

Limitless Life Experience Podcast

My morning routine and what I need to do when I need to raise my vibe

Transcript

Hello, beautiful. I am really excited to be bringing you this episode courtesy of Limitless Live. We are going into the third year for this annual event where I bring together the best of the best speakers on the planet when it comes to personal development and really going beyond the limits that you thought were possible for you, and this year I am not disappointing. So if you are in London on the 16th of May, you are a female entrepreneur or somebody who knows that being in the room with a hundred or so incredible women who are all looking to expand into the highest vision that they have for themselves is going to have an incredible effect on you - then you need to be in the room.

Limitless Live is a collaboration that I do with my charity of the year, Love Support Unite, who I first met two years ago when I went to Bali, when I went to Malawi with them to see the work that they do in the local communities. This charity is a small but mighty force of nature who are doing incredible things in the world, and we share 50% of the profits with this organisation, every event. So if you are looking to do good, and feel good as you step into your own version of limitlessness - easy for me to say - then you need to be at this event. 16th May, 9-5, at Foyles bookshop, the sixth floor - we have the penthouse, close to Charing Cross Road, in London. It's going to be incredible. You need to get your butt on the seat. Go to suzyashworth.com/limitlesslive2020 to get your ticket today.

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 decent in the world, and help she leads a life without limitations. This is the Limitless Life Experience.

Hello you gorgeous human being welcomed back to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. And we have got a quick and dirty one for you today. And I want to say dirty, dirty, dirty, dirty, dirty, dirty, dirty. This episode is all about your morning routine and vibe-lifting activities. So how do I keep my vibe high? I am really freaking intentional. How you start your day is the frame for everything that you are going to do.

Now this is not to say that there are days where you meditate for half an hour, you do your journaling, you're doing your quantum flow - or whatever your version of quantum flow is - and then one of your kids has a poo on the floor, the dog like wees up the chair leg and you're like "Oh my God". I'm not saying that those days do not happen, because they do. However, how we deal with them tends to be so much more effective when we've given

ourselves some time in the morning to really think about how we want to show up for ourselves and in the day. So my number one tip on morning routines and really lifting your vibe is be really intentional.

The next thing they do pretty much most mornings - and if I missed this in the morning, I will do it before bed - is meditate. I love to use the Insight Timer. It's such a good app and often I just have a bong at the beginning and a bong at the end, but I love the way that it tracks your progress and does like little milestones. It makes me feel good about taking that quiet time. For the last two years I've been talking about developing my intuition and my inner voice and really tuning into what it means to go with the flow.

And when I take that time in the morning to get quiet, I feel way more connected with my inner guidance. So it's about creating spaciousness in my life and in my body. And it's really interesting. I know when I have - in inverted commas - gone somewhere, because I'm shocked when bong goes off. I'm like, "that wasn't a half an hour" or "that wasn't an hour", "that wasn't 20 minutes". I lose the concept of space and time really quickly when I am connected. So that meditation practice, I love.

I journal most mornings. I journal about how I want to feel. I journal about the goals that I have. I journal about about who I want to be. I will look through my list of things that I no longer want to tolerate in my life. I look through or create new lists around what I'm leaning into, what I'm expanding into. So I love journaling. Sometimes I will take the artist's way approach and I will just journal stream of consciousness for three pages and often when I do that, I will get the inspiration for my post for the day or what's going on on Facebook.

I will do my quantum flow practice, which is what I specifically use to help accelerate the speed at which I manifest the things that I desire. This is really about clearing my channel physically. Knowing that our bodies hold every experience that we have ever had within us, and those experiences are either positive or - in inverted commas - negative, and those negative emotions carry charges and distortions that stop us from - or create distortions within our vessel, within our channel, which makes it more challenging for us to manifest what it is that we desire. This practice helps clear those distortions. There are lots of other things, including the meditation, including the journaling, and including lots of tools that I use through my quantum healing practice that help do this, but this is something that I try to do three or four times a week and then I will visualise my goals.

I visualise what it feels like - and when I say visualise - I mean really feel into what it feels like to achieve the goal that I am aiming for for the quarter, and then for the month. And often really what I'm tuning into is a vibration of gratitude, just feeling really incredible that I have been able to achieve what I set out to do. And it's powerful. That visualisation practice or that 'feelisation' practice - maybe that's a new word - feels really great.

So that is generally what I am doing most mornings before I get into it.

Now separately, I want to share with you what I do when I'm feeling off, and what I have to say is that I tend to notice that I feel off more frequently when I haven't had a full morning routine, or at least spent some time. I don't necessarily need to do everything to feel great, but if I miss my morning routine all together, I notice that lack of intentionality has a knock on effect around how I deal with more challenging situations throughout my day, for sure.

So having said that, what do I do when I am not feeling good and it's too late for me to do my morning routine? So first off, I look to identify "what is the thing that is killing my vibe?" Is it a conversation that I've had? Is it a thought that I'm having? Is it the fact that I don't feel like I've been a good enough mum or I've lost my shit and my husband's like - "what is it that is killing my vibe?" Normally it is a fear-based thought about what I'm going to do or about something that has happened. So it's a lack, or a fear-based thought about the future or the past. And so what I have become really good at, especially since I learned more about nonviolent communication, and also Brooke Castillo has a really great process called The Model, and this is kind of like a combination of the two. I look at what's happened. What is the fact? My husband said this to me, and I responded in this way. They are the facts. Then I'm asking myself "what am I making this mean?" and in nonviolent communication we might say like "what is the story that I am telling myself about this thing" and then I'll ask myself, "is this true?" If the answer is yes, it's not usually yes by the way, but if the answer is yes, then I will ask myself what can I choose to do to change this situation, or what can I choose to do or think to change the way that I'm looking at this situation, because it's always perspective. It's always perspective. Whether you think you can or think you can't, it's true. So the minute I choose to change the way that I look at things - thank you Mr. Wayne Dyer - the things that I look at change.

If the answer is no, then again I'm still looking to ask myself how do I want to see this? What's the new story that I want to create? The next question I will ask myself is what do I need to release? What is the story? What is the lie? What is the perspective that I need to let go of? Then once I've got clear on that, I will, again, I can ask myself what's the new story that I want to create? So really just repeating what's the vision, what's the mission? I'm reconnecting with my truest desires. I then, when I'm feeling off, I will speak to my high vibe people. And so this is my friends, it's my mentors, it's my business buddies, and I will talk through what was going on with me until I feel a new perspective or I'll invite them to coach me, ask me questions that allow me to see things differently. I will dance, turn that music up, up, up, up, up, up. I will meditate, I will journal and I would choose to remember that I am motherfucking Suzy Ashworth. You know? And what that means is that I'm limitless. And as soon as I tune into the vibration of that, choose to remember that, choose to know that - it changes whatever is that's getting me down. It creates more spaciousness. It creates an opportunity for me to move into something different. And that is always what I am looking to do.

So that is it for me today? Short but sweet. If you have found this episode helpful, please don't forget to take a screenshot on your phone and tag me on Instagram and please, please, please leave me a review on iTunes. Thank you, my lovely. I will see you next time.