

The Limitless Life Experience Podcast

How money tracking can change your life

Transcript

Most people immediately give themselves the opportunity to increase their capacity to receive by improving their relationship with money. How do we start to improve our relationship with money? We take the time to look at it.

Hello. Hello. Hello you gorgeous human being. I want to welcome you to the latest episode of the Limitless Life Podcast Experience, and I am really thrilled to be bringing you this episode, courtesy of The One. The One is my 90 day group mentoring program, designed specifically for female entrepreneurs who are looking to hit consistent 5k months or have their first 10K launch within 90 days. I love this program so much. I can honestly say after working with thousands of entrepreneurs over the last six years, having been through tens - multiple tens - of programs, the way that this group mentoring incubator has been created makes it one of the best on the market.

It means that the results that people get are absolutely second to none. And the really beautiful thing about it is that not only are people getting amazing business results, but they are changing who they are from the inside out in just freaking 90 days.

I make the setup of this program almost impossible for you to not show up for yourself. And that is what makes the difference over time when you are being held accountable for really following through on your dreams. So if you are interested and really taking 2020 by the freaking cahoonas baby and getting involved in The One and joining The One crew in September for our graduation party at The One Live, then you need to check out www.suzyashworth.com/theonelive. We start week commencing the 9th of March so you have time to come and play. Let's do this thing

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, multiple six figure serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you go from confusion to clarity when it comes to creating messaging that converts browsers into buyers, so that you can build a business that makes a real difference in the world and helps you lids a knife without limitations. This is the Limitless Life Experience.

Welcome, welcome, welcome back to the Limitless Life Experience Podcast with me, your host Suzy Ashworth and we are getting down and dirty today. We are talking about how money tracking can change your freaking life. Oh my goodness. I'm not messing around. I am not going to share with you how my day has been. I'm not going to share with you how my dog is doing. I'm not going to share with you what I'm having for tea tonight. I am getting

down and dirty and we are talking about money tracking. And this is either going to make you feel like “I got it down, I got it down” or maybe it will make you feel a bit like “why is everyone always going on about this?”, or maybe this is a completely new concept that is about to blow your brains. I don't really mind whether this makes you feel smart, frustrated, or like “wow”. I just want you to do it. I just want you to do it. Here's the thing, if you're listening to this podcast, it is probably because you are in your own business and you are interested in what it takes to use your business to 1. do good things in the world and 2. create a life of limitless experiences, because that's what I'm all about. And one of the things that you will hear me talk a lot about, whether it is over here on a podcast or my Facebook page or over on IG is the moolah and more so than the money itself, but really being open to receiving. It's such an interesting concept for me. And yeah, I would love to go deep on just receiving rather than the practicalities. Today's another practical episode about why counting your money matters. And it's so funny that that's even an interesting concept.

Okay. So what we know to be true is what we focus on expands, what we give energy to grows, what we measure grows. I think that there is some official universal law, but I can't remember who said it or who it's named after. So we're just going to focus on, what we focus on expands. Most people immediately give themselves the opportunity to increase their capacity to receive by improving their relationship with money. How do we start to improve our relationship with money? We take the time to look at it. Crazy concept. Crazy. I've had several mentors who have asked me to look at relationships and my relationship with money as if it was a relationship with a real person. And you know, whenever somebody has said this to me and I haven't been taking the time to look at my money, it's really made me go “ouch”, you know. Because it's so common when we play the game of personifying our income and our revenue that we look at it. And like, if I was treating a person, like I treat my money, ignoring it, demanding that it turned up when I need it, even though I've been ignoring it, refusing to share my hopes, dreams and desires with it, getting really irritated that there isn't enough of it, that it is not there when I need it. When I think about all of these things, it's like, “Oh my God”, and I hear, I have clients who are like, “Oh my goodness, this explains why I don't think I have enough - because I have got absolutely no idea what's coming in to my bank account”. And this isn't the same as an accounting exercise. So with money tracking up until now, I haven't tracked the outgoings, but you absolutely can do that.

This is more about focusing your attention on your capacity to receive. You should have a bookkeeper that tells you what your profit and loss is - or you can - not should. You can have a bookkeeper tell you what your profit and loss is on a weekly basis, which I think is super, super helpful and definitely what I do. But from an increasing my capacity to receive perspective, looking at what I am receiving on a daily basis - if not daily - like sometimes, let's be really real... Sometimes I might go two or three days without tracking my money and I notice my vibration lowering as my mind goes into overdrive about what is or isn't coming in. And this is really the most powerful thing that this activity offers you is clarity. Real, real clarity about what it is you need to do to hit your target for the month or how grateful you can be, whether you have money or not.

And so this is the interesting thing for those of you who are like, “I don't want to track my money. I don't want to look up my PayPal account every day because I know what's come in a big fat zero”. If you can have a big fat zero come in and you still have a roof over your head, you're still able to feed your children - you can still find something to appreciate, even if your money isn't looking like what you would want it to be. And then from that space of appreciation like - “we're still completely supported, we're still looked after”. Okay, who do I need to be to be the person who is bringing in the money that I want to bring in? And what I can tell you for sure is that 95% of the people that you look to who are earning, you know, six figures, multiple six figures and beyond, they're looking at their money.

That would be one character trait that I would be looking to adopt today, that is going to help you 1. identify what else needs to happen in order for you to step up into your goals, i.e, probably need to have a few more sales conversations, or need to work on my packaging, or I need to invest in mentoring or whatever. It is always going to give you belief. Oh wow. I got paid yesterday. Actually, I've been receiving a lot more a month than I ever thought I was. And I've been going around telling the story that I'm broke as a joke. And actually I received 4,250 pounds last month. I just didn't know it cause I haven't been tracking. And so it's gone out as quickly as it's come in. Oh, okay. So what do I need to do to manage my finances better? All of these things come when you start looking at your money daily.

So, I want this to be really super simple. I have my money tracker in a Google doc, I have the days of the month down the left hand side. I have the amount of money that I want to be earning at the top of the Google doc and then I do a running total. So I minus how much I've received each day from the, from the top number. And I have a running total. So I see the number going down, down, down, down, down, down until I hit my goal every month, which obviously doesn't happen every month. I shouldn't say obviously because we create our own reality, right? So up until now it hasn't happened every single month. But moving forward, that's the intention I'm holding. You know? But it starts with tracking. So I know where I'm at so I know what I've got to do, so I know what I've got to sell, so I know who I need to be.

So short and sweet. If you do not have a money tracker right now, promise me this is the first thing that you're going to do when this podcast finishes. Set up your money tracker, doesn't matter if it's the middle of the month, I don't care when you're listening to this, if you do not have one, I want you to set it up. If you have got one and you have not tracked for a couple of days, I want you to stop what you're doing and I want you to go and track. And if this is a completely new concept and that's it, and that is it. So if this has been helpful for you, please leave me a review on iTunes, and don't forget to snap your phone and tag me on Insta so we can spread the word about The Limitless Life Experience. All right, my lover, faith plus action equals miracles. And don't you just know it.