

## **The Limitless Life Experience**

### **Who do you want to be?**

#### **Transcript**

In times of crisis. There is an invitation for us all to really take stock and think about who we are, who we want to be, and how are we going to choose to show up in this world.

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 live a life without limitations. This is the Limitless Life Experience.

Hello. Hello. Hello you gorgeous human being. It is Suzy Ashworth here and you are back listening to The Limitless Life Experience and I could not be more grateful, more happy, or more excited to be back in your ear buds, baby!

Now do not worry. I promise you I am not going to sing the entire show, but it has been a hot minute since I have been in the podcast chair and a lot has happened since we last spoke with each other. I mean honestly like what hasn't happened the last time I was here in the podcast studio and I don't know when I will be back again, but the last time I was here life was normal. We were kind of going on about our business. I had just launched The One incubator for the second time and you know I was, I was planning on going to LA, I was planning on moving to Spain. I should be on a plane tomorrow heading to Spain. And where I am right now is exactly where I was. The last time I was recording, which is in Mexico, it is the second time I have left my house and the last seven days.

And that is as big a deal as it sounds. It is life gym but not as we know it. So if you are coming to this podcast a couple of years down the line, where we are right now is the 30th of March, 2020 and we are in a global lockdown. I think Coronavirus first appeared in November, 2019 but things didn't get serious with it until around the middle of January, 2020 in China. And because the world is a small place, because of aviation, this virus has traveled around the world and governments across the world have taken order to stop the speed at which the virus is impacting people and infecting people. They have asked the world to stay at home and in some places there's martial law and you are not allowed to leave your homes.

Where I am in Mexico, that is not the case in Mexico. They have just encouraged social distancing. So that means that we are advised to only really go out for essentials not being mixing, not be hanging out with our pals. And we as a family made the decision to limit any contact we had with the outside world probably just over a week ago. And I'm not gonna lie, I think that everything that is going on, part of it has been about responsibility and also there's been a little bit of anxiety and it feels interesting to acknowledge that because if you ask me, like whenever my friends text me or message me, I'm like "I'm cool". I do not have any fear. And yet the idea of going out has made me feel uncomfortable. So we're kind of having a little therapy session here, but you know, I want to be as transparent as possible.

The world is a really, really different place and it has affected people financially. It's affected them mentally and obviously it's affected people's health. And so where we are right now, at least where I am right now, is thinking about what I want from my life, what I want from my business. And you know, what does all of this shizzle mean - in a world where people can't go and visit their parents, you know, visit their mums on Mother's Day, or if somebody dies and they can't go to the funeral. Like what does that mean? What does it mean for the Limitless Life Experience? And originally what this episode was supposed to be about is how to review your month like a boss. But clearly we are not going to be talking about that today. Clearly this is about how to review your life like a boss.

And in times of crisis there is an invitation for us all to really take stock and think about who we are, who we want to be, and how are we going to choose to show up in this world. And because of the lockdown. I think one of the biggest gifts that this whole situation has given us is not - we're not talking about the fact that a lot of people now, if you are a parent, you've got your kids at home and you're homeschooling... Outside of that, one of the biggest gifts that this whole slow down has given us is the opportunity to think about who it is that we want to be, and how do we want to show up. And if you haven't had a chance to think about that just yet, here is the invitation. Here is the invitation, for real, because what I have seen in this world, particularly in the entrepreneurial bubble - let alone with my own friends here in Mexico - is a range of different emotions, and reactions, and responses to what is going on. And for the most part, because of the media, and because if we think that what we once knew as normal is now no longer normal, because people are worried about their own economic future. What we've seen from Maslow's hierarchy of needs. All of the things that we need as humans to make us feel safe are in question. You know, our financial security, our need for food. People have been fighting in supermarkets to ensure that they have got enough. You know, their heads are massively in lack. Like what if this runs out? How am I going to survive? And what we're talking about is most people are spending a huge amount of their time

with their amygdalas activated as though we are individually at war. And what that has caused is people to be acting from a place of fight, freeze or flight, like literally running around like a headless chicken. "I don't know what to do. I tell them what to do. I'm confused. I don't have clarity." I'm seeing that in the entrepreneurial world and I've seen that - not in Mexico actually to be fair - but certainly observing what is going on in the UK and across the world with the little bit of news that I have digested. And I understand it, like I really, really get it. That it can feel overwhelmingly like what the F am I supposed to be doing right now? And for me the biggest invitation is to - whilst you have one eyeball on the now - that you make a really, really clear intention to look forward 12 months down the road. And if you can go further, go three years down the road or even five years down the road, and asked yourself, who is it that I want to be. Massive, massive question. Who is it that I want to be? Notice I am deliberately not saying what is it I want to do? Or how many people do I want on my next program? Or where do I want to be living in the world? Because all of those answers are really up for grabs. It's very difficult for us to project that far forward without getting lost or stuck in that "yeah, but how? I can't, I can't leave my house right now, but how is that going to happen?" And that's why I'm asking you to remove that from the equation and think about who it is that you want to be.

This is so, so important because who you are being right now is setting you up for who you are going to be tomorrow, who you are going to be in a month's time, three months time, six months time and a year's time. And for anybody that that triggers because you have been in fight, flight or freeze mode, I want you to give yourself a break because I'm saying this without any judgment and it also you can give me a break. In fact, you don't need to give me a break. You can be like flicking me the bird like I'm very okay with that.

For anyone who is listening to this show and he's not from the UK, the bird is like the middle finger. I'm really okay with you being triggered because I am here to support you in being the highest vision that you have for yourself and sometimes that is going to make you feel uncomfortable. How you are choosing to act or how you have acted over the last few weeks. Is it the way that you want to continue acting over the next 12 months? Is it the way that you want to continue acting over the next 30 days, over the next month? If it isn't - great news, you get to choose. You get to choose how you want to show up for yourself. If you have a community, you get to choose how you want to show up for that community and you get to choose how you want to show up for the world.

For me, my number one value is freedom and it doesn't matter how far you go back in my business trajectory, the idea of limitless, limitlessness and freedom has run through everything that I have ever done. And so the idea of being 'stuck' in Mexico, not being able to fulfil our vision of going to Spain, you know, maybe needing to go

back to the UK. All of that could be quite overwhelming if I get really focused on the specifics or the way a thing is supposed to look, which is why I don't, which is why I've encouraged you not to either, and why I've focused or invited you to think about who it is you want to be. Because as soon as you go there, whether the sea is super calm or whether you are smack bang in the middle of the eye of the storm, you still get to be who it is you desire to be. You still get to be the highest vision that you have for yourself.

You know, now is the time to be looking at heroes like Anne Frank. Now is the time to be looking at people like Victor Franco. Now is a time to be looking at people like Nelson Mandela. And look at how they chose to act in the eye of the storm, in captivity. It's funny, I just pick three people that were all in captivity, all had their freedom taken from them. But looking at these people and the impact they were able to have by keeping their centre, by staying focused on keeping and allowing and stepping into the highest vision that they had for themselves first. And this is so interesting because I think that for anybody who knows me, and if you're listening to this, you will know that I'm big on community. I'm big on service, I'm big on leadership and it's really easy to get drawn into this.

I need to give everybody everything I need to give away everything for free. That's what that lady over there is doing. That's what that lady over there is doing. That's what true leadership is. No, it's not actually all leadership. All incredible leaders start with self first. Start with doing the work that you need to do on yourself to stay centred, to stay aligned, to stay with energy, to stay, thriving. To be able to thrive in the worst situations. And I think that it can be very easy to go into that "if I'm not giving all of the time and all of myself, then I'm failing, then I'm not a leader, then I'm not conscious" - no, all leadership starts with self leadership. How am I looking after myself? What am I doing for myself today that is going to enable me to lead - for not the next few weeks, but the next few years, until I'm ready to stop. That's where it starts. Who do I want to be in a year's time? Who do I need to be today in order for that to be an inevitable?

And sometimes there is a little bit of a gap between who you desire to be and where you actually are. And sometimes it is as simple as choosing to be that person today. Oh, the type of person I want to be is the type of person who influences people with their words. The type of person that I want to be is the type of person who influences people with her words. Oh, right, okay. So what do I need to do today to be that person in 12 months time? What I need to start writing. I need to start mastering my message. I need to start mastering my craft so that even if people aren't listening now, my daily practice of showing up for myself and talking from my heart and connecting and building up my community - starts today.

That becomes a non negotiable. I want to be in 12 months time. I want to be a leader that is impacting thousands of people across the world. Oh, so what do I need to do today? I need to sort out my visibility issues and I need to make sure that I'm showing up on the daily. I need to be committed to, again, learning my craft, learning what leadership is, learning how to connect with people. And I choose to do that day in, day out, regardless of feedback, regardless of anybody patting me on the head. I am the creator of my own reality. I take 100% responsibility for who I choose to be today. That has nothing to do with what's going on outside. It has nothing to do with what is going on with a virus or a hurricane or an earthquake or whatever, and has everything to do with me.

And that is such a powerful, freeing place to show up for life in that headspace. So powerful. And so I suppose that is really what I want to leave you with today. Now is the time. There has never been a better time to check in with yourself and ask yourself, am I being the person that I desire to be right now? Am I being the person that I am looking to step into over the next 12 months and if not, what do I need to do? Who do I need to choose to be today? What decisions do I need to make that I haven't been making? How do I need to show up for myself in an elevated way? How do I need to support myself or call in support for me in order to make it inevitable and even accelerate the speed at which I step into being that person.

We are not what we do. We are who we be. Who do you want to be? And so without any further ado, I want to say thank you so much for giving me your time today. I appreciate you deeply. If you have got anything out of this show, please do me a favour. Give me a tag on social media and if you're feeling a little bit cheeky, get yourself over to iTunes and leave me a review so we can spread the word and get more people into the FAM Tribe, the Faith + Action = Miracles community. Because right now I don't think there has ever been more of an appropriate time for us to really dig deep into self belief. There has never been more of an appropriate time for us to be taking action so that we are able to create the infinite number of miracles that are available to each and every one of us right now, even in the eye of the storm. I love you so much. Thank you so much for listening.

**Faith + Action = Miracles**