about? I don't get it," but it's pretty powerful stuff. Just to recap, the first words or phrases I said to delete, first is "try", the second is "should" or "shouldn't", and the third, "Is there something wrong with me?"

The next phrase, I encourage you to delete from your mindset or thinking is, "I'm not enough." This is a big one for almost everybody. It's the deep down core belief we all share, is that we believe we're not enough. The reality is we are more than enough. For whatever reason, our brain just likes to tell us otherwise. Something happens to us in our childhood, and we just walk away with this belief that "Oh, it must be because I'm not enough." It's just not true.

If you ever find yourself thinking, "I'm not enough," and a lot of times, this isn't a conscious thought, this is a very deep unconscious thought. It's what I have to pull out of all my clients with different memories and getting them to realize this, and then all of a sudden, you just cannot see it. Everything you're doing when you're not showing up the way you want to show up, you're not getting what you want. It goes back to this belief of, "I'm not enough."

When you can change this belief of believing you're more than enough, you're amazing and awesome, just the way you are, which I know sounds very "rah-rah" to some of you and rainbows and butterflies. You may not believe that at all, right now about yourself, but when you can get to that place, that's when you really become unstoppable. In my case, it's taken me some years to get to this place where I feel like I'm more than enough. Granted, I have my moments for sure, where I'm like, "Oh."

For example, I had a consult recently, and I just thought I killed it on that consult, she was in and then I never heard from her again. I just started analyzing it back in my mind, "Where did I go wrong? What did I do?" and pulled up some feelings of feeling unworthy, out of there, which I had no idea were there, then deep down here comes that belief again,



"I'm not enough." It's like, "Whoa, whoa, whoa. Wait a second brain. Not true. I'm more than enough. I'm amazing just as I am. It just wasn't meant to be. It wasn't meant to be with this person." Then I'm able to let it go.

I'm aware that I tell myself that sometimes and so then I can flip it and I believe it enough that my brain doesn't fight me too much on it. Just start to pull that in you when you see yourself like, "Oh, I didn't get this promotion," or, "This person didn't talk to me today," or, "My husband didn't do X, Y, Z." Start to think, "What is that coming down to? What is that I'm really thinking about myself as to why I didn't get the result that I wanted?" 9 times out of 10, it comes back to that, "I'm not enough," which does not serve you.

The next word or phrase I encourage you to delete is, "I don't know." This is one obviously we say a lot in our society. "I don't know." Especially as women, "I don't know. I don't know the answer." We don't like to own our power. We don't like to stand firm in what we believe in, just how we're taught as women sometimes is to be sweet and nice. When we say, "I don't know," could mean that sometimes we do know, and we just like to play dumb. At least I've done that in my past and my husband was really good about this. He's like, "Lindsay, quit saying that. You do know. You are smart, stop it." I was like, "Whoa, I didn't even realize that I did that."

In time I've gotten even more aware of it, and then I catch it in my clients too. I'll ask them something and they'll say, "I don't know." I'll come back to them, and I'll say, "What if you did know? What if you did know the answers?" Then the wheels start turning in their mind and all of a sudden, these answers just start coming out. Even if they still don't know the answers, they will start turning to, "How can I problem-solve this? Who could I ask that does know the answers?" All of a sudden they go from, in essence, being in a victim mentality of, "I don't know," and then just throwing their hands up in the air to, "I don't know, but I'm going to figure it out," so then they become this problem solver.

You see again, just that little tweak of, "I don't know," to, "I don't know, but maybe I'll figure it out," or, "I don't know, but I am going to figure it out," really owning that, going all-in as I keep saying, it just opens up a whole new pathway. Then all of a sudden you're getting different results because you're thinking some different. Just something to think about.

The next word or phrase I encourage you to delete is, "I have to." This one is again really going back to a victim mentality. "I have to go to work. I have to take care of my kids. I have to do this assignment." Granted, you maybe assigned to do some of those, granted, you may feel like you have to show up to your job and you have to take care of your kids,



but this goes back to an episode I did with Susan Fowler called Master your Motivation, I'll link in the show notes.

She's talking about one of the big top three things that research has shown to help us stay motivated is to realize that everything is a choice. What we realize when we get up every day, we're going to our job, maybe one that we don't enjoy, it's still a choice. You can make the choice not to go. Granted, you may get fired, but you're still making the choice of, "I'm choosing to go to my job versus getting fired." It's about your kids, "I'm choosing to show up as a parent instead of laying in bed all day." "I'm choosing to this assignment that I really don't want to do because I'm making the choice that my job is more important than not having my job."

Again, that little tweak of just saying or not saying, "I have to," to, "I want to, or I choose to," then it's like you're not this victim anymore. You realized that you do have the power and maybe you don't like the choices you're presented with. This reminds me of my son. He's two right now. We're getting to the age of, "Do you want a banana? Or do you want an orange?" Sometimes he's like, "I don't want either." He'll just sit there and be quiet, but then I go back to it again, "Do you want a banana? Or do you want an orange?"

It stinks. It stinks that we are not presented with the choices that we want, but we still have a choice. I even thought about this with people who are imprisoned and maybe even against their will. I went really extreme when I was really thinking about this belief. They have very few choices, but they still always have a choice. They have a choice that they could obey the rules of their imprisonment or they cannot and then have punishment because of that.

We always, always have a choice, my friend. It really doesn't serve us to ever say that we don't and say that I have to go do something because then it's just that little-bitty ding that we tell ourselves to go on that pathway, in essence, that just feels like, "I'm this victim to my life." A victim mentality just does not serve anybody. It doesn't empower you. Cut that one. You'll feel so much better when you do.

The next word or phrase that I encourage you to delete from your vocabulary or your thinking is, "It's too late." I don't know what age it is, but at some point in our childhood, we go from not feeling we're behind or if we haven't done something it's not that big of a deal to, "I have never done that before. I don't know if I can do that." Then it starts coming out, "It's too late. It's too late for me to do that." It's so interesting. What if babies said that about walking, "I have never walked before. It's too late." It's never too late, my friend, ever.



Even if we think about some professions where you do have to be technically at a certain age most times to do it. I think about dance, for example. You have a dance background, so ballerinas tend to be very young, or models tend to be very young, but there's always exceptions to the rules. Granted, the statistics maybe not be on your side, but, for example, it's a CoverGirl model and she's older. I think she's in her 60s or 70s, never modeled before. Pretty amazing.

I think always of Louise Hay too. If you don't know her, she was big in the personal development realm. She didn't write her first book until she was in her 60s, and then ended up developing Hay House Publishing, which is one of the biggest, if not biggest publishing houses for personal development and she did all that between 60 and I think she was 92 when she passed away. What if she had said, "It's too late."?

There's always opportunities for us. A lot of times our brains like to judge what we can do in our future based on what we've done in our past, but our future potential is always endless. It's just that we're always judging ourselves of, again, "I never done that before. I don't know if I can do it." You could be able to do it. You don't know though. You've got to try. There you go to that "try". You got to go and commit to it, make it happen. See, even I'm working on these words and phrases to delete. That "try" one really gets me. I'm just constantly catching myself on that one.

Let's see do a quick recap and then I'm going to close it out with the last few. So far we talked about "try", which as I've shared, it's a hard one, "should" and "shouldn't", "There's something wrong with me," "I'm not enough," "I don't know," "I have to," "It's too late,"

The last I want to leave you with is, "It's blank's fault." In essence, thinking others or other things are the cause of your thinking, your feeling, your actions, and results. This is what I've talked about a lot on the show lately. I've talked about it to a call, the Self Coaching Model. Master your Mindset is a really great lesson if you want to go and learn more about this. I'll link in the show notes.

In essence, the model shows us that our circumstances are never at fault for the way that we're thinking and feeling, what actions are taking, and what results we're getting. Instead, it's only we're thinking about that circumstance that causes our feelings, our actions, our results. We always are in control of our thinking. In essence, we're always in control of the awareness of it. Our brain maybe be delivering thoughts to us that we don't necessarily want, that don't serve us, but we can always have the opportunity to explore those thoughts and bring them to the awareness and the model will help us see that.



I'll link a motto printable in the show notes here too, if you're ready to just going to get started with that. It's never circumstances. When you're saying, "It's blank's fault. It's coronavirus's fault. It's my mom's fault. It's my childhood's fault. It's my husband's fault," never, no. It's always on you, which is a hard one. Again, this is really breaking down any victim mentality that you have. We all get stuck on this.

Talking about recently in coronavirus, I was like, "Well, there goes my business. Screw it. All I want to do is take care of kids." My coach, Stacey Boehman put on a podcast around that time, specifically for moms about coronavirus, and she's said, "If you're a mom and you think you're going to let your coaching business go to the wayside, I'm going to encourage you to think differently."

Her podcast really woke me up. Now, my business is thriving beyond belief. I've doubled my revenue and I doubled again. I don't even know how much I changed it in August. I went from making \$5,000 a month, pretty consistently for a year, average. Some months are better, some weren't, and then in June it was 11,000, July 12,000, and then in August, I just closed out, today's September 1st as I record this, I made something like \$58,000 in my business. Crazy.

What if I had just said at that time, "Oh, coronavirus's fault. Can't go do my business." I would have missed out not only in the income, the income is just the bonus, but all these people that I'm helping. I would miss out on all these podcasts I'm recording for you. All the people that I'm now contracting and employing and helping them with their families. What a missed opportunity. Just think about that for your own life. If you are ever blaming something else, take that power back and realize you always have that power, my friend, always, always, always.

The last thing I want to leave you with today is the word or phrase to delete is, "It's too hard." If you find yourself saying, "Urgh, it's too hard to change jobs. It's too hard to change my thinking. It's too hard to improve my marriage. It's too hard to feel different," granted, that may feel really hard, but again that's just a thought that's creating a feeling and you can always change the thoughts, always. It may take some work, you may not believe your new thoughts that you want to put in instead of things like, "I can do hard things," but in time you're going to build a brain wire in your brain. It's just like building any other habit. In time, you will start to believe that thing a little bit more and more every single day.

Our brain is just like a computer, we just have to teach it how to program it what we want. Sometimes we get these thoughts or these phrases or words that it presents us with and we just think, "Oh, yes that's just it. That's what I got to believe." Really it's just a sentence



our brain is telling us, that's it. Every time we realize what that sentence is first of all, because a lot of times we're telling ourselves so many things we don't even realize it, when we bring it to the awareness, and then we don't have this high emotional charge over it, like "I'm not enough," have this wave of maybe shame, guilt, doubt and sadness, all that, just realizing what it is, just a sentence, then we have power over it. We can start to change it.

This, my friend, is the power of coaching. It's realizing what those thoughts are, realizing when they aren't serving you and then understanding how you can change those thoughts. That's what starts to create a different life for you. Even if you already have a good life. This is what starts to create a massive momentum forward into creating all the things you want in life and more.

Sometimes when people listen to me saying that they're like, "Oh man, Lindsay is so slimy. [laughs] Full of BS. How can she say that? How can it seem that easy?" Because I am helping my clients understand their brains. We're not taught this stuff in school and it's such a shame that we're not. The brain is the driver's seat to our entire life, yet we spend no time learning what's in the driver's seat? It's ridiculous. Absolutely ridiculous.

I'm telling you, decades from now, and hopefully, we don't even have to wait that long, everybody will be doing this kind of work and they will look back on the history books and they'll say, "I can't believe they didn't know how to fully maximize their brain because look at all the things we're doing now in our lives because we understand our brains."

I can imagine it. There's not as much conflict. Everybody's living their life as their best selves, they're getting to do what they want. Man, wouldn't it be a great place? Just because they understood their brain, and they knew how to process emotions and reprogram their brain. Oh my gosh, so incredible.

You're at the cutting edge right now. You are listening to a podcast like this one, you're learning the techniques that I am sharing with you. Even though you may find it confusing at times like, "What in the world is Lindsay talking about? I really don't understand," you're still showing up. Your mind is open enough to try it out. Then if you get really brave, you may sign up for coaching. In essence, you put your money where your mouth is and you really start to create changes. Trust me it feels really scary at first when you do that, but then in a few weeks' time, you're like, "Oh my gosh. How could I not have done this?"

I'm just finishing up with some clients after their first month of coaching and I say, "It was just a month ago that we had our consult. What would you tell yourself just a month ago?" They say, "Oh my gosh, I had no idea what was in store. I just feel so much better already. I



don't feel stuck anymore. I have a plan of action moving forward. I know why I'm doing the things that I'm doing. I just feel more like myself than I ever did before. It's been rough these few weeks, Lindsay, of pulling all the things I've been telling myself." All these worse and phases, in essence, that they need to delete in their lives, but it's been good worthy work.

Thank you for showing up to a podcast like this and doing this kind of work. Not only are you going to change yourself, you're going to change those around you and then you're going to change the world. Yes. Little you is going to change the world just by being yourself and maximizing your mindset. It's pretty crazy how it works. I would have never imagined I'm at a place in my life today from doing work like this.

Hopefully, you took away some words and phrases you want to delete in your life. I'm going to send you a real quick recap one last time. We said to delete the word "try", the word "should" or "shouldn't", the phrase, "There's something wrong with me," the phrase, "I'm not enough," the phrase, "I don't know," the phrase, "I have to," the phrase, "It's too late," the phrase, "It's so and so's or something's fault," and the phrase, "It's too hard."

I'm curious too, are there any words or phrases that you would want to add to this list? Head on over to my free community and let me know. I would love to hear from you. Just go to lindsay-L-I-N-D-S-A-Y-epreston.com/community. There's also a link in the show notes and let's continue the conversation over there. If some of these confuse you let's talk through those too. I'm always open to answering your questions and it's just easier for me to communicate with you in the private community.

A lot of the times people are inspired by what you post in there. They learn off of that and they think, "Oh my gosh I didn't even think to ask that question, thank you so much." I'd love to have you. That's all for what I have for you today, my friends. Thanks for tuning in and I'll see you next time. Bye.

[music]

Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.



In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to LindsayEpreston.com/apply to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.